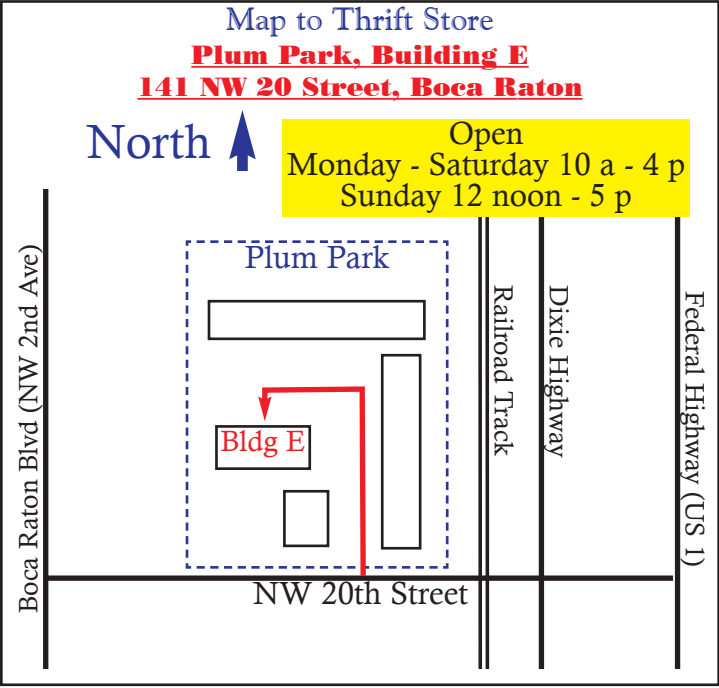


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ELIZABETH H. FAULK FOUNDATION, INC.  
CENTER FOR GROUP COUNSELING  
22455 Boca Rio Road  
Boca Raton, Florida 33433

**Tax Deductible Thrift Store Donations Always Welcome!**  
**For Fast FREE Reliable Pick-Up of Large Items Call - 561/392-6356**



**Weekly Counseling and Support Groups**  
Counseling groups meet at assigned times during the day and evening; call for an appointment. Support groups (listed below) are open to the public without an appointment. All groups are FREE of charge.

Bereavement	Monday	1:00 - 2:30 pm
Caregivers	Tuesday	2:00 - 3:30 pm
Divorced / Separated	Wednesday	6:00 - 7:30 pm
Men's Issues	Monday	6:30 - 8:00 pm
Seniors	Tuesday	1:00 - 2:30 pm
Women's Issues	Tuesday	10:00 - 11:30 am
	Tuesday	7:00 - 8:30 pm

**Mark Your Calendar**

**First Thursdays at the Center, 6:45 pm**  
February 7 - It's Never Too Late to Improve Your Marriage  
March 6 - Who Are You Really? Get to Know the Many Sides of Yourself  
April 3 - Life Balances  
May 1 - Preserving the Power of your Brain

**Delray Affair Weekend**  
March 28-29-30  
Center Special Art Exhibit  
Details to be announced

**Welcome To Our New Website:**  
[www.groupcounseling.org](http://www.groupcounseling.org)

**Thank You for YOUR Support in 2007!**

Everything you ever wanted to know about us is just a click away.



- \*About Us
- \*Center Services
- \*Center News
- \*Community Service Programs
- \*Contact Information
- \*Donor Information
- \*Thrift Store
- \*Training Programs
- \*Volunteer Opportunities

On behalf of the over 3,400 clients we serve each year, I want to express our sincere appreciation to the many individuals who contributed their time and treasure to the Center for Group Counseling in 2007.

Your donations help the Center provide free and low cost psychological help to those who otherwise might not be able to afford treatment.

Only with your support is the Center able to provide its counseling services to adults, children, seniors, families and couples who so much need our help!

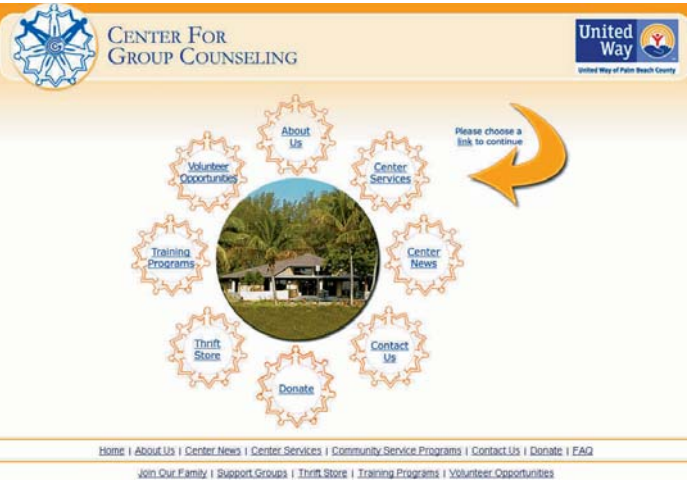
Also, during the past year we've received generous support from numerous community organizations including:

- John and Nellie Bastien Foundation*
- Boca Raton's Promise*
- Walter & Adi Blum Foundation*
- Broken Sound Women's Club*
- Community Foundation for Palm Beach and Martin Counties*
- Doctors' Hospital*
- Doris Hackney Estate*
- Jarden Consumer Solutions Community Fund*
- Jewish Community Foundation*
- The Jim Moran Foundation*
- Billi Marcus Foundation*
- Merrill Lynch Palm Beach County*
- Sun-Sentinel Children's Fund*
- Target Stores*
- TJX (TJ Maxx) Foundation*
- United Way of Palm Beach County*

**High-speed Internet users:** See our YouTube video, "touring" video, TV and radio spots.

**Please:** Forward our website--our most comprehensive advertisement--to all the local people listed in your email address book. You might want to add a quick note to make it more personal. This is the easiest way for you to be an ambassador for the Center. It is the ultimate volunteer opportunity for you. Spread the word! Simple as that!

**Special thanks** to Sean Korkusuz of [www.EarthSkater.net](http://www.EarthSkater.net) whose expertise and patience helped us produce our website!



We at the Center, and the clients we serve, are very grateful for the support we receive from our community and look forward to our continuing partnership.

Sincerely,  
**Scott**  
Scott N. Edgerton, CEO

P.S. As a 501(c)3 agency all contributions to the Center and our Thrift Store are tax deductible to the full extent of the law.

## Ask Dr. Holly



Holly Katz, Ph.D.

Dear Dr. Holly,

My mother is a widow in her mid-80s. She's in relatively good health, but has such a negative attitude about life that I worry about her. She has no enthusiasm about anything, seems to hate all her friends and puts down every suggestion we give her to engage in activities that could improve her quality of life. Is there anything we can do to give her a more positive attitude about living? She could have many more good years ahead of her.

Frustrated Daughter

Dear Frustrated Daughter,

Given the difficult changes experienced by many older adults (e.g., death of a spouse, physical decline), statistics show that about 20% of seniors suffer from various forms of clinical depression. However, clinical depression is not a normal part of aging--most older adults continue to enjoy life despite the challenges of aging.

Your mother's lack of enthusiasm for activities and reluctance to take any suggestions may be related to a clinical depression. Consider having her evaluated by a mental health professional to rule out a serious mental health condition or possible need for psychotherapy and/or medication.

Whether or not your mom is clinically depressed, she is likely to benefit from participation in one of our senior support groups, if she is willing to try it. To combat the social isolation and loneliness experienced by many older adults, the Center provides senior support groups in several locations, giving seniors the opportunity to share with other seniors and receive validation and support. Participation often insulates older adults against depression and inspires them to seek activities suggested by others.

You also need to recognize that despite your efforts, your mom may choose not to do anything to help herself feel better. It's the old "bring a horse to water" syndrome--you can't force it on her. In this case, you might need help in learning how to accept this in a way that eliminates your own stress. The Center offers free counseling groups where people learn how to cope with relationship challenges and other problems of living. We also offer free support groups such as caregivers support and women's issues where those experiencing similar life situations learn from each other and build relationships.

Finally, helping others is one of the best ways to feel better about yourself, and you may want to explore the possibility of volunteer work with her. The Center has many such opportunities. For more information about the Center, contact Barbara Shaffer, (561) 483-5300. Also, see the article on page 3 for ways that one senior has learned to enhance the quality of life.

## I'm 80 - So What!!!

By Emily Rosen



Emily Rosen

Okay, so I turned 80 this year. Big deal!! When I'm 100, you can really make a fuss as you watch me in the hot air balloon, or climbing a rock, or rafting the white waters. Here's what young people don't understand: the mind and heart of a relatively healthy 80-year-old differs not a whit from that of a 40-year-old, even as the body creaks.

Here's a bunch of hints for anyone planning to be 80:

1. Don't run with the crowd. Care not what others think of you, but keep a balance so your behaviors don't hurt others. If they do, evaluate! Is this their problem -- or yours? **Add 6 extra months to life.**
2. Recognize your own worth, and take pride in it. Recognize also your flaws and either change or accept them. **Add another 6 months to life.**
3. Eat healthy! Learn to love vegetables, fruits, fish and fowl. Experiment with herbs and you will lose your taste for the poisons you grew up with. **Add another 6 months to life.**
4. Be good to your body. Move it! Exercise it, give it spiritual attention, and don't allow it to turn into fat. It won't be good to you if you aren't good to it! **Catch yourself another 6 months.**
5. Lighten up! Laugh at yourself--put your problems in perspective and always consider how much worse they could be. Stress kills. Stay stress free (see number 9). **Good for 12 more good months!**
6. Every day, do something special for yourself, and something special for someone else. Be a good friend--to yourself--to others. **Give yourself 6 extra months.**
7. Be grateful!! There is always something that is worse in the life of someone else. Understand that luck--good and bad--is ephemeral. Appreciate it when it is good and find a positive way to live with it when it is bad. There is always something to be grateful for. **Gratitude gets you another 6 good months.**
8. Find your passion and get involved with it. Be curious. Keep a balance between busy and restful. Stimulate your mind. Learn something new every day!! **Another 6 months.**

9. **If you remember nothing else, this is it!** Recognize the difference between **reasonable** expectations (he should comment that I cut my hair) and **realistic** ones (he's not the kind of person to notice such things). Train yourself to have **realistic expectations**. With realistic expectations, you won't be disappointed, hurt, angry, or whatever disastrous emotions follow on that continuum. This could get you the whole nine yards -- 80, 90, 100 **good** years!

Finally: everybody dies. When it's people we love, we miss them in a healthy way and keep good memories in our hearts. We find ways to adjust to the challenge of a new life. We need to acknowledge the pain of our losses in a way that can help us continue living. When it's my time, I encourage those I leave behind to celebrate my life--with a smile.

Shop Online and Support the Center

### Bulletin to Shopaholics and Hate-to-Shopaholics

Get the on-line habit and contribute painlessly to the Center for Group Counseling.

Goodsearch.com is a search engine that donates half of its revenue to the charities its users designate. And how easy it is to type in [www.goodsearch.com](http://www.goodsearch.com), click on the credit-card-looking item on the right ("Who do you goodsearch for?"), type in Elizabeth Faulk Foundation Center for Group Counseling, and then follow directions! You will see the plethora of retail outlets that will contribute a part of your purchase amount to your favorite charity. There is no hidden cost for you. It's a **win-win**, and great for your holiday shopping.

Almost everything is available--books, furniture, clothing, electronics, accessories, health supplies, flowers, travel, music, movie tickets, and more. Many of your favorite places are there--Target, BestBuy, Zappos, Staples, Macy's, Apple, Nike, Wal-Mart, Home Shopping Network, Kohls, Barnes & Noble, and even eBay. Check it out, and be sure to spread the word!

And for those of you who are into "hands-on" shopping, check out the bargains at our Thrift Store (see back page for directions).

## About Us

The Center for Group Counseling promotes emotional well-being through a variety of programs offered on a free and low-cost basis. Our programs include counseling and support groups, psycho-educational workshops and life enrichment programs for adults, children, seniors, families and couples.

CENTER FOR GROUP COUNSELING  
(map on back page)  
a dba of the  
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