



The CommUunicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

The Importance of Meaning

By Barbara Puzanskas

As a Social Work clinician at Valley Community Services Board, it became abundantly clear to me that obtaining a sense of meaning allows people with mental illness (and for that matter anyone) to not only function better and, for many, to flourish in their communities.

For several years, I worked in PACT (Program for Assertive Community Treatment, aka Hospital Without Walls). The main goal of the program was to assist participants who had repeated hospitalizations to integrate to independent community living. They were assisted with medications, vocational training, stress management, and all aspects needed to live in the community, such as shopping, obtaining medical services, housekeeping personal hygiene, recreation and gaining familiarity with community agencies and services. The program was well funded and staffed so that services could be delivered in an intensive and as-needed basis.

The program was a success. Psychiatric hospitalizations and length of hospital stay were significantly reduced, medication compliance was increased and contact with the judicial system was reduced. These former patients often moved from single rooms into independent decent housing, and many were able to hold part-time jobs. Outcomes were truly remarkable, especially for folks who had long

histories of hospitalization. The support and consistency required by the PACT model of treatment increased participants' trust and confidence to engage in independent community living and make plans for themselves. The sense of meaning they gained was as important as the issue of medication compliance. Now participants in the program could envision for themselves a life apart from a controlled institution.

It's only a small step to see that the major underpinnings of the PACT model could also be applied to other vulnerable groups that need the support of their communities. It doesn't take rocket science to give needed and dependable services in order to enable people to embrace a more meaningful existence. I am proud that UUFW volunteers support so many social issues, especially when we can lend our voices to those who either cannot speak for themselves or have their voices heard.

Buy Food Cards!

By Sharon Van Name

As you come into the Fellowship Hall on Sunday, you may have wondered "What's going on at the table in the back corner?" Later, when the collection plate is passed, you may have thought "How can I do more to support UUFW when I have to make car payments, buy groceries, etc.?" The answer to both those questions is—Food Cards!

Continued

Buy Food Cards (Cont.)

Martin's and Food Lion each donate to non-profits through the sale of gift cards. UUFW buys them at a five-percent discount and then sells them at face value. Purchasers can use them to buy groceries and gas. This means that just buying things you normally buy can benefit UUFW at no cost to you!

Some other advantages are:

- It's simple and easy! Just swipe your card to pay for purchases. No chips, no PINS, no loyalty cards (although cards can be used in conjunction with loyalty cards).
- Cards can be given as gifts.
- Using a card can help you budget your food and gas expenditures.

If you are already a regular card purchaser, thanks so much! If it's been a while, or you've never tried the program, please stop by the table next Sunday and ask any questions you may have. Also, look for additional information on the Kroger program in the weeks to come.

Remember, every \$100 dollars you spend using a card gives the Fellowship \$5.

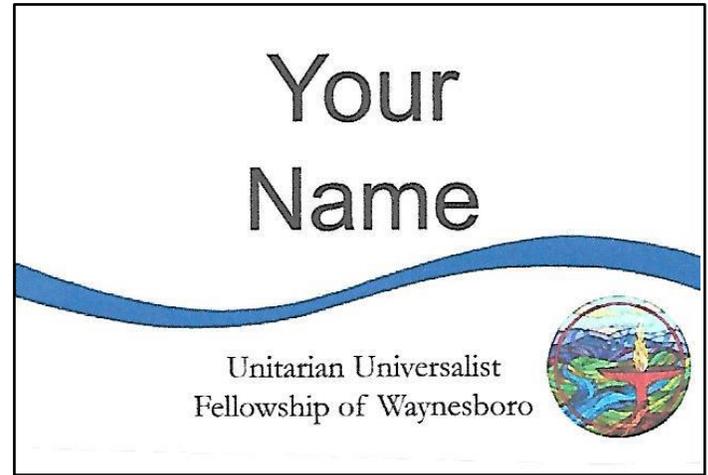
What's in a Name?

By Sylvia Woodworth, Membership Team Leader

Something we do for each other at UUFW, is wear nametags. Don't you appreciate that when you meet someone new or have a sudden mental block on a name?

We like visitors to wear special "VISITOR" nametags for a while so we can spot them and give them a gracious welcome. After a few visits, some request a regular nametag. This seems like a positive sign that they are feeling at home.

Have you lost your nametag or for any reason need a replacement? Just sign your name on the list on the desk in the foyer and one like this image will later appear there or on the rack.



Thanks for wearing your nametag. This helps us get to know one another.

Member News

Roland Micklem now resides at Brookdale Assisted Living at 1900 Hillsmere Lane, Staunton, room 234. His cell phone number is (315) 209-9258. Roland is doing well, playing his harmonica, fighting for environmental justice, making new friends and is welcoming all visitors anytime and, of course, phone calls.

During the first half of our church year (July 1- December 31, 2017) the average attendance at Sunday Services (not counting children and RE teachers) was 65. During the same period, non-pledge contributions to the collection plate totaled \$1,867.

