

Resources

Suicide Resource Center

February 2011 Volume 1, Issue 1

Mission Statement-

Our mission is to prevent suicide in Larimer County by raising awareness, educating, and training youth and adults about depression and suicide, and providing resources and support to those who have been impacted.

Inside this issue:

Volunteer Spotlight	2
Awareness 101	2
Memory Corner	2
Grant & Donor Appreciation	3
New Volunteer Shout-out	3
Board of Directors	4
Programs & Services	4

Happy New Year to You All!



Group Publishing Community Service Awards
M. Martinez, J. Schultz, L. Daigle and T. Schultz

We at the Suicide Resource Center are so fortunate to have such a caring community filled with kindness and support. Our wonderful partnerships have enabled us to reach more groups with education, awareness and resources. We are so thankful to Group Publishing, the Bohemian Foundation, and Poudre Valley Health Systems for their incredible generosity (see our Donor's Corner for a complete listing of grant awards).

As this year presents itself, we have so much opportunity to positively impact the citizens of Larimer County. We appreciate all of our facilitators and volunteers who continually and

compassionately give of themselves in service to others. Our R.A.P.P. (Raising Awareness of Personal Power) program in Larimer County's middle and high schools continues to be a beacon of hope and knowledge. The awareness and education it provides has more young people talking about and understanding the impact of mental health issues and suicidal behavior. The Hope for Today program, a community education curriculum that trains individuals on how to recognize and seek help for those who have depression, bipolar disorder and/or suicide ideation, continues to be a powerful resource in our community. Our Depression/Bipolar support groups and our Heartbeat survivor's group offer support and comfort to those in need.

There is more outreach planned for this year as we develop partnerships with at-risk organizations such as LAMBDA, Beyond the Mirror, the Larimer County Workforce and many others. Our mission is clear - to prevent suicide in Larimer County by raising awareness, educating and training youth and adults about depression and suicide and providing resources and support to those who have been impacted. We hope that our efforts will continue to save lives and we invite all of you to join us in this significant and important undertaking.

Together we can!

Partnership Corner

Over the past few months we have had the opportunity to collaborate with the following agencies...

- ◆ Poudre School District
- ◆ Thompson R2-J Valley School District
- ◆ Sexual Abuse Victims Advocate Center
- ◆ Volunteers of America
- ◆ Beyond the Mirror
- ◆ LAMBDA Community Center

Volunteer Spotlight

Generous, dedicated, empathic, thoughtful, enthusiastic...there aren't enough words to describe such an outstanding volunteer.

Linda Maher has been a volunteer with the Suicide Resource Center for 15 years and has selflessly donated over 1,000 hours in making a difference in the lives of numerous Larimer county residents.

Whether educating middle and high-school students about Depression and Bipolar disorder through R.A.P.P. presentations, or teaching local organizations how to recognize suicide warning signs through the Hope for Today program, Linda is committed to raising awareness, promoting suicide prevention and offering support.

She is an asset to the Suicide Resource Center and has continued to play a vital role in the success of the organization for years.

Words will never sufficiently express how thankful and fortunate we are to have Linda as a volunteer, board member and mentor.

Linda, Thank you for all you have done and continue to do!



Linda Maher– Dedicated volunteer and Board member

Help Wanted

If you are comfortable with public speaking, and have excellent time management skills, we are in need of volunteers for the Hope for Today & R.A.P.P. presentation. Please contact Marisa at 970-635-9301

Awareness 101

Depression and Diet: Make Healthy Choices

By David Mrazek, M.D.

It makes sense that if the fuel we are providing for our body, including our brain, is healthy, that our bodies will function more efficiently. We all know that diets higher in fiber, as well as low in saturated fats, contribute to better health overall.

We have talked about the link

between depression and other medical illnesses many times.

For instance, depression and heart disease are linked.

Thyroid disease is another medical condition that can cause or contribute to depression. Your diet may be another link.

Eating a Mediterranean diet may lower the risk of depression by almost one-third, according to some research.

The Mediterranean diet includes lots of fruits and vegetables, as well as whole grains and healthy fats and oils. This doesn't mean that diet alone is an alternative way to treat depression, but it can't hurt to make healthier food choices each day. As always, please talk with your health care provider about specific treatment options for depression, including your diet choices.

Memory Corner

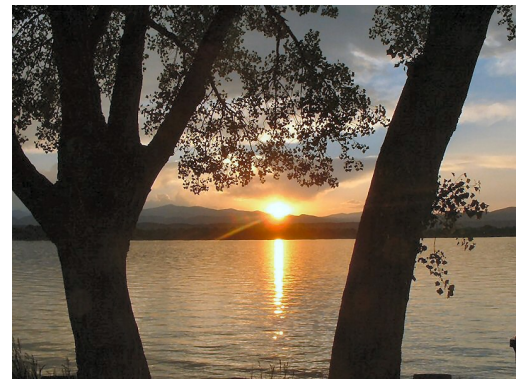
We would like to thank the following individuals for their donation in honor and memory of their loved one.

Joe & Lorie Menke in remembrance of Ramey Buchholz & Edward Bennette
Lili Jacobs & Lance Larson in loving memory of Holly Kathren Jacobs & Caroline Phelan Jones

Ronald Morris in memory of Dr. Robert Grosboll
Shelby & Dustin Coy in memory of Devin Parker
Valeria Macri-Lind in memory of Harrison Brown

In memory of Olivia MacDonald
In memory of Joseph Thomas Belt

In memory of loved ones who have died by suicide, we would like to update and refresh the Memory Galley on our website, as well as the display board in the office. If you have lost someone close to you to suicide and would like to provide their name along with a picture, we would love to honor their memory. Please send information to mmartinez@suicideresourcecenter.org



Lake Loveland



Berthoud

Grant & Donor Appreciation

A special thank you to the following organizations for supporting the mission of the S.R.C. !

- ◆ Group Publishing
- ◆ Bohemian Foundation
- ◆ Poudre Valley Health Systems
- ◆ Home State Bank
- ◆ Forney Industries
- ◆ Exodus Moving and Storage
- ◆ Profits Unlimited
- ◆ Chrisland Charitable Fund
- ◆ Sunrise Glass Company
- ◆ United Way of Larimer County
- ◆ Rotary Club of Fort Collins
- ◆ Plymouth Congregational
- ◆ First United Presbyterian
- ◆ Saint Paul's Episcopal
- ◆ Schwartz Memorial Fund
- ◆ Bluebonnet Fund
- ◆ Loveland Generations Fund
- ◆ Erion Foundation
- ◆ Wells Fargo Foundation
- ◆ Community Foundation of Loveland
- ◆ Adolph Coors Foundation
- ◆ Gannett Foundation

New Volunteer Shout-out!

Sarah Manuel began volunteering this month and is interested in assisting with R.A.P.P., the School based education & prevention program.

Some stuff you didn't know about Sarah...

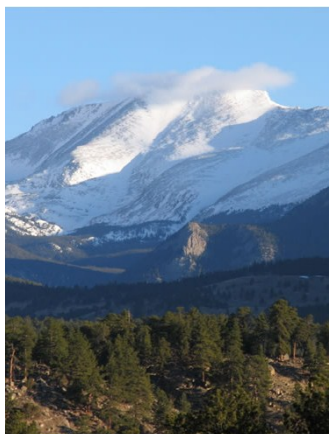
- 1) She loves to read..."I probably finished 35+ books in 2010!"
- 2) She was a varsity track athlete for CSU.
- 3) She would love to own a draft horse eventually.
- 4) Her favorite peanut butter is Jiffy Creamy.
- 5) She has never had braces or glasses, but has always wished for both!

- (She's still trying to convince the eye doctor that she need glasses, to no avail.)
- 6) She enjoys vacuuming, "it's a treat for me and helps relieve stress."
 - 7) She loves to bake & cook.
 - 8) She can't roll her tongue.

Student Voice

"I learned more about Depression & Bipolar disorder and I am now more understanding of others."

Quote taken from a student evaluation following a high school R.A.P.P. presentation



Estes Park

Board of Directors

- * Andrea Karapas, **Board Chair**
- * Kathy Forrest, **Vice Chair**
- * Leslie Sampson, **Treasurer**
- * Linda Maher, **Board Secretary**
- * Arleen Brown
- * Carol Hoelscher
- * David Miller

We encourage those who are interested in becoming a board member, to join us for a monthly meeting.

Please call (970) 635-9301 or email Marisa at mmartinez@suicideresourcecenter.org for additional information.

Suicide Resource Center

315 E. 7th Street Suite 201
Loveland, CO 80537
Tel: 970-635-9301
Fax: 970-461-2426
E-mail: info@suicideresourcecenter.org

Next newsletter:

May 4, 2011

We're on the Web!

www.suicideresourcecenter.org

Mark your calendar...

♦ Saturday, April 30th

Shred-A-Thon

Taking place in Fort Collins at the
1st State Bank on Lemay Ave.
From 9:00a.m.- 1:00p.m.

*A great way to safely discard tax
documents and other papers.*

♦ Sunday, June 12th

10th Annual
Taking Strides to Save Lives©
Walk & Vigil
In Downtown Fort Collins
7:00p.m.

Our Programs and Services

Depression & Bipolar Support Groups

Loveland-

**1st Thursday of the month
at 6:30pm-** Meetings are
held at the Zion Lutheran
Church at 815 E. 16th Street.

**4th Thursday of the month
at noon-** Meetings are held
at Home State Bank at 935
Cleveland Avenue.

Fort Collins-

**2nd Tuesday of the month
at noon-** Meetings are held
at the Murphy Center at 242
Conifer Street.

**3rd Thursday of the month
at 6:30pm-** Meetings are
held at the Harmony
Presbyterian Church at 400
E. Boardwalk Drive.

Friends & Family Support Group

**3rd Thursday of every
month-** Meetings are held at
the Harmony Presbyterian
Church at 400 E. Boardwalk
Drive in Fort Collins.

Grief Support

**3rd Wednesday of every
month-** Meetings are held
at the Pathways Hospice at
305 Carpenter Road in Fort
Collins.



Rolland Moore Park