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## Alzheimer's Disease Resources

<http://www.alzfdn.org>

[www.life123.com](http://www.life123.com)

[www.alz.org](http://www.alz.org)

## Bullying Resources

[www.stopbullying.gov](http://www.stopbullying.gov)

<http://www.apa.org/topics/bullying/>

## REMINDERS

Please remember that if for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

With winter approaching and severe weather impending, The Center for Counseling may have to close if the road conditions are

## The Center for Counseling has a NEWSLETTER??

The answer is YES! This is our first newsletter and we are so excited about it! We thought this would be a great way to stay connected with our clients. We realize that as your family's therapists and psychiatrists, we know an awful lot about you. We wanted you to get to know The Center for Counseling a little more. We want to be able to give you information on upcoming events, reminders, important information on different issues that many people struggle with and much more. Each month, we will email our newsletter to all of you whom we have email addresses for. So, if you are interested, please let our office know your email address. We will also have copies available at our front desk.

We would like to take this opportunity to let all of our clients know that we appreciate each and every one of you! We enjoy working with you and are grateful that you have entrusted us with your mental health needs. We hope that our newsletter provides you with useful information. If you ever have any suggestions on topics you would like covered, please let us know.

Happy Reading!

## November is Alzheimer's Awareness Month



Alzheimer's Disease is a scary word for a lot of people who know or who have known someone with this illness. Alzheimer's Disease becomes more common as people age and about 50% of people aged 85 or older will be affected with its symptoms (life123.com).

Often times, this disease progresses slowly beginning with short term memory loss, disorientation and changes in personality. Extreme confusion, lack of insight, inability to take care of themselves and problem solving can then become affected. Agitation leading to verbal and/or physical aggression, difficulty sleeping, depression and suspicion of others can make caring for a loved one with Alzheimer's especially difficult and sometimes, impossible.

At this time, there is no cure for Alzheimer's Disease. Some medications have proven to be effective for its symptoms however. There are support groups and individual therapy available for the loved ones of those who are affected by the disease, as well as facilities for those who have Alzheimer's Disease, available in the surrounding area. Speaking with your physician is an important

deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

## Laughter is the Best Medicine

"Laughter reduces pain, increases job performance, connects people emotionally, and improves the flow of oxygen to the heart and brain."

[www.Psychologytoday.com](http://www.Psychologytoday.com)



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first step in dealing with Alzheimer's Disease.

## Our Staff Directory

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Christina Lawton, LMSW

Donna Perkins, MA, LPC

Deborah Saelens, MA, LPC

## Bullying Intervention Workshop

As we all know, bullying in schools and through electronic communication is more prevalent than ever. On October 24, 2013, The Center for Counseling along with The New Baltimore Police Department, the Anchor Bay Schools and Macomb County Community Mental Health hosted a free Bullying Intervention Workshop for anyone who is routinely around children. We discussed warning signs of children being bullied or bullying others and how to effectively handle the situation. We identified the resources that the Anchor Bay school district has available to students and parents. We also explained cyber bullying and its effects on children as well as what laws apply to specific types of bullying. We had a GREAT turnout and feel confident that parents and those working with children feel more confident in handling the sensitive issue of bullying. If you would like any further information on this topic, please speak with your therapist. Also, please remember to check back with us, as we will be facilitating groups for kids who are being bullied and separate groups for their parents, in January 2014.

## Grief and the Holidays

Losing someone is difficult, but with the holidays nearing, it can unexpectedly bring back a lot of the emotional hurt and pain. Anticipating the holiday season, may no longer be filled with excitement. You may experience more anxiety and depression through the next few months. For this reason, please remember that The Center for Counseling offers free Grief and Loss group therapy. Please ask your therapist or our office staff for information and/or register.