

## Who Comes To Lee's Place?

Sometimes I think the mission of Lee's Place is confusing to some people, especially those who have not had a major loss in their lives such as a divorce or death. So I thought a little metaphor might help clear things up.

Imagine someone being thrown overboard from a ship who does not know how to swim. Imagine the panic, fear, and sheer terror of not knowing how to survive in this situation or even if they can survive. What we do at Lee's Place is throw them a lifesaver that they can hold onto and give them words of encouragement and guidance. We cannot jump in and save them, and they have to swim to safety on their own, but with the little bit of help, many more make it to safety than would otherwise. Fear and panic can shut down a person's ability to make decisions and prevent them from reaching out for the help that's around them. So the lifesaver gives them enough support to ease the panic, so that they can begin to make a plan for survival.

Our services at Lee's Place offer people who have gone through a life altering experience called "trauma or loss," a forum to filter through some of the confusing feelings, a little education about what they might expect from themselves and others, to

provide a time and a place to grieve and to offer some coping skills.

At the root of many psychological problems is a major loss to that person. One of the most common questions asked of us is, "Am I going crazy?" or "Is what I'm feeling normal?" Their pain is so pervasive and unrelenting that they think they will never live through this. Surely their heart will give out or they will just stop breathing at any moment.

Grief can be compared to the act of someone dumping a 1,000 pound bag of coins in your lap. It knocks you down initially and you cannot stand up under the weight of it. It is next to impossible to see, feel, or interact with anything else around you because this grief (bag of coins) is all consuming. You do not know where it came from, who gave it to you, or why you have been given this huge, massive bag. It is impossible to put down, you cannot give it away and no one can help you carry it. It is yours to deal with. The only way to reduce the weight of that bag is to spend those coins of grief. They are spent by talking about your loss, writing it, singing it, exercising it, drawing it, crying it out...any way you can think of to spend those coins. But spend them you must or you will carry that weight always.

### Request Your Newsletter Electronically!

**Our list of those preferring to receive the Lee's Place newsletters electronically is growing! If you want to save paper and expense, please return the cut out at the back of this newsletter with your email and a statement - email my newsletter! Or email [beth@leesplace.org](mailto:beth@leesplace.org)**

Mark  
Your  
Calendar!

**DoveTales 2017 is coming!  
Friday October 20.**

**Celebrating the 5th year of our fun,  
sell out storytelling event**

We are thrilled to announce our storytellers:  
*Audra Pittman, Ned Stuckey-French, Prissy Elrod, Margie Menzel, Sharon Ames-Dennard, and Wellington Meffert*

Sponsorship options are available now!  
General Admission tickets will  
go on sale in September, Questions?  
Call Beth at 841-7733

  
Dove  
Tales

## LEE'S PLACE GARDENS UPDATE



The Lee's Place gardens are slowly being rebuilt. In our last newsletter we showed pictures of the damage sustained from Hurricane Hermine. Since then the **Tallahassee Builders Association's Builders Care program** rebuilt the gazebo, at no cost to Lee's Place. It looks as it did originally (see picture) and we are so thankful to the team who made this happen. They came here on their weekends after a full week of construction work to make it happen. **Sonny Phillips, CIP, CAPS of H.R. Phillips Inc., and William Kimberl, IV, CIP, CAPS of Bill Kimberl Construction LLC** led the charge on this project and we are forever grateful.

The garden project is still looking for a lead person. Summer being a busy time for landscapers, this has been a challenge. If you know someone who does hardscaping/landscaping please send them our way. ***Our specific need is someone who can advise and implement a plan to make the walkway safe and rebuild the gardens.***

Our dream would be; to create several flat levels in the garden so we can set up tables for food and drink when we host a garden event, and to recreate the path to the gazebo that was destroyed. The lead person needs to know how to be sure landscaping helps with appropriate water flow, has to create a safe walkway, and oversee planting new plants.

Two garden circles from the **Tallahassee Garden Club** have offered to help with planting, but we cannot do that until the garden below the gazebo have been made safe again. Please talk to landscapers you know and send them our way. With our location on Lake Ella Drive across from the American Legion Hall and Black Dog Café, this is a great opportunity to showcase their work to Tallahassee. We are still accepting donations towards this to help offset the cost to a landscaper. ***We are grateful for your support.***

## Bella – Lee's Place Therapy Dog

In 2013 we announced that we had added a new staff member, Bella.

Bella was a small mixed breed dog that belonged to our Director of Development, Beth Tedio. She went through Animal-Assisted Therapy (also known as pet therapy). We are sorry to report that Bella died – peacefully and surrounded by loved ones. Her memory will live on.

While both adult and child clients enjoyed Bella, some of the children clients at Lee's Place asked for Bella to sit with them in the waiting room while their parent or sibling was with the therapist. Bella loved to be petted and was happy to sit with anyone.

Interacting with a gentle, friendly pet has been shown to have numerous emotional benefits, such as lifting spirits, lessening depression, decreasing feelings of isolation, providing comfort, increasing socialization, encouraging communication, reducing loneliness, and creating motivation for communication and healing. Generally speaking, pet therapy helps calm the client, thus enabling the client to get the most out of his/her therapy session.

To learn more about Animal Assisted Therapy please visit the website below. We are fortunate to have a robust and state of the art pet therapy program right here in Tallahassee that serves hospitals, schools, and courtrooms.

[www.tmh.org/services/animal-therapy](http://www.tmh.org/services/animal-therapy)



**Bella**

## 2017 Lee's Place Board of Directors

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"Like us" on Facebook and stay up to date on events and happenings at Lee's Place.

[www.facebook.com/LeesPlaceTallahassee](https://www.facebook.com/LeesPlaceTallahassee)

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### Lee's Place Mission Statement:

**To provide quality therapy to adults, children, and families, regardless of their financial circumstances, who are coping with loss, trauma, and life changing experiences, while offering specialized training and education to the community.**

# THANK YOU TALLAHASSEE COMMUNITY!

What an exciting first half of the year we have had at Lee's Place! The Tallahassee community has been very involved in helping us to raise awareness and donations and to support our various needs.

It started with a grant distribution party in February with the **Tallahassee Action Grants Community Thrift Market**. They have become incredibly valuable partners to Lee's Place since they opened a little over a year ago. They make quarterly donations to Lee's Place from the sales at the Thrift Store. If you have not checked out this great resource please do – they are helping nonprofits throughout our area – and have a beautiful store!

Also in February was the Annual Bear Sunday at **Trinity United Methodist Church**. Each year the congregation purchases new teddy bears and brings them all in on the same day. The church is filled with teddy bears which is in itself a sight to see. After the service the bears are given to Lee's Place and Big Bend Hospice to give to children in therapy. The church office is also generous enough to let us use their folding machine to fold our newsletters for distribution, saving many hours of time by our staff and volunteers.

Buz Ireland with **Aquafeatures** is a true friend to Lee's Place. He built the beautiful koi pond in our gardens and for years has maintained it as an in kind donation. His has a quiet demeanor and an artistic eye for water features and we are very thankful for his friendship and dedication.

**Redwire** is a valued partner of Lee's Place. Not only do they sponsor our fundraising event, but they help with sorting and taping the newsletters each quarter, and do hands on projects here at Lee's Place. They regularly check in to see what our needs are and we feel so honored to have them at the ready.

**Envision Credit Union** is also a regular fundraising event sponsor for us, and they generously bring snacks and drinks for our clients about once a quarter. These types of donations save us money allowing all resources to go to client care.

**Uptown Café and Catering** are regular donors and event sponsors. In addition they are always willing to contribute food, drinks, ice, paper goods when we ask. We recently had an orientation for our DoveTales storytellers and Uptown Café was happy to bring us a platter of yummy food to nibble for everyone coming after work. Their Uptown Cares program is very helpful to local nonprofits and we are grateful to be one of their recipients this year.

**Tallahassee Builders Association's Builders Care** program generously rebuilt our gazebo at no cost to Lee's Place. The staff and volunteers were great to work with and did a stellar job on the rebuild. This invaluable community resource's impact cannot be overstated. We are forever grateful for the work they did to help us after the damage sustained by Hurricane Hermine.

**Southern Compass Outfitters** chose Lee's Place to be their charity of choice for April. A percentage of sales for the month was donated to Lee's Place. As important was all the awareness built around the social media posts and the information by their register about Lee's Place.

June brought a similar opportunity at **Hearth and Soul**. A percentage of the sales of one of their specialty candles was donated to Lee's Place, as well as a lovely display telling customers about us on their front counter.

The final wine and cheese party event at **Hearth and Soul** was also the kickoff event for our **Tallahassee Top Single**. **Donovan Brown** was one of the Top Singles this year and chose Lee's Place as his charity. We were so honored to have been chosen and had a great time at all of the events with Donovan and Tallahassee Magazine.

**Gordos, Island Wing Company, Uptown Café, Orange Theory Fitness, and Avenue Eat and Drink** were all participants hosting events at their locations and making donations to Lee's Place. The grand finale was a Masquerade Ball where travel packages were auctioned off. Donovan is a great advocate and we send our heartfelt thanks to him and to all of the businesses and individuals who have helped to grow Lee's Place awareness this year - and helped us all to have fun too! Thank you all!!

Lee's Place has a number of business partners we wish to send our gratitude to for all they do to invest in our mission. From regular donations throughout the year, to event sponsorships, grants,



For more info on this program check out this website:  
<http://tallyba.com/builders-care-lee-place/>



HEARTH & SOUL



Donovan Brown



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**SUMMER  
2017**

**Make a Tax-Deductible Contribution to Lee's Place Today**

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850-841-7733  
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 **Lee's Place Staff** 



**Brenda Rabalais, PhD**  
Founder and President



**Catherine Shoultz**  
Part-Time Bookkeeper



**Karen Lockard, LCSW**  
Therapist



**Bella**  
AAT Therapy Dog



**Beth Tedio**  
Director of Development