



NETWORK NEWS

FALL 2009

PLANNED LIFETIME ASSISTANCE NETWORK OF PENNSYLVANIA

www.planofpa.org

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EXECUTIVE DIRECTOR'S MESSAGE

Many of you who have been receiving services from PLAN of PA have completed Personal Care Plans (PCP) on behalf of your loved ones. The PCP is the backbone of our long term case management services. It is a collection of data that includes basics such as birth date, social security number, health insurance, contact information for support persons/services and medical providers. There are also categories of information including your loved one's strengths, interests, hobbies as well as areas that may need some improvement. Most importantly, there is a section of the PCP that outlines the services you would like PLAN to provide for your family member. The information in the PCP is updated in an Annual Review. This process is designed to offer peace of mind to family members who spend countless days worrying about who will care for their loved one.

There are a number of client families who do not have a completed PCP, perhaps because initially this seems to be a somewhat daunting task. I'd like to offer some suggestions to make this an easier procedure. This is a process that can be completed over time. It does not have to be done at one sitting and I wouldn't recommend that at all. I

know this sounds silly but do the easy parts first. Fill in all the information that you know off the top of your head, and then try the other easy things like doctors' phone numbers or health insurance identification/group numbers. Save the parts that feel most difficult for a time when you don't feel under pressure and only do one section at a time. Breaking this down into smaller chunks makes it much easier to manage. If you are so inclined, ask for help with these parts from other family members or from the staff at PLAN. The staff is happy to help you through this course of action but we need your input.

You know your loved one better than anyone else and therefore can make a decision how to engage him or her in the PCP process. If it will be helpful to you, the client's participation can be highly valuable and I encourage that if possible. From a staff perspective, the more we know the better service we can deliver.

One more tip. This is a collaborative process between you and me or the PLAN case manager. It can be done face to face in the PLAN office or your home. It can even be done via email. Choose whatever is easiest for you. And just think how good it will feel to cross this off your "to do" list and perhaps even get a very peaceful night's sleep as a bonus.

OUR MISSION

The mission of Planned Lifetime Assistance Network (PLAN) of Pennsylvania is to provide assistance to families in the development of an individual life plan to assure that care, support and special needs of a relative with mental illness or other lifelong disability are met when families are no longer able to do so.

BOARD NEWS

PLAN of PA announces that Chairman Dan Glennon presented the names of two prospective members at the July 22, 2009 meeting of the Board of Directors. Both were unanimously accepted by the Board.

The first was Anne Zetterberg, who returns to the Board after an absence of several months. She had previously served from January of 2003 to September of 2008. Anne has been an enthusiastic supporter of PLAN of PA, giving generously of her time and money. She presented PLAN of PA with a large donation which was used to fund the PLAN of PA Foundation.

She has written extensively for the newsletter over the years. Anne has accepted the position of Vice-chairman.

The second was a new member to the Board - Deborah Thompson, Esq. She brings an educational background in Psychology and Professional Counseling in addition to a law degree from the University of Pennsylvania. Her professional experience includes placing attorneys and counseling them with regard to all phases of their job search; she has also worked in the field of estate planning, a variety of types of trusts, and general corporate practice.

PLAN of PA thanks Bernadette Bundy

for eleven years of service on the Board of Directors and on the Board of Trustees for Special Needs Trusts. Her banking expertise made her invaluable to PLAN and she served several years as Secretary to the Board. We also regretfully announce that Jean Hunt and Steve Siegel have retired from the Board of Directors. Since joining the Board in February of 2008, Ms. Hunt developed a handbook for Board members and helped the office in establishing financial controls. She and Dr. Siegel will continue to serve in an important capacity as advisors to the Executive Director and the staff.

Annual Member Meeting and 20 Years of Service Celebration

The Annual Member Meeting will be held on September 23rd at the Presbyterian Church in Wayne PA at 5pm. At 6pm, our "20 Years of Service" Celebration will start. As part of the celebration, the Bernard White Community Service Award will be presented to Richard P.

Weishaupt of Community Legal Services, whose efforts on behalf of the poor and disabled have had a significant impact on the lives of those with mental illness. We are honored to have him as our guest and speaker for the evening.

PLAN's 20th year is a time to mark the growth of the organization since its inception and some of the noteworthy milestones along the way. The

current Board of Directors, who have each personally contributed to the occasion, hope many members will join them in remembering the original founders of PLAN and celebrating the success of their vision as they read some of the letters and feedback that PLAN's staff have received over the years.

Award Recipient Richard Weishaupt

Richard P. Weishaupt is the recipient of the second annual Bernard White Community Service Award. He has worked at Community Legal Services for

more than thirty years. He specializes in public benefits and health law and has written extensively in the field. Currently he is working on expanding health care for all Pennsylvanians. Mr. Weishaupt's labor over the years on behalf of the disabled has gained

him numerous awards. The most recent is a Pennsylvania Legal Aid Network Striving for Excellence award in 2008.

GARDEN PARTY

PLAN of PA held a Garden Party on Sunday, June 14th at the home of Board Member Jeannie Parisi and her husband Frank. It was a beautiful sunny day, wonderful location, perfect for an outdoor garden party. We had a good turnout of Board members, PLAN of PA members, staff and supporters. A number of former Board members including Miriam Vosburgh and Greta

Zybon were in attendance. Also present were relatives of the Bernard and Francis White family. Bernard and Francis White were founding members of PLAN of PA.

It was an opportunity to talk to PLAN staff and Board members, see old friends and acquaintances and meet new members and friends. Melissa Dougherty, PLAN of PA's new Development staff member, spoke about the growing need for PLAN services

and the hidden opportunities in this challenging economy. A special thank you goes to Jeannie and Frank Parisi for so generously offering to host the event and to the Board members for providing the delicious food and beverages. PLAN of PA hopes to return the Garden Party to an annual event and we look forward to seeing even more of you there next year.

NSH ART SHOW

The eleventh annual Norristown State Hospital art show will be held in Building 33 at Norristown State Hospital on Wednesday, October 7 from 9:00 am to 3:00

pm. This year's theme is "October Fest". Virginia Wyeth will make a presentation. Musical entertainment will be provided by several local groups. Art is accepted from the five-county area

and awards will be presented based on the decisions of a three-judge panel. Last year, three of PLAN's clients were prize-winners.

WE INVITE YOU TO EXPLORE PLAN OF PA'S UPDATED WEBSITE

www.planofpa.org

HOLIDAY TIPS AT THE HOLIDAY PARTY

This year's Holiday Party will be held on December 16th from 4 to 6 pm at the PLAN office and will include a special, informal presentation by various members of the staff, who will be offering tips on coping with holiday stress for clients, families and one another. The holiday hype starts long before December and can be a significant strain on clients and care-givers alike. Unpressured social time such as PLAN's Holiday Party can be rare, given the general atmosphere of heightened expectations. We hope members will take advantage of PLAN's help in this area and enjoy the festivities and treats as well.

C L I E N T C O R N E R

Jim is a 47 year old man with bipolar disorder and a personality disorder. He has lived independently in the same Section 8 apartment for the past 10 years. In addition to his mental health issues, Jim also suffers from partial blindness and heart disease. He has an Intensive Case Manager from the Montgomery County Office of Mental Health/Mental Retardation. Jim spends most of his time in his apartment. He has not been amenable to attending any structured

activities during the day although there was a period of time when he was employed at a structured workshop. Jim has difficulty maintaining relationships and finds day programs and job coaching a "waste of time."

Jim's father, Ron, came to PLAN eight years ago and requested a Personal Care Plan for his son. Although Ron didn't request ongoing active case management at the time, he did want the ability to call

on PLAN once a year when he went on an extended vacation. During that month every summer, he requested that a PLAN case manager visit Jim twice; once to take him out for lunch and a movie and once to take Jim food shopping and make sure the apartment was in order. The other two weeks when we did not visit, the PLAN case manager was asked to call Jim and the county case manager to check in.



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