



PLAN OF PA Network News

Planning. Trust. Care. For Adults with Mental Disabilities .

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Marketing/Development Director

Rosemarie DeLuca

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Our Mission

Planned Lifetime Assistance Network of Pennsylvania is a non-profit 501(c)(3) organization dedicated to serving adults 18 years and older with mental illness, autism, intellectual disability, or brain injury and their families in the Greater Philadelphia area.

PLAN of PA Foundation Benefit:

Larry McKenna & Friends To Perform May 25

Interested in a fun night out while supporting PLAN of PA? Join us on May 25 at the Paddock Restaurant in Devon for a toe-tapping night of music to benefit the PLAN of PA Foundation.

Radnor and Sea Isle City favorite Larry McKenna, along with band mates Chuck Shea and Steve Bauer, will perform “Songs of the Shore...Party Anthems from the ‘50’s to the ‘90’s”, from 7:30 to 9 p.m.

Tickets to the Foundation event are \$25 per person. You may want to come to the Paddock early and enjoy their wonderful dinner menu before heading into the private back room.

The PLAN of PA Foundation was created in 2006, thanks to a generous gift from former Board member Anne Zetterberg. Support from Anne and other friends of PLAN will ensure that our non-profit organization will always be able to answer the question: “Who will take care of my loved one when I am no longer able?”

Additionally, the PLAN Foundation will allow PLAN to create new services or programs in order to meet the changing needs of our disabled clients.

Ways To Support the Foundation

A gift to the PLAN Foundation is an investment in the future of PLAN — and

you will be making a difference in the life of an adult with mental illness, intellectual disability, autism, or brain injury in the Greater Philadelphia area.

You can support the PLAN of PA Foundation in three ways:

- **Create a legacy** by naming the PLAN of PA Foundation as a beneficiary in your will, annuity, IRA, life insurance or trust. By remembering PLAN, you also help someone else in need.
- **Attend a PLAN of PA Foundation special event fundraiser**, such as our kick-off event on May 25 with Larry McKenna. Proceeds go directly to the PLAN of PA Foundation.
- **Donate by mail or online** if you specify that the donation is for the PLAN of PA Foundation. Suggested minimum donation is \$1,500.

If you want to join in the fun on May 25, send in the order form on the back page of this newsletter, along with a check for \$25 per person made payable to PLAN of PA Foundation, c/o Rosemarie DeLuca, P.O. Box 154, Wayne, PA 19087.

For more information, contact **Rosemarie DeLuca**, Marketing & Development Director, at 610-687-4036 or rdeluca@planofpa.org.

We hope to see you there! ●

Volunteer Spotlight: Susan Kahan



Susan is a regular volunteer at PLAN of PA and helps out in the office one day a week. She came to our organization by way of her neighbor, Nadine Hoch, PLAN's Director of Clinical Services, whom she was friendly with because their children played together when they were young.

At a lunch get-together with Nadine, she suggested that Susan volunteer at PLAN. "She didn't have to convince me," said Susan. "I like the mission here and saw the passion Nadine had for this place, and I had the time to do it."

Susan has a Master's in Business Education and her work career began teaching typing and shorthand in high school and junior colleges. Two years ago, she left a part-time position teaching computer skills to K-8 students at two Philadelphia Catholic schools, and decided to begin volunteering. She began by visiting elderly people in their homes and occasionally working in the gift shop at her synagogue.

After her lunch with Nadine, Susan decided to add PLAN to her volunteer schedule. Much of her time in the office is spent assisting Program Specialists Julie Casey and Denise Opet, who oversee PLAN's budget and bill-paying activities for Representative Payee clients. Susan keeps their filing cabinets organized and files all the paid bill paperwork.

Says Denise: "Susan takes great pride in her work, and our files have never been more organized and up to date. We can't express enough how much she has impacted our job!"

For Susan, she appreciates that PLAN is flexible with scheduling so she can vary her volunteer day, if necessary. "Plus, it's relaxing," she adds, "and the people here are really nice. I am always included with staff on cards and event outings.

"They appreciate me!" adds Susan. "Every time I leave, they thank me. What's better than that?" ●

PLAN of PA is always looking for volunteer help. If you or someone you know can help us with marketing and administrative work, please call our office at 610-687-4036 or email us at mail@planofpa.org.

From the Executive Director

Spring Brings Change all Around Us...Including PLAN of PA

Spring always brings a renewed sense of change. This is certainly true for PLAN of PA. In November, Rosemarie DeLuca joined PLAN as our part-time Development/Marketing Director, and has she been busy!

Roe has come to PLAN of PA with over 20 years of development and marketing experience and success. She has worked with the PLAN of PA Foundation Board of Directors to begin to raise awareness of the Foundation. This includes a PLAN Foundation page on our planofpa.org website, developing a marketing plan, spicing up the newsletter and our marketing materials, and planning a fun kick-off event to introduce the Foundation to all of you!

Additionally, PLAN of PA continues to be a source of change for our clients and client families. Families reach out to PLAN for many reasons, including to provide support during difficult times with a struggling loved one, with the hope of relieving stress and strengthening their relationship. Our clients look for PLAN of PA's services to be a source of stability and, at times, change in their life as they seek to have the best life that they are capable of experiencing.

Spirit of Gheel Executive Director Dr. Eric Emery, in his article on "Living in Two Worlds" may change your viewpoint on severe mental illness.

This Spring, take a moment to see and feel the changes around you, including at PLAN of PA.

We're excited about the renewed energy of our staff and Board of Directors to effect positive change—and hope you will continue to provide feedback on how we can better serve clients and families. ●



PLAN of PA Marketing & Development Director Rosemarie DeLuca (left) and Executive Director Ginny Koehler attended the Philadelphia Psychiatric Society's 9th Annual Colloquium of Scholars Symposium, held on March 26 at Drexel University College of Medicine. Ginny and Rose met many of the 100 psychiatrists who attended and discussed the important services PLAN can provide to adults with a mental disability.

Friends of PLAN of PA

Supporting the mission and services of Planned Lifetime Assistance Network of Pennsylvania

We are grateful to the many individuals, families, businesses, and Foundations whose contributions are vital to the success of PLAN of PA. The following list reflects gifts received from Jan. 1, 2010 through March 25, 2011.

Foundations

Delaware County Medical Society
Douty Foundation
Ethel Sergeant Clark Smith Memorial Fund
Fourjay Foundation
Million Dollar Roundtable
PLAN of PA Foundation
Scholler Foundation

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We make every effort to provide an accurate list of all donors. However, if your gift is missing or listed incorrectly, please accept our apologies and contact Rosemarie DeLuca at (610) 687-4249 or rdeluca@planofpa.org.

May We Add You To Our List of Friends?

Please support PLAN of PA and help us to always be here for our clients.

Name: _____

Address: _____

Daytime Phone: _____ Email: _____

Enclosed is my tax-deductible donation of \$500 \$100 \$50 \$25 Other \$_____

Please make checks payable to
PLAN of PA
P.O. Box 154
Wayne, PA 19087

Leave a legacy of hope for future generations. Include PLAN of PA in your will.

Spring/Summer Events

PLAN of PA

May 17, 2011 @ 7 p.m.

"Preparing Your Special Needs Child for 18 and Beyond"

Chester County Library

Come to this free information session for information about the financial and legal aspects of planning for someone with special needs. Presented by Ginny Koehler, PLAN of PA; James J. Ruggiero Jr., Ruggiero Law Offices LLC and Patrick Bergmaier, Special Needs Planner, Brumbaugh Wealth Management Group. Additional info: 610-280-2624.

May 25, 7:30 to 9 p.m.

A fun night of music at the Paddock Restaurant to benefit the PLAN of PA Foundation. Tickets are \$25 per person.

Autism

April is Autism Awareness Month!

Sunday, April 17, 11 a.m.-4 p.m.

Autism Awareness Day at Philadelphia Zoo
Philadelphia Zoo

Tickets \$10 per person

www.asaphilly.org/events

Friday, April 29, 8 a.m.-3 p.m.

Green Tree Partnerships 5th Annual Autism Conference

LaSalle University

\$35 parents/students, \$55 all others

www.gtpartnerships.org/GTP_NewsEvents.html

Stop by PLAN of PA's table!

Sunday, June 5, 1:01 p.m.

Autism Awareness Day with Camden Riversharks

Camden Riversharks

Tickets \$11 per person

www.asaphilly.org/events

Mental Illness

Wednesday, April 13, 6:30 p.m.

Film Screening & Discussion: "OC87"

International House

3701 Chestnut St., Philadelphia

Presented by Belmont Center for Comprehensive Treatment and the Freda Kraftsow Sacks Family Resource Center.

Stop by PLAN of PA's table!

Thursday, May 19

Bell of Hope Dinner

Mental Health Assoc. of SEPA

Sheraton Society Hill, Philadelphia

267-587-3843 or www.mhasep.org

Sunday, May 22, 10 a.m.

Greater Philadelphia NAMI Walk

Montgomery County Community College

Blue Bell, PA

PLAN of PA is a sponsor and will have a walk team. Join

PLAN of PA's team!

www.nami.org/namiwalks11/PHI/planofpa

Brain Injury

3 Saturday Walk, Roll, Run events

Brain Injury Association of America

May 14 – Harrisburg

www.biapa.org

Monday-Tuesday, June 27-28

Brain Injury Association of America Annual Meeting

Lancaster, PA Marriott

www.biapa.org

Intellectual Disabilities

Monday, May 16

Golf & Bridge Tournament

Green Valley Country Club

Lafayette Hill, PA

Adults with Developmental Disabilities (check website for ADDPA monthly trip events)

www.addpa.org/

Sunday, June 4, 5:35 p.m.

Camden Riversharks

Tickets: \$12.25, with \$5 per ticket going to Vision for Equality

www.visionforequality.org



Bernard White Community Service Award

PLAN of PA Board Chairman Len Smiley (left) presented the 2010 Bernard White Community Service Award to Marvin Elias, Ph.D., at the November annual meeting held at Villanova Conference Center in Radnor. Elias has had a long career in psychosocial services and is Director of the Chestnut Place Clubhouse in Philadelphia. The Award is given out annually in the spirit of one of PLAN of PA's founders, Bernard H. White.

Living in Two Worlds

Spirit of Gheel Director: People Battling Severe Mental Illness are ‘My Heroes’

Hope dies a hard death for the parents of children with serious and persistent mental illness. We all have hopes and dreams for our lives, and when it comes to our children we always hope our children will have a “better life” than ours.

However, for parents of children who are seriously mentally ill, there are often a series of unsuccessful attempts by the young person to make their way in a world governed by rules they are often unable or ill-equipped to play by.

Dr. Carl Whitaker used to say that schizophrenia was an illness of “abnormal integrity.” In my years of working with those with this diagnosis, I have found this to be profoundly true. In any psychotic illness, the person identified as such is fighting both with intense delusions and hallucinations, while trying to meet the expectations of a world that is largely outside their reality.

In my work with those who are struggling with a psychotic illness, I view them through a lens that is a blend of anthropology and psychology. In this way, those who are so identified are actually inhabitants of another culture, one we only visit through their experience. This translates into the belief that it is not that the visions and voices that the person sees and hears do not exist but rather that we do not see and hear them.

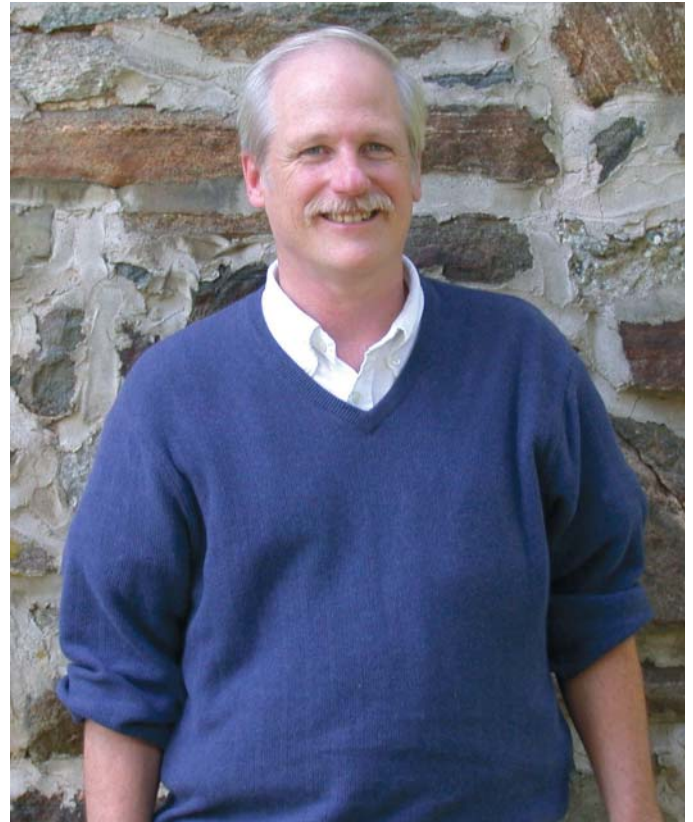
A classic mistake made by many treatment providers as well as by many families, in an attempt to help the person identified as ill, is to convince them that their reality is “not real.” However, the person knows what they experience to be real.

The families are afraid of the judgments of the dominant culture—and that their loved one will be identified as “crazy.” The families—“often heroically”—try everything in an effort to pull their loved one back from the abyss of serious and persistent mental illness.

Throughout my career, I have been repeatedly struck by the extraordinary courage demonstrated by those struggling with psychotic illness as they attempt daily to navigate the demands of two simultaneously occurring realities.

Imagine for a minute the extraordinary difficulty of navigating your daily world with the typical demands and challenges and everyday events while simultaneously also having to navigate another reality with another full set of demands and challenges—and then being told that one of your realities does not exist.

This internal battle leaves the person identified as “psychotic” with a painful dilemma: Give in to what others demand to be “real” or stay true to their own experience. They are in a constant debate within themselves as to whether it is safe to share their “other” reality, as they have personally experienced the harsh judgments that



Eric Emery, Ph.D. is Executive Director of Spirit of Gheel, a non-profit residential, psychiatric, therapeutic community located in Kimberton, PA, approximately 30 miles west of Philadelphia

the dominant culture, professional treatment providers and others often put forth in a “well meaning” attempt” to help them recover.

In my work, I am a daily witness to the tortured expressions and frustrations of those who struggle to navigate these two cultures. This is why I believe that we can not deny them their reality as it does injustice to their souls, because they know the other reality exists. I know it too, and they live it every day!

Those who fight this battle everyday leave me in awe of their courage. They are my heroes, and their daily struggles command the respect of all of us. ●

PLAN of PA Services

PLAN of PA offers three key services that emphasize long-term planning, clinical case management, and financial management:

Care Management Services, working with a social worker on supplemental support and care-encouraging independence, stability and security.

Trust Services for Special Needs Trusts, set up by families who wish to leave resources to support a loved one with a disability, or individuals looking to help preserve eligibility for public benefits.

Budget and Bill-paying Services, acting as Representative Payee for SSI & SSDI benefits to ensure prompt payment of bills, including food, shelter and medical expenses through the establishment of a realistic budget.

songs of the shore
wed. may 25



party anthems from the 50's to the 90's
...an evening of your favorite tunes

Name: _____

Address: _____

Phone: _____ Email: _____

No. of tickets _____ x \$25 Total enclosed \$ _____

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For more information on PLAN of PA, to schedule a presentation for your group, or for help with planning for a loved one's future, call us at 610-687-4036.