

## PLAN 2005 Annual Meeting

November 5  
1 to 3 p.m.

French Quarter  
Apartments Club  
Room, 2211 W. North  
Loop Blvd.  
Call Doris Goewey  
(454-5301) for  
directions.

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**WELCOME NEW  
MEMBERS JOINING  
MARCH 30 –  
SEPTEMBER 29, 2005**

James Brinkley  
Judith Canion  
Adrienne C. Kennedy & H.E.  
Puthoff  
John & Suzanne McFarlane  
W.W., Evelyn, & David  
Moorman  
Jeanette Gohlke Ribelin  
Candy and Glenn Rosilier  
June Scogin  
James M. Waggoner &  
Shirley Buvens

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### Articles

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## President's Message

**Do you ever feel like your efforts on behalf of some cause you believe in are wasted?** Maybe you have spent endless hours and a lot of money on a project, yet nothing seems to change. Or perhaps you have tried to persuade other people of the worthiness of your cause, yet no one seems to care. We have all had experiences like this, often resulting in discouragement and even a questioning of whether one person can, in fact, make any difference.

With regards to your contributions to PLAN

on behalf of those with neurological brain disorders (commonly called mental illnesses), I have good news. **We are slowly but surely reaching a "critical mass" that will one day change the way people think about mental illnesses and the way our families cope with the challenges we face.**

As I looked about the audience of 150 at the recent showing of the documentary "Out of the Shadow", I was struck by MANY new faces! The following week, the film was presented to 50 high school students. That makes 200 more people

with a greater understanding of not only schizophrenia, but also of the national plight within the public health and housing system. Representatives from PLAN, NAMI-Austin and Janssen Pharmaceuticals were on hand to share practical solutions to some of the challenges faced by families and those affected personally by such brain disorders.

**Please contact PLAN or NAMI- Austin if you would like to show this film to a neighborhood group, school, or civic organization. NAMI has the DVD version and**  
*(continued on p. 4)*

## Annual Meeting on November 5

Members will have the opportunity at the Annual Meeting on November 5 to become acquainted with the officers and board of directors and to approve/disapprove the nominating committee's recommendations. Members may nominate officers and directors from the floor but must have the agreement of their nominee to serve.

Of the current board, six members' terms do not expire until the end of 2006: (*Treasurer*) Rita Hornak, (*Secretary*) Doris

Goewey, Cecile DeWitt (*President Emeritus*), Anita Garner, Marcia Toprac, and Betty Crawford.

The Committee nominates the following who have agreed to serve another term (2006-2007):

**President:**

Becky Lilljedahl

**Vice President:**

Yvonne Hansen

**Directors:**

Sandy Englert,  
Bob Englert (*President Emeritus*).

The Committee asks you to approve the following to serve as **Directors:**

Adrienne Kennedy,  
Anthony Losciutto.

Both persons have experience with the needs of families with a mentally ill member.

We look forward to your expressing your feelings when we make these important choices and will appreciate your participating in voting.

**THANK YOU TO OUR  
MARCH 30 –  
SEPTEMBER 29  
DONORS!**

**BRIDGE CAMPAIGN:**

Shirley J. Buvens  
Roberta Dilley  
Elizabeth Flynn  
Ralph Harkenrider  
John D. Head, Jr.  
Norma Kotz  
Stephen & Karen Low  
Carol Peters  
LaRita Booth Pryor  
Loretta L. Ruybalid  
Robert T. Stough  
Marsha Toprac  
J. Craig Wheeler  
R.H. and Aleen Woodard

**GENERAL  
DONATIONS:**

Cecile M. DeWitt  
Christine & Stephen  
Englert  
Becky Lilljedahl  
John & Suzanne  
McFarlane

**CORPORATE:**

Smith Barney Charitable  
Trust \$1000  
LCRA Employees' United  
Charities: \$500  
Austin Case Management:  
\$150  
Safeway/Randall's Good  
Neighbor: Program:  
\$57.76

## Consumer News

### From the desk of Sandy Englert, Consumer Representative

#### *Celebration Recovery*

Thank you Jan and Eric for helping to make name tags for our booth at Celebration Recovery. Thank you Jan for working at the booth at Celebration Recovery at the Convention Center.

#### *"Out of the Shadow"*

Thank you Eric for helping with the mail that was sent out to families of PLAN.

#### *Matt's El Rancho in July*

Margaret's first meeting getting to know her and our group. Our Mexican food was excellent. Welcome Margaret McNeil to PLAN.

#### *August Cookout*

We had hamburgers, hot dogs, onions, tomatoes and lettuce and chips in August at Doris' clubhouse. Thank you Doris for letting us use your clubhouse.

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**SEE SIDEBAR ON P. 4  
FOR INFORMATION  
ON FALL CONSUMER  
SOCIALS.**

## From the Desk of Cecile DeWitt

### "IT for Intelligent Grandmothers": a Fundraiser for PLAN

I hope that the manual "IT for Intelligent Grandmothers" that I am putting together will become a bestseller and be a source of income for PLAN.

The manual will give basic guidance for using computers; I quote from the introduction of the manual, "We are not dummies, but the fast pace of information technology is leaving us behind. On the other hand IT offers wonderful opportunities to elderly people. Basic guidance, such as offered by this manual, together with intelligence is one path to the IT world."

The manual consists of loose leaves, one page per function. For instance, the page titled "Printers" has six short paragraphs: Introduction, Installing a Printer's Driver, Printing, Record of Printers Installed in your Computer, Problems, Glossary.

The guidance has to be used intelligently; it is not a sequence of commands meaningful only for a particular computer. The reader has to adapt the instruction to his/her computer.

What do I mean by "adapt"? Let me give an example: one of my (intelligent) granddaughters, then 8 years old, happened to visit a friend who had a rotary phone. Left waiting alone with an offer to call

her home, she tried first to push the buttons. Not getting a ring, she tried turning the dial. But, she had to practice a few times before pushing the dial to its limit without stopping. She "adapted" her knowledge of telephoning to a new instrument.

### "Physics at Work in Neuroscience, Neuroscience at Work in Mental Health"

This project outlined in previous issues of "According to PLAN" is being implemented. The UT scanner will be inaugurated on January 25, 2006. An open house is scheduled for April 6, 2006.

# New Services Available Through PLAN of Central Texas

## Supported Employment Services through PLAN

Do you want to work, but feel discouraged about seeking a job due to problems with your mental illness or fears about losing your SSI/SSDI or Medicaid/Medicare benefits? **PLAN of Central Texas** now offers supported employment services. Two of our new care managers, Jana Bermudez and Debby Murray, have extensive experience in helping people with mental illness and other disabilities find and keep regular jobs in the community.

Only 10% to 20% of consumers of public mental health services are employed at any point in time. Many consumers who are unemployed would really like to work, but don't know how to get started on the search, are concerned about losing their benefits, or are discouraged by well-meaning doctors and family members. However, research on mental illness and employment shows that many people with serious mental illnesses can have successful work experiences when provided with the right support, and work can really help people

achieve their recovery goals. Also, with appropriate guidance from knowledgeable professionals, people who receive disability benefits can work without jeopardizing their benefits.

Jana and Debby can help PLAN consumers who are interested in working clarify their employment goals and assist with identifying job opportunities, submitting applications and preparing for interviews. They can also help with decisions about whether or not to disclose your mental illness to potential employers and with making requests for job accommodations. In addition, they can help you build skills for coping with work issues so that you are more likely to keep your job once you're employed. Finally, Debby is a national expert on benefits planning, so she can help determine how much you can work without losing your benefits.

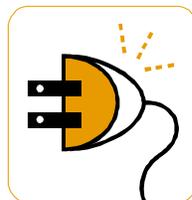
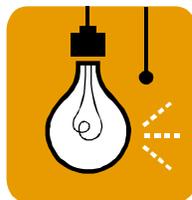
PLAN's supported employment services are currently available at the same rate as our other care management services. If these services are of interest to you or your loved one, please give the PLAN office a call for more information (512/851-0901).

*Marcia Toprac, Ph.D.*

## Plan Offers Groups for Families and Consumers

In July of 2005, **PLAN of Central Texas** began offering bimonthly group meetings for family members thanks to the generosity of the Seawell-Elam Foundation. The PLAN family group is facilitated by Catherine Weaver, who is a licensed professional counselor intern and an experienced teacher of NAMI's Family-to-Family program. Our family group format is based on a model we developed for the Seawell-Elam grant. It includes psycho education, communication skills development, and peer support. Sessions are held on alternating Thursdays, from 7pm to 9pm. Future meetings are scheduled for October 20<sup>th</sup>, November 3<sup>rd</sup> and 17<sup>th</sup>, and December 1<sup>st</sup> and 15<sup>th</sup>. There is still some room in the group, so if you're interested in joining, please contact PLAN (512/851-0901) as soon as possible.

A few of PLAN's consumer members have expressed interest in joining a consumer group that would be similar to the group we offer for family



members. One of our care managers, Margaret McNeil, a licensed social worker (LMSW-ACP, ACSW), is very enthusiastic about getting one started soon. The group will have therapeutic, skill development, and peer support features and will be oriented towards recovery. If you are a consumer with an interest in joining a group like this, please contact the PLAN office (512/851-0901). There will be a charge associated with joining the group, but the fee has not yet been determined.

*Marcia Toprac, Ph.D.*

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info@planctx.org

*PLAN supplements the caregiving of families today – and provides it tomorrow.*

**Fall Consumer  
Socials:**

**Sat., Oct. 22, 1 to 3  
p.m., Umlauf  
Sculpture Garden,  
605 Robert E. Lee,  
Bus 29, RSVP,  
Entrance Fee  
Provided, Bring  
Sack Lunch.**

**Sat., Nov. 19,  
Thanksgiving  
Potluck, 40 N. I35  
#12D4, Bus 26,  
RSVP, Bring Dish.**

**Sat., Dec. 17,  
Holiday Party, 40  
N. I35 #12D4, Bus  
26, RSVP.**

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**We're on the Web!**  
See us at:  
www.planctx.org

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## Yes! Join PLAN of Central Texas Today

**Plan is a 501 c(3)  
nonprofit organization.**

Dues include a membership in PLAN with a subscription to this newsletter. Membership renewals are due at the Annual Meeting held in November.

I enclose my annual membership dues, \$50;

I enclose lifetime membership dues, \$1000;

Contact me.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## President's Message (continued)

**PLAN has the VHS version of the film. As you do so, you will be contributing to the "critical mass" that changes lives for the better!**

A special recognition is in order for two PLAN Board members who have worked many hours sowing seeds for future contributions from the

Austin business community: Betty Crawford and Rita Hornak. THANK YOU, LADIES!

*Becky Lilljedahl, PLAN  
Board President*

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**RANDALL'S #9302**