



# Expressions

*Maumee Valley Guidance Center*

Connie Planson, President & CEO

Volume 8, Issue 1

## Maumee Valley Guidance Center initiates GeneSight Testing

Maumee Valley Guidance Center has implemented the GeneSight Testing tool that can be used with our clients. GeneSight Testing is:

- a laboratory developed genetic test to examine a patient’s genes both individually and in combination.
- Matches the patient’s genetic profile with known pharmacology
- Tests Psychotropic, Analgesics, ADHD, MTHFR (folic acid conversion, genetic causes of folate deficiency).

**Method:**

- a buccal swab is used to collect patient’s DNA
- The sample is sent via prepaid FedEx to Assurex Health’s laboratory
- 36 hours after receiving the sample, patient’s report can be accessed on the GeneSight secure website
- Information obtained helps select more genetically appropriate medications
- Analyzes how patient’s genes may affect his/her metabolism and response to FDA-approved medicines

**Who is it for:**

- patients with uncontrolled symptoms
- Patients who are experiencing lower than desired medication response and/or unwanted side effects
- Patients taking multiple medications due to medical comorbidities, helps avoid drug-drug interactions and compounding side effects

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**Board of Directors:**

- Paul Barnaby
- Ryan Mack
- David Westrick
- Glenn Miller
- Lewis Hilkert
- Cheryl Kehnast
- William Brenner
- Denny Shannon
- Mandi Johnson

## Clubhouse Activities

Clubhouse has been busy taking part in various activities. With the clubhouse program extended to four days a week, clients have more of an opportunity to participate in a variety of activities. Clients have enjoyed trips to the YMCA to promote physical health. There have been several trips to Sauder's Village, where participants were able to step back into time and learn how things were done and made years ago. Clients enjoyed heading to Toledo for an afternoon at the Toledo Museum of Art. Doing arts/ crafts while watching movies has always been a good way to spend a day after a long week. Clients have enjoyed volunteering at local animal shelters also. No month would be complete without a little "thrifty shopping" at the various dollar stores and thrift shops. Clients' have also enjoyed a canal trip and visiting the local farmers' market to get local grown produce. A pizza party and Halloween party is always something our client's enjoy and a good way to close out the month of October. In the coming months, clients will get to participate in a tour of Spangler Candy Company, where they will be able to watch how the world famous Dum Dum Pops are made. The clients will also have the chance to visit several Christmas shops and also attend the annual Client Christmas party held in December. At the annual party, clients will be treated to a meal prepared by the case managers and will also be able to enjoy games and karaoke for the day.



## United Way—Day of Caring

Maumee Valley Guidance Center was chosen to participate in the United Way—Day of Caring. On October 8, 2015, a volunteer helped out with shredding paper documents. This was a great help to our finance department. A big thank you to the volunteer and Defiance County United Way for their support.



From right: Shelly Wendt and Holli Sierra—Finance Department at MVGC

## Community Donations/Grants/Assistance

Fulton County United Way

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

-William Arthur Ward

## Supportive Services for Veteran Families Program (SSVF)

Maumee Valley Guidance Center recently received a \$1,000 donation from Interim Health Care to be used for its Supportive Service for Veteran Families Program. Discussing the program are Jenny Hoeffel (left), Maumee Valley Guidance Center; and Kim Barratt, Interim Health Care.

In addition, the Maumee Valley Guidance Center has been selected to receive the renewal grant for this program (SSVF) for FY 2016 with services beginning October 1, 2015.



From left: Jenny Hoeffel, Veteran Prevention and Outreach Manager and Kim Barratt, Interim Health Care

## 2015 Defiance Chamber of Commerce Banquet



From left: Ryan Mack, MVGC Board member, Dawn Miller, Clinical Director, Connie Planson, President/CEO, Rachelle McDonald, CPST Team Leader, Leslie Taylor, Manager, Administrative Service, Brandon McCann, Vice Chairperson, Chamber.

Each year, the Defiance Area Chamber of Commerce holds our Annual Meeting & Awards Banquet on the second Thursday evening in September. This evening celebrates the success of all membership companies with five or more years of operation in the greater Defiance area. This year, Maumee Valley Guidance Center was recognized for their achievement of serving the community for 55 years.

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

## *Maumee Valley Guidance Center*

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Enhancing the Quality of Life for  
Those We Serve



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### **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.