

# Cornerstone Quarterly

July 2016

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## Counseling Pays Off

Many people can be successful in their jobs and in many aspects of their life, and yet have something happening that is getting in the way of feeling good and being happy. Counseling can help. At Cornerstone, we help people of all ages and walks of life find a calm, safe place where they can talk things over, think things through, and get the support they need to make the changes they want to make.

Elizabeth Wolf is a successful teacher in the Quincy Public School system. She loves her work with Special Ed kids and is really good at it. About a year and a half ago though she found herself struggling with a gambling addiction, which was part of a larger mood disorder. Because her issues were affecting her finances as well as her

relationships, Elizabeth decided to take control, and get things turned around. "My advice would be to get help immediately. It does get better!! You just need to find the right supports. I always thought that I could handle my problems on my own, which resulted in me being miserable and not wanting to do everyday things. I have always been a relatively happy person. I love to make people smile. But when I was faced with many issues, I couldn't even make myself happy. I would wake up and not know how my day was going to go, whether or not I was going to be able to control my mood and basically just live my life." After trying a larger clinic that wasn't working out, Elizabeth came to Cornerstone.

Elizabeth started working with Lindsey Wood, MS, a Licensed Clinical Professional Counselor (LCPC) and Licensed Marriage and Family Therapist (LMFT) employed at Cornerstone since 2009. A friend had told her great things about Lindsey. "I was very surprised at how quickly I was able to get help. I did not have to wait months to see Lindsey like other places I have been to in the past. If I felt that I was in a situation that I could not handle on my own, Lindsey would be there to talk to me and to figure out a plan."

Together they went to work on Elizabeth's challenges, using a clinical best-practice championed in Quincy by Cornerstone years ago. Known as Client-Directed, Outcome-Informed, this approach empowers clients to determine treatment goals, and enables them and their counselor to monitor progress towards these goals at each session. This helps our clients achieve their own highest priority goals most efficiently.

Sometimes talking to someone is just not enough though. Cornerstone's Psychiatric Mental Health Nurse Practitioner Reggie Westhoff is on staff right down the hall,



Elizabeth Wolf

*"I will forever be thankful for the ladies at Cornerstone. Without Lindsey, Reggie, and Missy, I wouldn't be the person I am today!"*

*Elizabeth Wolf on her experience at Cornerstone*

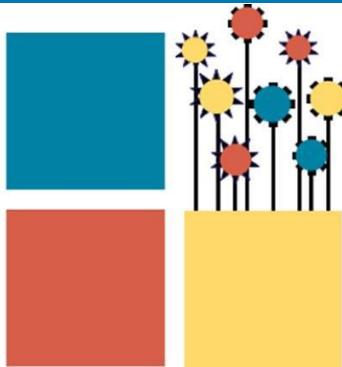
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## Elizabeth's story continues...

and provided the further evaluation and medication management they all agreed would benefit Elizabeth. Medication is helping Elizabeth regulate her moods and stop her addiction. Collaboration between medical and counseling staff is smooth here at Cornerstone because of the boutique nature of our practice.

Elizabeth is doing great now! To keep herself accountable for meeting the goals she has set for herself, she will continue working with Lindsey, at appropriate intervals. "At first, I didn't really care about goals. I wanted instant results, which it doesn't work that way. Together, Lindsey and I created a list of goals that I really wanted to work on to be the person I wanted to be. We would review these goals and track my progress. The best feeling in the world is looking back at those goals and being able to say that you did it. Even though it seems like it has been forever, I look at where I started and where I am now, and it was all worth it. I will forever be thankful for the ladies at Cornerstone."

Congratulations and *thank you* to Elizabeth for sharing her experience with others who may be wondering how to handle something that is getting in the way of living the life they want to live. Call Cornerstone to see how we can support you.



### Please Give

Earlier this year Cornerstone launched its we GROW together campaign with a goal to raise \$250,000 over the next three years. The money will be used to for investment and long term sustainability; and a portion will be used to meet more current operating needs of the organization.

Cornerstone is a not-for-profit mental health agency started in 1947, and since then people of all ages and walks of life have come for help. Here they find a comfortable, home-like environment where they get the counseling, social work services, and psychiatric care they need.

From its very founding almost 70 years ago by Fabiola Moorman, Family Services Agency as it was known back then, recognized that when children, families and individuals are supported, the whole community benefits. Throughout our history, leaders in Quincy have recognized that great societies encourage those who are more fortunate to bring along those who are less fortunate, knowing that over generations it creates a safe, healthy and vibrant community.

Today we are even more highly aware of the importance of mental health. We are practiced in the idea that mental health is essential to a person's well-being, healthy relationships and the ability to be happy and productive in their family life. We are aware that modern life and the pace of change present challenges to people, and hear often of disorders such as anxiety, depression and risk of suicide. We know these disorders are afflicting young people at an increasing rate.

Cornerstone takes great pride in offering programs that provide affordable help with the challenges that confront people every day. We have three types of services: 1) Counseling services for individuals, couples and families; 2) Specialized services to specific groups such as young, inexperienced mothers, and families of adopted children; and 3) Psychiatric assessment and medication management. Each of these programs is funded either by 1) A contract with the State of Illinois; 2) Service fees usually paid by the client's health insurance; or 3) By contributions from the community.

It is by this third category where you can help us with our campaign. Quincy is a special place of civic character where people pay it forward every day. If you are fortunate in some way and can share, please donate or call us to find out more about our organization. Help us all grow together by calling 222-8452 or visiting [www.cornerstone-quincy.org](http://www.cornerstone-quincy.org) to donate. Thank you!

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# Cornerstone's 11<sup>th</sup> Annual Golf Benefit Another Success!

Thank you to everyone who came out to beautiful Spring Lake Country Club on May 20 for our annual tournament. It was our most successful fundraiser yet! More teams than ever came out to see friends and support our organization. We are so grateful to all our participants, sponsors, volunteers and of course Spring Lake for making it such a great day. Congratulations to the First and Second Place winning teams, and to all the contest winners!

*Chipping Contest Winner: Corey Vogel*

*Men's Longest Drive: Ron Hamann*

*Women's Longest Drive: Erin Fierge*

*Men's Longest Putt: Ron Hamann*

*Women's Longest Putt: Shannon Nicholas*

*Closest to the Pin: Rodney Roberts*



*First Place Team: Dakota Limkemann, Jake Kroencke, Jeff Kroencke and Lee Leffers*



*Second Place Team: Brian Dreier, Mike Eaton Jr, Brad Eaton and Rodney Roberts*



## **Thank You Generous Sponsors and Donors!**

The day is not possible without your support! With special thanks we recognize your generosity.

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**Raffle Prizes and Other Donations:** 2thirty4 Restaurant & Lounge; AMC Theaters; Autoshine; Ayerco Convenience Center; Christensen Golf Academy; DOT Foods; Greg Feldberg; Elder's Family Restaurant; ETC Computerland; Farm & Home Supply; Haubrich Enterprises Inc; Jimmy John's; Jeff Kroencke; John Wood Community College; Kirlin's Hallmark; Crazy Cakes; Media Development; Quincy Notre Dame Foundation; Quincy Park District; Quincy University; R & R Golf; Refreshment Services Pepsi; Snap Fitness; Subway; The Potted Fern; Tiramisu; Westview Golf Course; Zoup!

**Thank You for making this 11<sup>th</sup> event another success!**

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*You matter.*

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

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