



Parish Putt-Putt

The St. Boniface Parish community is invited to mini-golf!

We are excited to invite everyone to get their swing on and mingle with fellow parishioners, Sunday, June 12 after 10:30 Mass at Adventures Erie Putt-Putt, just 2 minutes away on Lake Pleasant Road. Come solo, bring a grandchild (or three), or even take the whole family!



Please let us know you're coming and RSVP by 6/7. You may contact the Parish Office at 814.825.4439 or email Jeanne Yaple at faithformation@stbonifaceparisherie.org



Mental Health Challenges in Adults

There are many facets of mental health in adults. Adults live with many tribulations and signs of mental health in their lives for many years without ever realizing they are on a "lower range orange color on the spectrum". These individuals can easily represent parents, spouses, professionals, service workers, government workers, etc., or "someone in your family".

I met an interesting woman at one of the mental health classes that we were attending and she told of her experience that will stick with me for a long time. She said she knew she had some challenges within her but never associated it with being a problem or a mental health issue until her mother died. This was a very traumatic experience for her. She previously lost her father and two siblings so losing her Mom, whom she was close with, meant she was the only living member left in her family. It started with bouts of depression and grew from there until living with herself was almost unbearable. In talking with a family practitioner who was compassionate on the subject, he referred her to a mental health organization for assessment. In conclusion, she finally realized that she had been on the spectrum for years but the death of her Mom, that trauma, manifested the symptoms enough to speak with someone. And more so, she realized that she should have been seeking help many years prior. She was actually assigned a diagnosis from the Mental Health Spectrum.

People with traumatic experiences in their lives will sometimes realize emotional and physical changes. Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Remember, we all have mental health. Good or bad, it's there.

Each illness has its own symptoms, but common signs of mental illness in adults (and adolescents) can include the following:

- * Excessive worrying or fear
- * Feeling excessively sad or low
- * Confused thinking or problems concentrating and learning
- * Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- * Prolonged or strong feelings of irritability or anger
- * Avoiding friends and social activities
- * Difficulties understanding or relating to others
- * Changes in sleeping habits or feeling tired and low energy
- * Changes in eating habits such as increased hunger or lack of appetite
- * Changes in sex drive

- * Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- * Inability to perceive changes in one's own feelings, behavior or personality
- * Overuse of substances like alcohol or drugs
- * Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- * Thinking about suicide
- * Inability to carry out daily activities or handle daily problems and stress
- * An intense fear of weight gain or concern with appearance

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A mental health professional will use the **Diagnostic and Statistical Manual of Mental Disorders** to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy or other lifestyle changes. Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no "one size fits all" treatment.

Individuals are not to blame for their illness but they may feel that they are or may be getting that message from others. You can encourage hope by being supportive, understanding and patient. Spending loving, quality time with them especially when they are on the lower end of the spectrum at times. Take the time to celebrate their accomplishments which could be as simple as getting through a day without confrontation or hurtfulness.

Mental health challenges are also common among adults in the aging population. And as people age, there is an increased risk for chronic mental health disorders. One in four older adults live with depression, anxiety, or other significant psychiatric disorders and these are frequently in addition to chronic illnesses such as diabetes, cardiac diseases, and arthritis. As older adults face more distress and suffering as a result of age, the risk of depression increases. This is the most prevalent mental health disorder among older adults and is, unfortunately, untreated or under treated in today's society.

As you can see, the Mental Health Spectrum is with us from childhood until our senior years and we move around that spectrum throughout our lives.

GREENE TOWNSHIP LIONS CLUB NEWS

5-14-22

Much has happened this month! First of all, three new graduating seniors from Seneca High School have been selected from 6 applicants to each receive a \$1,000 scholarship from our 14th Annual 100/100 Club Football Raffle! We are proud to announce **Lindsay Brinker** who is going to Gannon University to receive her BSN in nursing, **Brianna Scalise** who is going to Robert Morris University to study Psychology in the Honor's College with the goal to become a Trauma Focused Cognitive Behavioral Therapist, and **Lauren Schneider** who is going to Gannon University in their advanced 5 year Physician Assistant Program. Congratulations to these high achievers and to each of all graduating seniors from the Wattsburg Area School District! Best wishes to you all! With St. Boniface Ushers Club's 26 donations, 69 scholarships have been awarded over these 14 years! Thank you all who have made phenomenal effort possible!

Secondly, we will complete a new fundraiser, 5-21-22, by selling 1 pound loaves of pepperoni bread provided by Serafin's Market. Many will receive a very tasty treat and monies raised will provide support for our community needed activities! For those purchasing these, Thank you for your support!

Thirdly, we are sponsoring a drive through pancake breakfast, 5-22-22, to benefit the medical needs of Chris Cifelli. Chris has been a long time Lion running the kitchen for most of our previous pancake breakfasts, fish fries, spaghetti dinners and anything having to do with the kitchen. He was heavily involved in the St. Boniface Boy Scout Troop 133 as Scout Leader, Master, and finally Coordinator, all while running his small business as an auto mechanic at his shop on Rt. 8. Along with the breakfast which includes sausage from Urbaniak's Market, fresh produced maple syrup from 4 Mile Maple and potatoes from Rich Gaber, a breakfast gift basket raffle worth over \$100 will be provided. Also, with this effort, a 50-50 Raffle with 2,000 tickets printed compliments of Afton Landscape Supplies will be made available with the final drawing at the National Night Out event at the Greene Township Municipal Building at 9333 Tate Rd. on Tuesday, 8-2-22. Thank you to all who will support these ventures in advance for Chris' benefit!

Finally, we have begun distributing the tickets for our 15th Annual 100/100 Football Raffle! The goal is to have a complete sell through! This project which has been so successful due to the many committed supporters, and the St. Boniface Ushers Club, with this new effort will have raised nearly \$176,000!!! As noted above, many have benefitted: the ticket holders, the student scholarship winners and the St. Boniface Food Pantry clients. Your generosity has proven this community is a very special place to be!

THANK YOU ALL!
Lions TJ Kirsch and Mike Allgeier