

Cornerstone Quarterly

April 2017

INSIDE THIS ISSUE

- 1 *You Matter* Success-Laura Joost-Kuhn
- 2 Reggie Westhoff Expands Availability
Golf Benefit
- 3 Stars Come Out for Night of Celebration
- 4 Board/Staff Listings

You Matter.

After all I've been through, Cornerstone has been very respectful of my experiences, has honored me as a person.

When my husband comes in his presence has always been honored and respected.

I'd never had anyone ask me, 'Are you feeling respected; are you getting what you need?'

*--Laura Joost-Kuhn
Cornerstone Client*

Comprehensive Care for Laura

Laura Joost-Kuhn had lived in many different places around the country for work, until her retirement and move from New Mexico to Hannibal, MO to be closer to her children. Along the way and throughout her life Laura has struggled with issues stemming from sexual abuse, resulting in first, anger and rebellion, then alcoholism, depression, and even thoughts of suicide.

With the help and continued support in AA, Laura has been sober since 1984. Once out of that "fog" Laura embarked on a journey of treatment for mental health wellness, with varying degrees of success over the years.

The root cause, however, was still causing marriage problems. So, Laura realized she finally had to deal with the past abuse.

In Quincy, Laura researched her options for treatment. Once she found Cornerstone, "That was it. The mental health care wasn't going to be just about the medication, but comprehensive, and very, very careful." Laura started with Reggie Westhoff, Mental Health Nurse Practitioner, someone she has come to trust "more than any other human being". Reggie brought in Therapist Verda Haiducek, LCPC, for the therapy component. Laura says, "Oh my gosh! I could see people in AA being happy, joyous, free. I needed help getting there." Having never revealed her deepest secrets, she trusted Verda completely. Her technique provided a breakthrough that Laura describes as "freedom from bondage". She's been seeing Verda religiously since last June.

"Cornerstone is a godsend," says Laura. Her relationship with her husband is a "blessed one". After dropping two medications and lowering the dose on another, Laura is doing well! "The physical side effects of having been overmedicated before are gone," she says. Congratulations Laura on all your progress! *You Matter!*



Laura Joost-Kuhn

Nurse Practitioner Reggie Westhoff to Expand Hours

Never, ever give up...no matter what the circumstances. That is the motto and life-affirming approach to patient care of Cornerstone's Reggie Westhoff. A Board Certified Mental Health Nurse Practitioner, Reggie has been practicing in the field of mental health since 1987, starting out at the Child and Adolescent unit at St Mary's Hospital in Quincy. At Cornerstone Reggie provides psychiatric evaluations, medication reviews, and prescribes psychotropic medications for children, adolescents and adults.



Reggie Westhoff, MHNP

Reggie is known for taking the time to get to know her clients in a holistic manner, providing personalized, individualized care, including family input if it's what the patient wants. She believes in adding therapy; and in using the least amount of medication possible to be effective. "My goal is to treat to remission of the disorder, not just improvement," she says.

Mental illness exists in every socioeconomic strata; it knows no boundaries. Life can present its challenges to anyone, and leave you simply not knowing *what* to do. Trauma, major depression, bipolar disorder, PTSD, major anxiety including panic disorder, even thoughts of suicide... Whatever might be troubling you, Reggie invites you to work with her to sort it all out.

Reggie stays on top of the latest research with extensive, in-depth, continuous education from the top psychiatrists and psycho-pharmacologists in the nation. According to Reggie, "There are so many new and current treatments available that it would be unusual not to find help for someone. I keep trying until there is a positive resolution to the problem."

Reggie will soon have openings coming up as she is expanding her hours at Cornerstone starting in May. "I am the Installer of Hope," says Reggie. "It's my claim to fame. Even my four kids say they feel better after talking to me!" Praise indeed.

12th Annual Golf Benefit

Spring is quickly approaching as is Cornerstone's annual Golf Benefit! Mark your calendars for a four-person scramble at Spring Lake Country Club on Friday, May 19th. Registration and lunch begin at 11am with a shotgun start at 12 pm.

Registration is \$100 per person which includes lunch, 18 holes, golf cart, beverages and hors d'oeuvres following play. Great hole in one prizes sponsored by Shottenkirk and a chip off contest for a new iPad,

sponsored by Winters Insurance Group!

Rain checks will be given for golf in the event of inclement weather.

Call Cornerstone at 222-8254 for sponsorship opportunities.



The Stars Come Out for Night of Celebration



Overall Winners Morgan Grawe & Her Dad Steve Grawe

February 3, 2017 was a night to remember as 21 couples brought their best to the Seventh Annual Dancing with Local Stars Night of Celebration, Cornerstone's biggest fundraising event of the year. More than 850 attended the event, held at The Ambiance. Dance contestants worked extremely hard to create a performance of their chosen dance style, music and costumes, with the assistance of volunteer coaches from seven of Quincy's talented dance studios. The evening kicked off with the presentation of Cornerstone's Humanitarian Award, presented to Quincy Teen Reach. Teen Reach is an after-school program that promotes Responsibility, Education, Achievement, Caring and Hope. It was our honor to recognize them for their commitment and devotion to underprivileged children in our community. We thank all the dancers, coaches, judges, sponsors and attendees for coming out to support us on this very special night!

Winning Team Dance Coach:

Holly Schell/Elite Dance Studio

People's Choice Award:

April Azotea & Zach Scharnhorst

Best Costume: Laura Keane & Jason Beddall

Best Chemistry: Lori George & Chris George

Biggest Ego: Catie Doyle & Max Dancer

Kickin' It Up (Most Spirited): Casey Little & Adam Ridder

Rock Stars: Joyce Waterkotte & Bryan Smith

Best Disco/Lyrical/Jazz Dance: Laura Keane & Jason Beddall

Best HipHop/Swing: Melinda Higgins & Dr. Dustin Higgins

Best Broadway/Freestyle Dance: Lori George & Chris George



Thank you Dancers, Coaches, Judges, Sponsors and Attendees!

Sizzling Salsa Sponsors: ETC ComputerLand; Media Development; Vervocity Interactive

Tango Sponsors: Best Western in Hannibal; Blue Cross Blue Shield of Illinois; CellTech; Columbia Honda; Continental Cement Co; County Market; Days Inn in Hannibal; Doyle Equipment Manufacturing; Gully Transportation; Horizon Rentals in Hannibal; Interstate All Battery Center; Kitchen & Bath Gallery; La Azotea Lounge; Mane Therapy Salon & Spa; Mercantile Bank; Philip & Erin Krupps; Paige Holt & Glori Traeder Plastic Surgery & Aesthetics; Quincy Medical Group Corporate Development; Quincy Recycle; Refreshment Services Pepsi; Revelry; Riverview Manufacturing; Smith Brothers Powersports; STARadio; Table Sixteen Productions; Town & Country Bank Midwest; Wells Fargo Advisors

Foxtrot Sponsors: Bad Wolf Media; Quincy Medical Group Endocrinology; Quincy Medical Group Partnering for a Healthier Tomorrow; Up Photography; V&R Accounting

Waltz Sponsors: Hansen-Spear Funeral Home; Holiday Inn Quincy; Kohl Wholesale; Priority One Printing & Mailing; Roman Pools & Spas; Schmiedeskamp, Robertson, Neu & Mitchell LLP Lawyers; Stifel; Titan International; Wade Stables P.C. Certified Public Accountants

Hokey Pokey Sponsors: David Penn; Dr. Joe & Denette Kuhlman; Federated Insurance/Tony Reis; Legacy Martial Arts; Liberty Construction; Sam's Club



Non-Profit Org.
U. S. Postage
Paid
Permit # 1009
Quincy, IL 62301

915 Vermont Street
Quincy, IL 62301

Phone: 217-222-8254
Fax: 217-222-4512

www.cornerstone-quincy.org

You matter.

*Our Mission:
Helping people meet life's
challenges by providing the
skills, support and hope
needed for effective fulfilling
lives.*

Board Members

Anna Lee Bentley, President
Natalie Oswald, 1st Vice President
Debbie Niederhauser, 2nd Vice President
Mark Strieker, Treasurer
Mary Doellman, Secretary
LaTonya Brock
Tracee Farmer
Kathy Fauble
Chuck Mahon
Kevin Reller
Koretta Sykes
Eric Thomas
Fr. Joe Zimmerman

Staff Members

Executive Director
Chris Parker, MS Ed, LCPC, NCC

Business Manager
Kim Parrish, CPA

Counselors/Therapists
Christina Bakker, MS, LPC
Verda Haiducek, MS Ed, LCPC
Brandon Edgar, MA, LPC
Nakita Dent, MA, LMFT

Caseworkers/Parent Educators
Amanda Akers, BSW
Raquel Kroencke, BS

Support Staff
Elena Lock, BS
Tina Pray

Psychiatric Service Providers
Missy Slee, RN
Reggie Westhoff, APRN, CMHNP

Development Director
Kate Blair

Ellen Rigor, MSW, LCSW
Trina Vogel, MSW, LCSW
Lindsey Wood, MS, LCPC, LMFT

Deb Stock

*Some programs funded in whole or part by the State of IL Department of Human Services,
Department of Children and Family Services and the United Way of Adams County.*