

A Word from the Co-Directors

The New Year brings several changes to Salem Pastoral Counseling Center. 2018 saw the addition of 6 new offices and a training/meeting/conference room. In addition, we added 5 new therapists to our staff for a total of 18 counselors. SPCC continues to serve the mental health needs of the greater Salem Area. One important area we believe is a priority is to help those who do not have the necessary funds for counseling. Our Client Assistance Program fulfills this priority and is funded three ways: by those who participate as Sustaining Donors, general donations, and by our Annual Fundraiser Dinner Auction.

This year our Annual Fundraiser will be held at Dayspring Fellowship in Keizer on March 1st. Hart Keene, nationally recognized illusionist, will be our special entertainment throughout the evening. You can find more information regarding the Annual Fundraiser and Sustaining Donor Program in the newsletter. Check out the profiles of our newest staff members and articles on bullying, media/screen time, yoga and more. Check out the information on how you can partner with us through our Client Assistance Program. During this year, may your lives be blessed and may you be a blessing to others. Do not let the anxiety of the world overcome your mission and purpose. Henri Nouwen says it best: "One way to pray in a fear filled world is to choose love over anxiety". May this New Year be one of hope and joy. We hope for each one of you the very best in 2019.

George Olson

Judy Tuttle-Zollner



Wonderful Transformations

~Presented by~
Salem Pastoral Counseling Center

FEATURING NATIONALLY RENOWNED ILLUSIONIST HART KEENE!





March 1st, 2019

Doors open at 6pm, Dinner served at 6:30pm Dayspring Fellowship–1755 Lockhaven Dr NE, Keizer, OR 97303

Tickets are \$35

Join us For Dinner, Live Auction by Auctioneer LeRoy Hedberg, and Live Show by Hart Keene

All proceeds of this fundraiser benefit the Client Assistance Program

For Ticket Purchases or to Donate (Funds, Items, or Services)
Please Contact Salem Pastoral Counseling Center

Email: salempastoral@integra.net Phone: 503-371-6876

TICKETS MUST BE PURCHASED BY FEBRUARY 25th, 2019

SALEM PASTORAL COUNSELING CENTER

Sponsorship Options for our annual Client Assistance Program Fundraiser

Salem Pastoral Counseling Center has been serving the Salem area since 1980. We believe each person is valued by God and we are committed to a ministry of counseling, compassion, and care. We are dedicated to serving the community and are one of a few counseling centers in the area that offer both a sliding fee scale as well as an established Client Assistance Program (CAP). The CAP fund is part of our mission as a nonprofit and allows us to offer services at a lower cost to persons in need.

Each year we host an annual dinner and auction fundraiser to benefit the CAP fund. The CAP fund is an essential part of our service to the community and this event is by far the largest contribution to it each year. We would like to invite you to partner with us in our mission to invest in the community by becoming a sponsor. Sponsorships for our fundraiser are available in \$500 increments and include 4 seats at our event & recognition on our website.

Your donation helps to fund our event in the following areas:

Food & Venue: \$5000 Auctioneer: \$1500

Entertainment: \$2500 Trunk Raffle: \$500

All monetary donations are accepted, but must be at least \$500 to qualify for tickets to the event

I would like to sponsor the Salem Pastoral Counseling Center CAP fundraiser!

Sponsorship payments can be made by returning this form to our office at 2001 Commercial St SE STE 200 Salem, OR 97302. You may also call our office at 503-370-8050 ext 3.			
How much would you like to donate? (One sponsorship = \$500)			
I would like to redeem free seats at your fundraising event (4 seats for every \$500 donated)			
I do not wish to redeem tickets to your fundraiser, but wish to be a sponsor.			
Enclosed is a check or money order in the amount of \$			
I would like my sponsorship donation to be charged to my card listed below.			
	Salem Pastoral		
Credit Card #	Counseling Center		
Exp Date: 3 Digit Security Code	2001 Commercial St		
	SE Ste 200		
Name	Salem, OR 97302		
Address	503-370-8050 ext 3		
Phone Fmail	EIN: 93-075-2879		

SALEM PASTORAL COUNSELING CENTER

The Power of Volunteering

The daily demands of our lives can become overwhelming very quickly. We're busy, we're stressed, we're depressed, and we don't have enough time. Why should we make an effort to volunteer? Why would we commit to serving others if it's going to take more of our time and make us more stressed? The truth is that volunteering can improve your life just as much as the lives of those you help.

When you volunteer, you're becoming a member of a larger community. You're networking with unique and incredible people and you have the chance to learn about new industries and fields. If you **donate your existing skills**, you can further develop them and pick up a few more along the way. Volunteering can also lead to new career opportunities. Have you ever wanted to work for a nonprofit? Are you particularly interested in a service industry? Volunteering can be a great way to get your foot in the door, and you might not even know you want in until you get there.

Volunteerism makes you feel like you're using your time more effectively.

Volunteering makes you feel like you're using your time <u>more effectively</u>. When you choose to dedicate your own time to help others, you feel capable and are rewarded with a sense of purpose. It makes you feel like you can accomplish anything, and you'll feel like you're maximizing your own time.

Volunteering has been linked to a variety of <u>personal health benefits</u>. Volunteers have lower mortality rates and higher functional ability. Volunteers are happier, more fulfilled, and have lower rates of depression later in life than people who don't volunteer.

Volunteering leads to increased life satisfaction. When you volunteer and make a difference in your community, you feel pride and accomplishment. When you choose a volunteer event, make sure it's one that you know you'll feel good about. Do you like working with animals? Would you rather work with people? Try to volunteer in a variety of different areas. Does it work best for you to donate a full day? Or a few hours at a time? Volunteering should never become another source of stress. Learn how you can most effectively help others.

The Client Assistance Program



We are a 50l(c)3 Organization as determined by the Internal Revenue Service. Support from organizations and individuals is critical for the success of Salem Pastoral Counseling Center. Donations are tax deductible. In some cases your employer may match your contribution up to 100% thereby increasing your gift's impact in support of our ministry!

Our **Client Assistance Program (CAP)** is the recipient of any and all donations to SPCC. This money is used to provide counseling support for low-income individuals and families. There is great need for counseling assistance in the Salem area. Your contribution will make a difference in someone's life.

The Client Assistance Program was developed to allow clients to access much needed professional counseling services. The program allows Salem Pastoral Counseling Center to provide those services to individuals, couples and families who otherwise would not be able to afford counseling. SPCC has a need NOW for additional funds in the program to meet the needs of the Salem community. Please take the time to consider your ability to contribute.

We have a number of options for our donors. You may submit your tax deductible donations by mail, telephone or by secure online transactions. You may elect to make a donation in any amount you designate. Make Donations Online with Your Credit Card Using PayPal: Go to Salempastoralcounseling.org and click on the Donate button!

Please do not send cash donations via the mail. Donations by mail should be restricted to checks or money orders. You may, however, call us to arrange to bring cash donations to our office.

Contact us by Telephone to Make Donations: Call us at 503-370-8050 x3. Please leave a message with the best time to contact you and we will return your call. You may arrange to make your donation at our office or at your location. You may also make a donation with your credit card by calling our office.

Helping Kids Deal With Bullies

If your child tells you about being bullied, listen calmly and offer comfort and support. Kids are often reluctant to tell adults about bullying because they feel embarrassed and ashamed that it's happening, or worry that their parents will be disappointed, upset, angry, or reactive.

Sometimes kids feel like it's their own fault, that if they looked or acted differently it wouldn't be happening. Sometimes they're scared that if the bully finds out that they told, it will get worse. Others are worried that their parents won't believe them or do anything about it. Or kids worry that their parents will urge them to fight back when they're scared to.

Praise your child for doing the right thing by talking to you about it. Remind your child that he or she isn't alone — a lot of people get bullied at some point. Emphasize that it's the bully who is behaving badly — not your child. Reassure your child that you will figure out what to do about it together.

Let someone at school (the principal, school nurse, or a counselor or teacher) know about the situation. They are often in a position to monitor and take steps to prevent further problems.

Advice for Kids

Parents can help kids learn how to deal with bullying if it happens. For some parents, it may be tempting to tell a kid to fight back. After all, you're angry that your child is suffering and maybe you were told to "stand up for yourself" when you were young. Or you may worry that your child will continue to suffer at the hands of the bully, and think that fighting back is the only way to put a bully in his or her place.

But it's important to advise kids not to respond to bullying by fighting or bullying back. It can quickly escalate into violence, trouble, and someone getting injured. Instead, it's best to walk away from the situation, hang out with others, and tell an adult.

Here are some other strategies to discuss with kids that can help improve the situation and make them feel better:

- Avoid the bully and use the buddy system. Use a different bathroom if a bully is nearby and don't go to your locker when there is nobody around. Make sure you have someone with you so that you're not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess wherever the bully is. Offer to do the same for a friend.
- Hold the anger. It's natural to get upset by the bully, but that's what bullies thrive on. It makes them feel more powerful. Practice not reacting by crying or looking red or upset. It takes a lot of practice, but it's a useful skill for keeping off of a bully's radar. Sometimes kids find it useful to practice "cool down" strategies such as counting to 10, writing down their angry words, taking deep breaths, or walking away. Sometimes the best thing to do is to teach kids to wear a "poker face" until they are clear of any danger (smiling or laughing may provoke the bully).
- Act brave, walk away, and ignore the bully. Firmly and clearly tell the bully
 to stop, then walk away. Practice ways to ignore the hurtful remarks, like acting
 uninterested or texting someone on your cell phone. By ignoring the bully, you're
 showing that you don't care. Eventually, the bully will probably get bored with
 trying to bother you.
- Tell an adult. Teachers, principals, parents, and lunchroom personnel at school can all help stop bullying.
- Talk about it. Talk to someone you trust, such as a guidance counselor, teacher, sibling, or friend. They may offer some helpful suggestions, and even if they can't fix the situation, it may help you feel a little less alone.

Restoring Confidence

Dealing with bullying can erode a child's confidence. To help restore it, encourage your kids to spend time with friends who have a positive influence. Participation in clubs, sports, or other enjoyable activities builds strength and friendships.

Provide a listening ear about difficult situations, but encourage your kids to also tell you about the good parts of their day, and listen equally attentively. Make sure they know you believe in them and that you'll do what you can to address any bullying that occurs.

Welcome to Our Team!



Pam Standridge, M.A., LPC

I understand the need for you to tell your story and be heard. It is equally important to discover what changes need to take place to improve your relationships. My approach to therapy is first relational. Within relationship I will work with you to solve problems. I employ an integrative and strengths based approach to counseling with a strong reliance on Cognitive Behavioral Therapy, Solution Focused Brief Therapy and Family Systems Theory. Integrating theology and psychology is very important to me. I will discuss with you how you would like that to look and am ever mindful of the clients needs in this area. Clients needs are primary.

My professional development includes a bachelor's degree in Psychology with a minor in Theology from Bethany University in Santa Cruz California and a Master's degree in Counseling Psychology from National University in Sacramento California coursework at the Masters level included marriage family Child and Adolescent Counseling group and individual therapy and practicum. In addition, I have worked as a school counselor in a Crisis Pregnancy Center, hospice, as a life coach and as a pastor's wife for 25 years. I have also had training as a life coach with emphasis on life and leadership development with Ministry Coaching International. On my days off I enjoy being with family, hiking, sports, music and exploring new places.



Jeff Rodin, M.A., LCSW

Life is a journey and sometimes along the path we run into obstacles that interfere with the enjoyment of our adventure. I believe that everyone is created for a purpose and there are times when we stumble as we try to find our place in life. My aim is to assist people in identifying the barriers that hinder their joy, to help them create personal solutions to the difficulties they face in life, and get back on the road that can lead to personal fulfillment and satisfaction. I am a family system based therapist with 25 years experience working with youth and families. I will help you create a safe place that will allow you to explore your family of origin, unravel your life experiences, as well as study your current relationships and community. In doing so, you will learn how you perceive the world around you and to enhance your skills to make your world a better place. I believe in the Biblical principles of forgiveness, restoration and redemption.

I graduated with a Bachelor of Arts degree in Social Work and Psychology from Concordia College in Moorhead, Minnesota in 1987. I earned a Masters Degree in Social Work from Augsburg College in Minneapolis, Minnesota in 1998. . We are a blended family with five kids & nine grandkids. My wife & I enjoy sharing time with family & being outdoors. We like to hike, camp, and snowshoe whenever we can.

Screen Time Guidelines for Children

Digital media exposure for children of all ages should be limited, according to new guidelines from the American Academy of Pediatrics.

For the new guidelines, the AAP identifies screen time as time spent using digital media for entertainment purposes. Other uses of media, such as online homework, don't count as screen time.

Infants 18 months and younger: No screen time

For parents with infants, cutting off technology completely can be challenging. But banning screen time for babies is hugely important for brain development and healthy parent-child connections.

The noise and activity of a screen are distracting for a child. Even if the baby isn't directly looking at the screen -- for example, if a mother is nursing her child on the couch while watching TV -- the baby can be overstimulated by the lights and sounds, which may cause distress and sleep problems.

Perhaps most negatively, screen time causes a disconnect between parents and children. The more face-to-face interaction children have with mothers and other adults, especially eye contact, the better for the brain development of infants, she explained.

If parents' attention is fixed on a TV or phone screen, babies are deprived of that attention; and if they are repeatedly neglected in favor of digital media, children may develop behavioral issues in the future.

The TV should not be a babysitter. It's much better to talk to a child or read from a book.

Children 2 to 5 years: One hour per day

The AAP recommends that "parents prioritize creative, unplugged playtime for infants and toddlers". Children this age can be introduced to screens, but only for one hour a day. The type of media they are exposed to is critical: only high-quality programs, such as "Sesame Street" and other PBS shows should be viewed.

Shows like 'Sesame Street' are much better than standard TV, because they don't have advertisements, which tend to overstimulate children.

Toddler-aged kids haven't developed the cognitive skills to understand advertisements or animations. Children at this age "can't interpret images like an older kid," meaning they can't decipher between real-world people and fictional cartoons.

While cartoons get a thumbs-down, the academy supports toddlers using face-to-face interactive media, such as Skype or Facetime. Including children in Skype video conversations with grandma, for example, can promote healthy development in kids. After the conversation ends, parents can supplement children's learning by repeating what grandma said on the screen.

Children 6 years and older: Limit digital media

Parents are in charge of setting limits on digital media for kids and teens six and older, the academy says. The amount of daily screen time depends on the child and family, but children should prioritize productive time over entertainment time.

For healthy kids, an average day includes "school, homework time, at least one hour of physical activity, social contact and sleep -- which is anywhere from eight to 12 hours for kids. "Whatever's left over can be screen time."

The academy agrees that digital media should never replace healthy activities, particularly sleep, social interaction and physical activity. What's most important is that parents be their child's 'media mentor.' That means teaching them how to use it as a tool to create, connect and learn.

Kids and teens have access to thousands of apps, film streaming sites, video games and social media on multiple devices, from personal smartphones to public schoolissued tablets.

Many aspects of digital media are positive: it can be interactive; it facilitates communication; it allows people to create. Kids often view class lecture notes and do homework through a screen, she said.

However, parents have to talk to kids, especially teens, about the risks of digital media - including "cyberbullying, engaging in sexting, and being accessible to advertisements and online predators.

For smaller children, discussing advertisements on TV is important, the academy reports. Many products, such as sugary cereals and fast-food restaurants, are marketed to children, and parents should help kids understand that these foods aren't healthy choices.

"Even though the media landscape is constantly changing, some of the same parenting

rules apply," "Parents play an important role in helping children and teens navigate the media environment, just as they help them learn how to behave off-line."

Tips for parents for healthy digital media use

Parents are children's main role models, so it's important for moms and dads to have healthy digital media habits. This means being conscious of setting down cellphones, turning off the TV and shutting laptops at night.

"Young children can tell when their parents' heads are always in their cells," The lack of attention from a parent can make "kids' levels of irritable behavior worse."

The academy recommends that families designate "media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Parents benefit from media-free practices, too. Face-to-face interactions with family creates more intimate bonds, and tech-free bedrooms can promote better sleep.

Keeping tech devices out of bedrooms is also a good way to monitor kids' digital media activity. Children should use computers in the living room, for example, to ensure they finish any online homework assignments before using entertainment media.

This doesn't mean you can't play video games with your kids. What's most important is that families have media-free time, and when digital media is used, it's used mainly for communication rather than entertainment.

For help constructing a digital media plan for the whole family, the AAP recommends using the Family Media Plan tool, which can be found at healthychildren.org.

SALEM PASTORAL COUNSELING CENTER

Join SPCC on Our Mission to Serve the Community—Become a Sustaining Donor

The need is great in the Salem area. Our Center alone counsels, on average, over 1000 hours per month.

How you can help:

- Be praying for SPCC as well as the Community.
- Become a Sustaining Donor. Your donations are tax deductible & 100% of funds raised by the Sustaining Donor program go towards helping fund counseling services for those who cannot afford it.

You can sign up to be a Sustaining Donor by contacting our office. You can contact us by email: salempastoral@integra.net, or phone: 503-370-8050. You can also mail the below form to our address: 2001 Commercial St. SE Suite 200 Salem, OR 97302



Yes! I want to become An SPCC Sustaining Donor! My pledge is:

	Total		
Monthly Donation: \$	One Time Donat	ion: \$	
Enclosed is a check or money order in the amount of \$ I would like to make a monthly donation to be charged to my card listed below on the			
(th,rd,st) of each month.		Salem Pastoral	
Credit Card #		Counseling Center	
Exp Date: 3 Digit Security Code		2001 Commercial St	
		SE Ste 200	
Name		Salem, OR 97302	
Address		503-370-8050 ext 3	
PhoneEmail		EIN: 93-075-2879	

Yoga for Anxiety and Depression

HARVARD MENTAL HEALTH LETTER

Since the 1970s, meditation and other stress-reduction techniques have been studied as possible treatments for depression and anxiety. One such practice, yoga, has received less attention in the medical literature, though it has become increasingly popular in recent decades. One national survey estimated, for example, that about 7.5% of U.S. adults had tried yoga at least once, and that nearly 4% practiced yoga in the previous year.

Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style tends to be based on physical ability and personal preference. Hatha yoga, the most common type of yoga practiced in the United States, combines three elements: physical poses, called *asanas*; controlled breathing practiced in conjunction with asanas; and a short period of deep relaxation or meditation.

Natural anxiety relief

Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends.

By reducing perceived stress and anxiety, yoga appears to modulate stress response systems. This, in turn, decreases physiological arousal — for example, reducing the heart rate, lowering blood pressure, and easing respiration. There is also evidence that yoga practices help increase heart rate variability, an indicator of the body's ability to respond to stress more flexibly.

Stress response

A small but intriguing study done at the University of Utah provided some insight into the effect of yoga on the stress response by looking at the participants' responses to pain. The researchers noted that people who have a poorly regulated response to stress are also more sensitive to pain. Their subjects were 12 experienced yoga practitioners, 14 people with fibromyalgia (a condition many researchers consider a stress-related illness that is characterized by hypersensitivity to pain), and 16 healthy volunteers.

When the three groups were subjected to more or less painful thumbnail pressure, the participants with fibromyalgia — as expected — perceived pain at lower pressure levels compared with the other subjects. Functional MRIs showed they also had the greatest activity in areas of the brain associated with the pain response. In contrast, the yoga practitioners had the highest pain tolerance and lowest pain-related brain activity during

the MRI. The study underscores the value of techniques, such as yoga, that can help a person regulate their stress and, therefore, pain responses.

Benefits of yoga

Although many forms of yoga practice are safe, some are strenuous and may not be appropriate for everyone. In particular, elderly patients or those with mobility problems may want to check first with a clinician before choosing yoga as a treatment option.

But for many patients dealing with depression, anxiety, or stress, yoga may be a very appealing way to better manage symptoms. Indeed, the scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a relatively low-risk, high-yield approach to improving overall health.

For more advice about reducing anxiety, visit our online Stress Resource Center at www.health.harvard.edu/stress.

The Gift of Hope by Max Lucado

The aspiring young author was in need of hope. More than one person had told him to give up. "Getting published is impossible," one mentor said. "Unless you are a national celebrity, publishers won't talk to you." Another warned, "Writing takes too much time. Besides, you don't want all your thoughts on paper."

Initially he listened. He agreed that writing was a waste of effort and turned his attention to other projects. But somehow the pen and pad were bourbon and Coke to the wordaholic. He'd rather write than read. So he wrote. How many nights did he pass on that couch in the corner of the apartment reshuffling his deck of verbs and nouns? And how many hours did his wife sit with him? He wordsmithing. She cross-stitching. Finally a manuscript was finished. Crude and laden with mistakes but finished.

She gave him the shove. "Send it out. What's the harm?"

So out it went. Mailed to fifteen different publishers. While the couple waited, he wrote. While he wrote, she stitched. Neither expecting much, both hoping everything. Responses began to fill the mailbox. "I'm sorry, but we don't accept unsolicited manuscripts." "We must return your work. Best of luck." "Our catalog doesn't have room for unpublished authors."

I still have those letters. Somewhere in a file. Finding them would take some time. Finding Denalyn's cross-stitch, however, would take none. To see it, all I do is lift my eyes from this monitor and look on the wall. "Of all those arts in which the wise excel, nature's chief masterpiece is writing well."

The Gift of Hope by Max Lucado

She gave it to me about the time the fifteenth letter arrived. A publisher had said yes. That letter is also framed. Which of the two is more meaningful? The gift from my wife or the letter from the publisher? The gift, hands down. For in giving the gift, Denalyn gave hope.

Love does that. Love extends an olive leaf to the loved one and says, "I have hope in you." Love is just as quick to say, "I have hope for you."

You can say those words. You are a flood survivor. By God's grace you have found your way to dry land. You know what it's like to see the waters subside. And since you do, since you passed through a flood and lived to tell about it, you are qualified to give hope to someone else.

What a wonderful God we have—he is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us.

(2 Cor. 1:3-4 TLB)

From A Love Worth Giving: Living in the Overflow of God's Love Copyright (W Publishing Group, 2002) Max Lucado

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