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Reminder for PWF Families

Our annual Back to School BBQ will be held at the St. Peters Pavilion on July 15th this year. The event starts at 3:30, and Fred Bird will be there from 5-6 pm.

Save the Date

Our 6th Annual Karaoke fundraiser, Music of our Hearts, will be held on October 17, 2009 at 94 Bistro in St. Charles. We hope to see you there.





F.A.C.T. Newsletter

Summer 2009

14th Annual Hopes and Dreams Gala



Even amid a recession our supporters came out to enjoy this year's Hopes and Dreams Gala. The theme was "Tropical Paradise" and the atmosphere was casual. F.A.C.T. honored Dr. Karl Wilson as Advocate of the Year and it was no surprise to see that we are not the only organization who admires and respects Dr. Wilson. Karen Craven and Diane Miller were honored as parent advocates. Both gave heart warming and inspirational speeches about their own personal journeys.



Our oral and silent auction items were better than ever and included a week on the beach in North Carolina, and a night with Al Hrabosky in which the winner could sit in the broadcasting booth, get a tour of the stadium, and meet a few of the Cardinal's players.

The bacon wrapped scallop appetizers were followed up by a steak dinner, only to be finished off with a decadent chocolate cake. The Yellow Farmhouse Winery was gracious enough to donate the table wine for the evening. Old Hickory was as accomodating as ever and luckily the weather this year was lovely, if a bit chilly.



To all of you who attended our fundraiser, donated or bought auction items, we thank you. Each year F.A.C.T. is able to serve more individuals with disabilities because we have such a strong support system in our community.



And lastly, a huge thank you to Kathy Conard and Louise Howden for putting in years of gala committee service. The reins have been passed to Midge Smith who is the new Event Chairwoman for our 2010 Gala.



Summer Fun Guide

Upcoming summer events

July

- **3-4 St. Charles Riverfest, Frontier Park, 636.949.3200**
- **3-4 Heritage and Freedom Fest, O'Fallon, 636.379.5614**
- **3-4 Fair St. Louis, St. Louis Riverfront**
- **Missouri Botanical Garden, Garden Party Thursdays thru Sept. 3 Celebrate the Garden's 150th anniversary at Garden Party Nights! Enjoy strolling the grounds in the summer evening, sample beverages from area wineries and microbreweries, and watch a madonnari (street painter) create new artwork on the pavement each week. Children can have their faces painted, play with a juggler and magician.**

August

- **21-23 Festival of the Little Hills, River front, St. Charles**
- **26 Grant's Farm Bluegrass Series**
- **1st St. Charles County Fair**
- **5-8 Potosi County Fair**
- **August 29 & 30**

Honey Crisp Weekend at Eckert's (Belleville, Millstadt & Grafton)

Ride the wagon out to the orchard to pick-your-own apples. For more information call Eckert's Harvest hotline at (618)233-0513 x 1 or (800)745-0513 x 1.

September

- **5th, Barnyard Olympics, Eckert's Farm, Belleville, 10-4 pm**
- **12th, Applefest at Eckert's Farm, Belleville 10-4**
- **18th, Forest Park Balloon Glow, 7-8:30 pm, in Forest Park next to the Jewel Box**
- **19th, Forest Park Balloon Race, 12-6:30 pm, in Forest Park next to the Jewel Box**
- **26th, Harvest Day, Vago Park, Maryland Heights 10-3 pm**
- **26th, Paws in the Park, 11-2 pm, Broemmelsiek Park, Wentzville**

2009 Workshop Schedule

| Special Education Basics | The IEP Process | Assertive Communication | Child Abuse and Neglect |
|--|---|---|--------------------------------------|
| July 22 Wednesday 8:30 - 10:30 AM | July 22 Wednesday 10:30 - 12:30 PM | July 22 Wednesday 1:15 - 3:15 PM | July 28 Tuesday 6:30-8:30 PM |
| August 3 Monday 6:30 - 8:30 PM | August 10 Monday 6:30 - 8:30 PM | August 17 Monday 6:30 - 8:30 PM | August 25 Tuesday 6:30-8:30 PM |
| September 12 Saturday 8:30 - 10:30 AM | September 12 Saturday 10:30 - 12:30 PM | September 12 Saturday 1:15 - 3:15 PM | September 29 Tuesday 6:30-8:30 PM |
| October 5 Monday 6:30 - 8:30 PM | October 12 Monday 6:30 - 8:30 PM | October 19 Monday 6:30 - 8:30 PM | |

During tough economic times our families' stresses tend to increase. The following article offers some tips for stress management.

Mental Health and the Economy

More than two-thirds of American women interviewed for an American Psychiatric Association survey say that the nation's sagging economy has negatively affected their lives and the lives of their loved ones. The findings also indicate women may be neglecting their own needs while focusing on other concerns.

Tips for Maintaining a Healthy Mind

Keeping your mental health in balance during times of increased stress – such as the current economic crisis – is an important part of your overall health and well-being. The challenge is to find effective ways to cope with this stress.

The American Psychiatric Association offers the following tips:

Balance Your Needs

Mental health is essential to overall health. Recognize that stress affects your entire body. Physical activity, diet, sleep and stress management all play a part in having a healthy mind and a healthy life. Taking care of your own needs will help you remain healthy and able to respond to the needs of your family.

Surround Yourself with Supportive People

Look to family and friends for support when facing an emotionally stressful situation. Surround yourself with people you trust and who have your best interests in mind. Their encouragement and feedback will help you think positively.

Focus on the Positive

Avoid activities that cause you to dwell on why you're stressed. Amid the steady drumbeat of negative economic news, limit your news consumption and make time for other activities, such as listening to music or reading a book. Make sure conversations with friends, family or co-workers do not dwell too long on stressful or negative topics.

Socialize and Have Fun

Invite friends and family for low cost and fun activities – watch a movie or play a game at home, take a hike or a walk, and/or arrange a neighborhood cookout. Inexpensive social activities can help keep you and your family healthy and focused on the positive.

Know When to Get Additional Support

Stay in tune with how you are feeling. Even when you are taking positive steps to manage stress, you can get to a point where you need additional help. If you notice that stress is interfering with your daily life, there are many places you can turn to for support – including your family doctor, religious or spiritual advisor, or a mental health professional.

All information was taken from healthyminds.org.