



# Expressions

## Maumee Valley Guidance Center

Connie Planson, President & CEO

Volume 2, Issue 2

### NSCC Awards MVGC with “Making A Difference Award”

More than 150 individuals recently enjoyed a “Night of Mystery and Magic” and the presentation of the first annual Making A Difference Awards at Northwest State Community College (NCSS). The evening spotlighted the importance of service in our communities and supported scholarship programs sponsored by the NSCC Foundation.

“The Making A Difference Award was created to recognize those who are dedicated to strengthening and improving the communities in which

they live and work,” said Robbin Wilcox, director of development at NSCC. “The award recipients were selected from a number of deserving candidates that were all nominated by someone in their community.

The Making A Difference Award was presented in the categories of organization, business, and individual. The Making A Difference Award recipients included: Maumee Valley Guidance Center, the State Bank and Trust Company, and Erie J. Sauder (posthumously). The Maumee Valley Guidance Center has

been serving northwest Ohio for the past 50 years. They have displayed ongoing dedication and commitment towards contributing to the quality of life in NW Ohio and have proven excellence in their field of endeavor.

Connie Planson, President/CEO accepted this award on behalf of the staff and Board of MVGC.



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#### Board of Directors:

- Paul Barnaby
- Susan Jackson
- James Harris
- David Westrick
- Richard Myers
- Lewis Hilker
- Cheryl Kehnast
- William Brenner
- Denny Shannon



### Henry County Foundation Grant

Maumee Valley Guidance Center was the proud recipient of the Henry County Foundation Grant. This money will be used to continue the Wellness Management and Recovery Groups in our Henry County office. Thanks Henry County!

### North Western Electric Trust

Maumee Valley Guidance Center also received a donation from North Western Electric Trust. This money will be used to help fund our Clubhouse Program. Thanks NW Electric Trust!.

# May 1, 2010 Silent Auction-Reverse Raffle-Dinner

A special thanks to the following businesses and families who donated to our event.

*Ace Hardware of Wauseon*  
*Al Meda Chocolates*  
*All Occasions Plus*  
*Archbold Equipment*  
*Auto Zone*  
*Avina Specialties*  
*Azul Tequila Restaurant*  
*Batt & Stevens Body Shop*  
*Beckman Chevrolet/Cadillac*  
*Bills Sports Center*  
*Brookview Farms*  
*Brown, Shellee*  
*Burger King*  
*Carol Ann City Cafe*  
*Charlies Down Under*  
*Chief Supermarket of Wauseon*  
*CK Technologies, LLC*  
*Cleveland Indians*  
*Clubhouse Pizza*  
*Cosmo*  
*Creative Keepsakes*  
*Current Office Solutions*  
*Curves of Bryan*  
*Debrand Chocolatier*  
*Defiance Police Union*  
*Defiance Therapeutic Massage & Wellness Center*  
*Defiance Water Recreation*  
*Deluxe Cleaners*  
*Diamond & Gold Outlet*  
*Direct Link*  
*Eagles Club #372*  
*Enviro-Care Lawn & Landscape*  
*Eric's Ice Cream*  
*Expressions Salon*  
*Farmers & Merchant State Bank*

*Figaros*  
*First Federal Bank of the Midwest*  
*Fort Defiance Realty*  
*Four All Occasions*  
*Frank, Kathy*  
*Giesige, Marcia*  
*Harley Davidson*  
*Hench, Eric & Deb*  
*Henry County Hospital*  
*Holiday Inn Express*  
*Home Restaurant*  
*Hommer Athletics*  
*Imagination Station*  
*Indigo*  
*Integrity Defiance Auto Body, Inc.*  
*Ivy League Florist*  
*JBS Office Solutions*  
*Just For Dogs*  
*Kamco Industries*  
*Keller, Karen*  
*Kettenring County Club*  
*Kings Island*  
*Kissner's Restaurant*  
*Kroger's Supermarket*  
*Liechty Farm Equipment of Napoleon*  
*Liechty Farm Equipment of Archbold*  
*Los Mariachis Mexican Restaurant*  
*Mancino's*  
*Marcos Pizza*  
*Menards*  
*Michel & Brown*  
*Mike's Sunoco*  
*Myros Pizza Bistro*  
*Nelson & Bobs*  
*New Home Development Company*

*Nolan Family*  
*Nordon's Nifty Trim*  
*Ohio Gas Company*  
*O'Reilly Auto Parts*  
*Pampered Pets*  
*Pioneer Quick Lube*  
*Putt Putt Fun Center*  
*Remax Realty*  
*Rick's Sports Bar*  
*Rivercity Bowl-A-Way*  
*Sauder's Village*  
*Schmidlin Greenhouse, Inc.*  
*Season's Coffee & Bistro*  
*Service Master*  
*Shears*  
*Skye Cinema*  
*St. Mike's Golf Course*  
*State Bank & Trust Company*  
*Stella Blue*  
*Stoney Ridge Winery*  
*Swan Creek Candle Company*  
*The Candy Cane Christmas Shoppe*  
*Toledo Walleye/Toledo Mudhens*  
*Tuffy Auto Service Center*  
*Wendt Shoes*  
*Werlor Waste Control, Inc.*  
*White Pines Golf Course*  
*Yark Automotive Group*  
*Yoder Pharmacy*

**Thank you to Tim Shiarla for volunteering his time and talents to assist MVGC with maintenance requests. He has been a wonderful asset to our organization. Thanks Tim!**



No act of kindness, no matter  
how small, is ever wasted.

- Aesop

## MVGC Graduates 22 WMR participants!

Maumee Valley Guidance Center congratulates 22 participants who have just graduated from the Wellness Management & Recovery program. This is the largest class so far to complete the program. Why the increase? It is simple, because it works.

Wellness Management & Recovery, an evidenced based program, is a psycho educational curriculum that utilizes adult education methodology. It incorporates holistic health and wellness and is inclusive of multicultural competency. The program consists of 10 weeks of group and then is followed up by an Alumni group which encourages clients to continue to incorporate the self empowering activities in their daily lives. Each group is co-facilitated by a mental health specialist and a person in recovery. The program uses the group process to educate, support, and empower clients to make the needed changes in their lives.

WMR is a process that includes three major areas. The first is overcoming stuckness. This

involves having a desire and motivation to change and to move toward wellness. Finding hope and inspiration is important in order to achieve in this area.

The second area is regaining what was lost and moving forward. This is where we foster self empowerment. We stress self care, being active, reconnecting or connecting with others, and social supports.

The third area in the process of WMR includes an improved quality of life. Clients attain an overall sense of well being. They strive to reach new potential, are able to advocate for themselves and others, and have the ability to improve the quality of their life.

The program is very individualistic and group members are active participants in their own recovery. Clients of varying backgrounds, diagnosis, and academic ability all do very well in this program. WMR is one of two CCOE that Maumee Valley utilizes to improve the quality of life for our clients.



## Client Christmas Party-December 2009

Maumee Valley Guidance Center held its Client Christmas Party on Friday, December 11, 2009. Many clients were in attendance. Santa Claus made an appearance and handed out gifts for everyone in attendance.

A wonderful meal was prepared by MVGC Case Management staff. The clients enjoyed the day.



*The best way to cheer yourself up is to try to cheer somebody else up*

-Mark Twain

**Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.**

**-Margaret Mead**

## Staff Holiday Celebration—December 2009



*Maumee Valley Guidance Center staff took a break from their hard work and celebrated the holidays together. On December 11, 2009, the staff met at Stella Blue of Archbold and enjoyed a wonderful holiday buffet.*



## Maumee Valley Guidance Center

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

Enhancing the Quality of Life for  
Those We Serve



### Mission Statement

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



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