

# Journeys: Virtual Edition

We connect mind and spirit so individuals, families, organizations and communities thrive. YOU make it possible.

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**Save the Date!**  
**Oct. 3, 2017**  
**7:30-11 a.m.**

**[Registration now open!](#)**

**NEW in 2017:**  
**2.5 ethics credits for**  
**attorneys, CPAs and**  
**HR professionals**

**Keynote Speaker**  
**Dr. Bruce Weinstein**

The Ethics Guy®  
Author,

*Ethical Intelligence: Five Principles  
for Untangling Your Toughest  
Problems at Work and Beyond*

## Spotlight on ... Kaukauna Community Health Associates (KCHA)



*(Samaritan Board President Mary Beduhn, left, and Therapist Becky Stellmacher, right, at the Kaukauna Center.)*

Smiling hearts and gratitude are on display at the Kaukauna Samaritan Center thanks to a **2016 KCHA grant** that outfitted the location with:

- **new games and art supplies for youth therapy**



Good ethics mean good mental health for employees and their families. That's why Samaritan hosts the Ethics in Business Summit.

Join us and our partners for Bruce Weinstein's interactive discussion of the five principles of ethical intelligence, their substantial benefits, and strategies to overcome challenges in applying them.

All participants receive a copy of Dr. Weinstein's book *Ethical Intelligence* courtesy of **Community First Credit Union**.

[Register now.](#)

**Presenting Partners**



**Book Partner**

- a wood cabinet to store therapy supplies
- location upgrades that serve Kaukauna clients

***KCHA's continual support*** of the Kaukauna Samaritan Counseling Center ***has touched many clients*** we serve in the Heart of the Valley area and beyond.

**Many, many thanks to you all!**



**Kaukauna Samaritan Location**

**510 Sullivan Ave.  
Kaukauna, WI 54130**



**Faith Leaders:**

**Minister to mental health  
with skill and confidence**

*"Thank you so much -- this pertains to members of my congregation!"*

**- Past Participant**





## Hospitality Partners

Bemis Company

Bergstrom Corp.

Rotary Clubs  
of the Fox Valley

## Investors

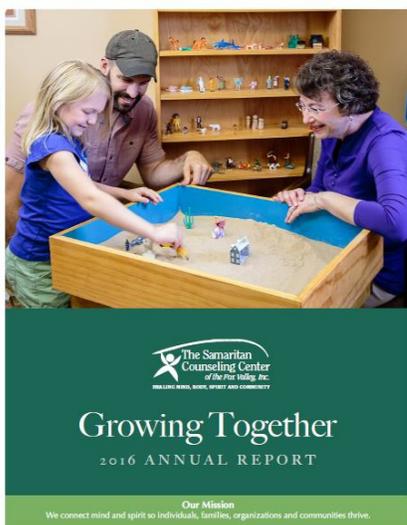
American National Bank

Associated Bank

Community Foundation  
for the Fox Valley Region

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**Coming Soon  
to a Mailbox  
Near You...**



## Faith Leader Mental Health Integration Project

Third Thursdays (except December)  
Sept. 21, 2017, to March 15, 2018  
9-11 a.m.

Miron Construction  
Wenzler Community Room  
1471 McMahon Dr., Neenah  
**\$295 for 2 participants in the full series**

[Register today.](#)

You are a mental health lifeline for many in your faith community and beyond. Equip yourself to lead people to wellness in mind and spirit with this six-session series focused on one of the most relevant issues of our day.

[Learn more](#) about how your team of two -- and your entire faith community -- will benefit from your participation. [Or register now!](#)



Connected  
Community  
WELLNESS SCREEN  
BWell2Excel

## Lack of Summer Outdoor Activity Can Impact Teen Mental and Physical Health



On the last day of the school year, kids of all ages typically race out the door, elated with the relaxing days of summer ahead. While summer brings this mental break to teens, hopefully it is being spent primarily outdoors.

Spending the majority of summer indoors may negatively impact youth development and emotional health. [It can lead to:](#)

- **anxiety, depression, insomnia**
- **increased risk of obesity and decreased cardiovascular health**

Watch your mail in August for our 2016 Annual Report!

We're excited to highlight the incredible growth that you helped make possible. Read all about it in the weeks to come.

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**Samaritan Counseling Center**

Contact:

[Lisa Strandberg](#)

Director of Development and  
Communications

(920) 886-9319 ext. 116

- **increased solitary activities (television, electronics)**
- **diminished social interaction with friends and development of social skills**
- **a disconnect from nature and how the world and humans interact**

## How can you help your teen benefit from summer outdoor activity?

### Parents can help by:

- **limiting television and electronics to two hours per day**
- **requiring teens to spend time outdoors at park and recreation programs and summer camps**
- **encouraging teens to get outdoors with friends for physical activities such as swimming, hiking, yard games, biking, kickball, Frisbee golf**
- **making plans for your teen and their friends to walk, bike, hike, fish and/or swim at places like:**
  - [High Cliff State Park](#) (Sherwood)  
or [Bruce B. Purdy Nature Preserve](#) (Appleton)

[Learn more](#) about the benefits of getting outside, being active and enjoying the summer sun...or about Samaritan's [Wellness Screen](#) youth mental health program.