

## ***MDSC EVENT RECAP: Taking Charge of Your Mental Health***

Janet S. Weinstock, Secretary

Thursday, May 19, 2022

Seventy (70) MDSC members and volunteers gathered once again at the Schweinhaut Senior Center in Silver Spring, MD on a warm and sunny day. It was certainly good to see familiar and new faces. We had a great time chatting, learning, sharing, eating, and drinking.

MDSC Board Members donned MDSC denim shirts once again along with our volunteers who wore neon orange vests so that they could easily be spotted for assistance when needed. Many thanks to the following individuals for being there for us: **Avril Brandon**, CCBC Student Volunteer, **Aimee Burke**, Volunteer, **Felix Chevere**, CCBC Student Volunteer, and **Suzanne LaFauce**, Presenter.

We started the morning with **President Leslie Zinza** giving us a very warm welcome. Then, **Vice President Thelma Schroeder** introduced Suzanne LaFauce, LGPC, who is a Deaf Licensed Graduate Professional Counselor in the state of Maryland to present on *"Taking Charge of Your Mental Health!"* She opened her PPT slides with 3 key words: **HEAL. RECOVER. THRIVE.** Then she informed us that since May is a Mental Health Awareness Month, it is fitting that MDSC invited her to share helpful tips on how we empower ourselves to create positive change. Enclosed in this email is the PPTs from LaFauce's presentation. We learned that The Sante Group, the agency that LaFauce works for, provides tailored services and programs F-R-E-E of charge for residents of Montgomery County who are eligible. For more information about The Sante Group, go to <https://www.thesantegroup.org>.

Key takeaways from LaFauce's presentation:

- Getting therapy/counseling IS a sign of strength.
- Taking care of ourselves is vital: sleeping well, moving around, eating healthy, thinking positively, connecting with others, and being kind to yourself!
- Being proactive.
- Most importantly, a question you need to ask yourself is "What do I need?"

VP Thelma then invited several people to the stage to share updates about issues of interest to Maryland's Deaf Seniors.

**Peter Un** who serves on the Maryland Association of the Deaf board focusing on Senior Citizen issues. He informed us that the federal government distributes funds to each state to provide support to Senior Citizens. The state of Maryland allocates funds to each county. Each county spends its funds as they see fit. Montgomery County has one of the largest numbers of Deaf Senior residents. Unfortunately, services and support are not accessible to Deaf Seniors who live in the county. As we know, Deaf Seniors are scattered all over Maryland and we would like to see centralized services.

DSA President **Alfred Sonnenstrahl** informed us that before joining us for the day, he attended the 11th Annual Health & Wellness Expo at Leisure World of Maryland which by the way is free and open to all in celebration of Older Americans Month in May. He stressed the importance in paying attention to discrimination that prevent us from having access to information and urged us to continue to educate the public about the needs of Deaf Senior Citizens.

After we took a break for lunch with MDSC providing cookies from Crumbl and Wegmans plus bottles of water, **Shunling and Tony Lee** shared information about a 19 day trip to Ecuador and Peru they will go this October 2022. Check the attached PDF file for more information about the trip. Be aware that the deadline is June 10th. Shunling and Tony stressed the importance of buying travel insurance to protect you in case something happens when you travel overseas.

<https://www.consumersadvocate.org/travel-insurance/a/best-travel-insurance>

If you have any questions about this trip, please contact them at [shunling2@gmail.com](mailto:shunling2@gmail.com) and [ttsl@yahoo.com](mailto:ttsl@yahoo.com).

**Parliamentarian Mike Moore** got on the stage to share information about the addition to the Bylaws by the board regarding honorary membership. Information was already sent to all the members on May 11th.

**Trip Chair Mike Weinstock** got on board to inform us that when it is safer to travel by bus, he will start planning for a day trip. He stayed on the stage as a member of the MDSC website development team to share updates about the MDSC website that is currently under construction. He showed us how to navigate the revamped website that is intended to be user friendly. **Secretary Janet Weinstock** is the point of contact (POC) so if you have any input, email her at [mddeafseniors@gmail.com](mailto:mddeafseniors@gmail.com).

Last but not least, **Treasurer Cathy Thompson** engaged us with MONEY-MONEY activities starting with this month's Bank Day winner is a no show so \$50 will turn into \$75 next month. **Christine Sorkin** is the 3rd place winner of \$15, **Jeff Dunefsky** won 2nd place with \$20, and **Lee Meadows** is the 1st place winner of \$25! The 50/50 raffle totalling \$127.00 is divided into three: **Andriana Canning** got \$17, **Michael Harbison** got \$40, and **Dot Brenner** got \$70!

***See you on Thursday, June 16th for the business meeting  
and election of Vice President and Treasurer for 2022-2024!***