

Give Yourself the Gift of FUN!



When was the last time you had fun? Had a belly laugh or giggled? As adults, we are so often consumed with work and chores, checking things off of our to do lists like taking the dog for a walk, checking on the sick neighbor, and even exercising, that we forget to do something that brings us amusement or pleasure. We even find ourselves thinking we can't afford to be extravagant with our time or resources. Science now explains the significant benefit of fun and it doesn't even have to be a wild or crazy experience. Having a good time, playing, reduces the stress hormone cortisol and increases serotonin, the hormone that contributes to our sense of well-being.

Many progressive employers are recognizing the benefits of creating a playful environment in facilitating greater productivity and creativity in their employees. Encouraging play among employees, classmates, and siblings creates valuable cohesiveness and connection. Nothing will defeat loneliness better than social connection and shared experiences. Conflicts and irritability decrease where connection thrives, which many teachers will tell you promotes learning and a willingness to risk a mistake.

Every day at Lee's Place, we encourage our clients to do something that will bring them a little pleasure, could be as simple as a walk around Lake Ella or a specialty coffee or taking a book outside to read quietly for a few moments. Grief makes us forget what pleasure can feel like and sometimes creates guilt for enjoying a laugh or indulging in some kind of amusement. While normal, this feeling of guilt for having fun can reduce the very connection with ourselves or others that can promote healing.

Our hope is that each of you will make having fun a priority for yourselves and your family. From dancing in the kitchen and singing in the car, to zip lining or a movie night, connection is waiting!

Karen Lockard, LCSW

Lee's Place is happy to announce that Dr. Tom Smith is seeing clients at Lee's Place.



Dr. Thomas Smith, PhD, LCSW, is a long-time resident of Tallahassee. He received his doctorate from the University of Washington in 1980. After being a professor at the University of Wisconsin and receiving advanced training in marital and family therapy, he relocated to Tallahassee in 1988. He is a Professor in Social Work at Florida State University, maintains a private practice, and serves clients at Lee's Place. His areas of focus at Lee's Place are to those dealing with anxiety or depression, and couples counseling. Over the years, he has been awarded 4 million dollars in research grants and has over 100 publications. Of all his accomplishments, he is most proud of the masters and doctoral students that he has taught during the last 35 years.

Sharing is Caring

Planned giving is the term used for planning to give a gift or donation later, typically after death. Making sure your family is cared for first and foremost need not be a deterrent to allocating a portion of your estate to a charitable cause.

Planned giving is actually quite simple. We all try to make sure everyone is cared for equally, but sometimes when you cut up the chocolate cake there is always some pieces that end up bigger than others.

When it comes to planning for a charitable gift, you can slice your cake any way that feels good to you. There are several ways to ensure your loved ones get the biggest portion of the cake - your estate - and to ensure they are served first if that is your desire.

One option is to name a percentage of your estate to go to Lee's Place rather than naming a set amount. This ensures that no matter what happens as you age, as your financial needs change, or as the economy fluctuates, your planned gift will adjust accordingly, and your family will

continue to be cared for and receive the largest piece of cake.

- In this instance the "cake" can be any number of things, simply by naming Lee's Place as one of the beneficiaries of ;
- a pre-determined portion of your entire estate
- a percentage of a life insurance policy
 - a portion of your "residual" estate (that which remains after all other gifts, claims, and bequests have been fulfilled)
- a portion of a retirement account

Keep in mind that any of these can be changed at any time, so there is no need to fear the future of your family's well-being. Your attorney and accountant can assist you with your choices.

Whichever planned gift route you choose know that Lee's Place will benefit from all gifts, large and small, and continue to serve our community whenever there is a need. Thank you for your generous sharing that shows you care!



2018 Lee's Place Board of Directors

Seated left to right -

Jody Elliott, Lucy Westfall - Secretary,
Harriet Williams, Jeanne Kimball - Board Chair

Standing left to right -

Danielle Kosberg - Treasurer, Mack Rush,
Brenda Rabalais - Executive Director and Founder

Not Pictured -

Carin Butler, John Sawicki, Kristin Whitaker

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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.

Lee's Place Garden Update

Last year we reported on the damage to the gardens of Lee's Place from the 2016 and 2017 hurricanes. This included multiple large old oak trees that had fallen and taken out the garden gazebo, the pathway to the gazebo, bushes and plants, as well as some minor roof damage to the main house and one of the therapy rooms. Additionally we had to remove a number of large trees that were in danger of falling and causing more significant damage.

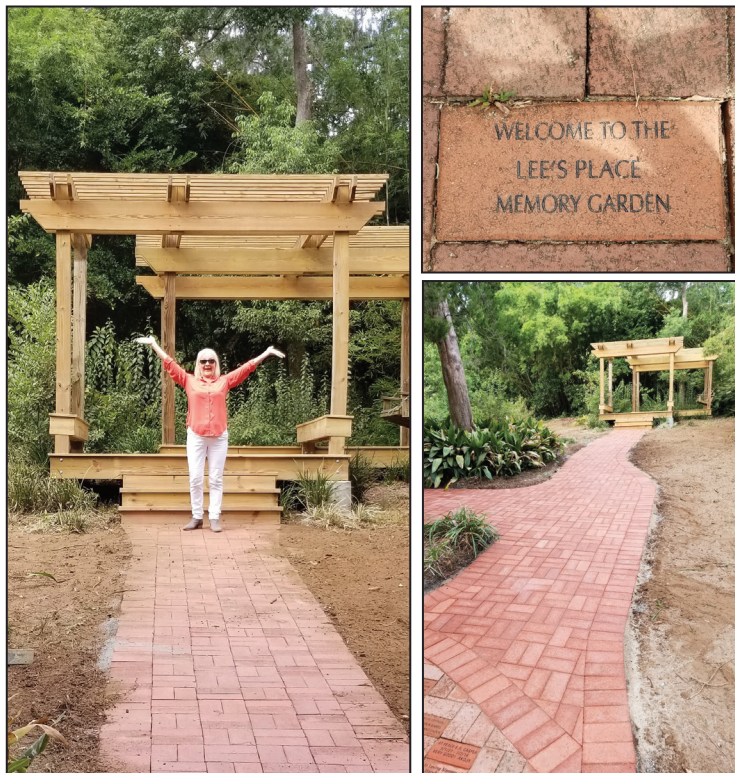
We are thrilled to report that thanks to volunteers and donors the gardens are looking great. As reported last Fall the gazebo was rebuilt to its original beauty by the **Tallahassee Builders Builders Care Program**.

This Winter the pathway to the gazebo was not only replaced but was rebuilt so that it is safer and more lovely than it was previously. This was thanks to several generous donors who helped with the cost of hiring an expert bricklayer. In the future these bricks can also be included in the Memory Bricks that are currently in the pathway around the koi pond.

Throughout all of this several of our board members and volunteers, along with the **Nasturtium Garden Circle** have been planting, weeding, and watering. We are excited for the spring and the rejuvenation of beauty, greenery, and new color in the gardens. The **Tallahassee Garden Club** has been a supporter of our efforts as has the **Hibiscus Garden Circle**.

We could not have done it without all of you! Special thanks to Penny Gilmer, Jeanne Kimball, Beth Green, and Lucy Westfall for your hours of toil doing the really dirty work in the gardens!

Please come visit the Lee's Place gardens - take a stroll, bring a lunch and enjoy it on the gazebo, or simply sit and have a quiet moment.



The Right Coach Could Make Your Life Olympian

Beth Willis Tedio

Watching the Winter Olympics was inspiring and fun. Every athlete, from every nation, shares drive and determination. No matter their age or chosen field of endeavor each has a coach, a specialist in their sport guiding, instructing, and sometimes comforting them, always at the ready. It would never occur to any of the athletes to not have a specialized professional in their field to help them reach their goals.

Each of us has specialists for various needs in our lives. Everyone over the age of 40 needs an eye doctor to help with their shorter arms. We may have a graphic designer to build a website, an electrician, a mechanic, plumber, and pest control to protect your home from creepy crawlies. I, like many Olympians, have learned the value of a physical therapist. After surgery, to avoid it, or to help strengthen an area of the body and relieve pain, they are worth their weight in gold. The process is painful at first but has valuable gains from the pain as the healing process reveals strength, ability to mend, lessening of soreness, and the ability to meet your goals – whatever they may be.

There is another specialist that can have a stigma attached that makes no sense when we look at our overall wellbeing– a mental health therapist. The process is similar to a physical therapist. Tell them what happened, the beginning is painful, then the healing begins as you regain your strengths and move past what happened to achieve goals.

Why hesitate to consult with a specialist in the field of emotions and mind health when overwhelmed, sad, or in any way not handling life's current challenges -particularly following a life changing event like divorce, crime, death, adoption, or a fight between family members?

Consulting with a specialist, a trained professional, is a responsible part of overall health. One would never hesitate to call for help with any physical ailment, nor do we pause to call the professional to work on our home or car. It is time for mental health to be viewed with that same respect and value. Nothing can be more important than caring for your mind and your emotions, both of which affect our bodies, decisions, and reactions to life. Be the Olympian you want to be. Proudly find a therapist to be your life coach specialist who understands your needs and goals and helps you achieve them.

A Client's Story...

A couple came to Lees Place for help following the suicide of their 22 year old daughter. The devastation of such an event is all encompassing, effecting their health, mental capacity, finances, and of course their hearts are completely broken. Both were not able to work which exacerbated their overall situation. This often happens in such a tragedy, not only are they debilitated by grief but many other aspects of their lives fall apart too.

This couple hung onto each other and after a time, have now become great advocates for suicide prevention in our community.



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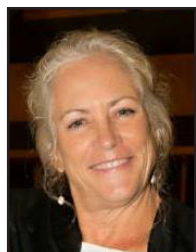
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