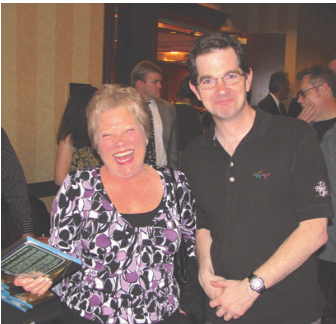


# Turning a New Leaf

## Banquet Celebrates Accomplishments, Supporters; Dr. Marty Doot Honored for Contributions to Ministry



Comedian John Branyan greets Mary DeYoung after his hysterically funny performance at the New Leaf Resources' Celebration Banquet. Log onto our website at [www.newleafresources.org](http://www.newleafresources.org) to see more photos from the evening.

Close to two hundred supporters of New Leaf Resources recently gathered at the DoubleTree Hotel in Alsip to celebrate the previous year's accomplishments and thank those who made them possible.

Guests were treated to a delicious meal, beautiful floral bouquets donated by Jack &Carolynn VanNamen and received a very optimistic ministry update from Executive Director Terry Top. Top reported despite the struggling econ-

omy, New Leaf has seen an increase in client sessions, cut expenses and while being good stewards of the gifts we receive, is surviving this turbulent market.

Former Executive Director Rich Grevengoed gave a moving tribute to the late Dr. Marty Doot, one of New Leaf's founders who passed away suddenly last November. Grevengoed reminisced about the early days of the ministry when meetings took place in a greasy spoon restaurant and there

was little help for alcoholics in the Christian community.

In honor of Marty's passion and unflinching support, New Leaf Resources renamed their Client Assistance Fund after Dr. Marty Doot. This fund provides financial help to those who cannot fully afford the cost of counseling. Each year, New Leaf provides \$140,000 in assistance to those seeking help, hope and healing.

Described as "brilliantly funny," by fellow Christian Comedian

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## Change Your Life in 15 Minutes by Linda J. Culver, LMHC, MAC Staff Therapist

We hear it all the time in advertisements, magazines and in the media, "you can improve your life quickly and easily." But most of us realize that it's not that simple. Change takes time, effort, and it's hard to break old habits, like being late.

Being late often means that you have to rush to get to where you're going or to finish what needs to get done. Rushing puts you at risk for making a mistake, having an accident, or being impatient. And that causes stress.

Being late often means that others are waiting for you, inconvenienced or irritated. And that causes more stress.

Being late also means that you don't have time to think clearly, you're more likely to forget things you need, important details or to share important information. Again, that causes more stress.

Basically, being late causes stress. That's where the changing your life in 15 minutes comes in.

Leave 15 minutes earlier. Well, that sounds easy but it can be hard to accomplish. It can require patience and practice. If you're due at work at 8:00 am and it takes 15 minutes to get there, leave at 7:30 am instead, or at least try to.

How many times have you gotten in the car a little bit late only to discover that you forgot to fill the gas tank, go to the cash machine, or that today of all days the traffic is heavier than normal and you hit every red traffic light? Maybe there is an unexplainable or unexpected accident?

How many times have you gotten on the road only to discover that no one else understands how important it is that you get to where you're going? And it's easy to get irritated with others especially when they're in a rush, cutting you off or not letting you into their lane.

*(Continued on page 2)*

### Life-changing Stress Busters

- Don't rush.
- Leave earlier.
- Slow down.
- Plan for something unexpected to delay you.
- Practice patience.
- Pray for the especially irritating people.
- Take a few minutes to imagine yourself relaxed.
- Take a moment for a positive attitude adjustment.
- Remember that your peace, serenity and relationships are what's most important.

## CARE Convention at Timothy Christian

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### Our Mission

New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.



Students from Timothy Christian School recently participated in the New Leaf Resources' CARE Convention, a day long retreat which focuses on the word "care," - how we care for others and ourselves. Through skits, small group sessions and guest speakers, the purpose of the convention is to help students remain drug-free, increase their care for themselves and others, and live their lives in a God-honoring fashion. The theme for this convention was based on Mark 12:30, "Love the Lord your God with all your heart and with all your mind and with all your strength." For more information, call (708) 895-7310.



Check out New Leaf Resources website for more photos from CARE Convention!  
[www.newleafresources.org](http://www.newleafresources.org)

## Change Your Life ...

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Fifteen minutes can make all the difference in the world. If you're not rushed you might change your whole attitude about driving. Have you ever considered praying for the thoughtless or rude driver you see on the road? Maybe they are having a real bad day. Admittedly for most of us praying for someone during our commute (instead of cussing at them) isn't the first thing we do.

If you were to arrive 15 minutes early for an appointment (doctor, business or counseling appointment), you could use that time to gather your thoughts, clear your head, and spend it deliberately relaxing and taking a moment for yourself. If we rehearse an upsetting conversation in our head we end up feeling just as angry as if

it just happened. The same is true of the opposite thoughts in our head. If you spend a few minutes imagining yourself in your favorite vacation spot, your body will react accordingly. You'll enter your appointment in a different frame of mind.

If you plan to arrive to pick up children at day care 15 minutes later or plan to arrive home at the end of the day 15 minutes later, you can use those few minutes to deliberately slow down. What good does it do any of us to rush to meet children or spouses and then be irritated and impatient with them because we're still in rush mode? It might even help to deliberately stop the car in a park for a few minutes on the way there. Fifteen minutes (and a corresponding change in attitude)

can really change your life when you approach your relationships with a patient, calm and loving attitude.

Fifteen minutes can even positively impact your health. It's when we're rushing up the stairs that we are most likely to trip on the curb. And so on... It's when we're rushing that we're most likely to get seriously injured. If you've ever ended up on crutches or with a cast on your arm you know how that brief moment can adversely impact your life for what seems like a very long time!

Can you change your life in 15 minutes? You bet you can. It's a little thing that makes a big difference in every area of your life.

## Helping Children Cope Using Creative Therapy

It's difficult to imagine that a child as young as five would be in so much pain that they would need to go to counseling. But if a child, at any age, has experienced some sort of trauma, grief or loss, or has behavioral problems or a learning

disability, counseling can lead to long-term healing and coping.

Through a variety of creative techniques such as play, art, and sand tray therapies, therapists can facili-

tate comfortable and productive communication.

"Sometimes we play games to get your mind off stuff, for fun, and it helps you find ways to deal with things going on in your life," a 13-year-old client said of her counseling sessions.



## Give Your Retirement Tax Bill to Charity

Many of us have taken advantage of generous tax incentives to encourage savings for retirement years. These qualified plans—IRA, 401K, Keogh and others—provide us with a tax benefit at the time contributions are made and build tax-free for the future.

But do you understand the tax implications of these retirement funds? Do you know about the benefits of a charitable gift in this situation?

Money in qualified retirement funds is subject to income tax at the time of withdrawal by the owner. Included as part of the taxable estate at death, assets in qualified retirement plans may also be subject to federal estate taxes. This means these assets can be taxed twice at your death resulting in up to 70% tax liability.

Your charitable gift can eliminate the hidden double tax. By properly funding a charitable gift with tax-deferred assets, you eliminate both taxes.

To make sure all requirements are met, Barnabas® Foundation assists its Chris-

tian member organizations in deciding what is best for your particular situation.

As a supporter of New Leaf Resources, you can receive quality planned giving and estate planning services from Barnabas® at no charge. For more information contact Barnabas® Foundation at (888) 448-3040.

New Leaf offers assessment and counseling for children struggling with other issues such as depression, anxiety, ADHD, abuse, and more. Therapists can also provide consultation with parents, teachers and administrators on issues such as behavior intervention, IEP (Individualized Educational Plan) meetings and crisis situations.

For more information, call (708) 895-7310.

**"Sometimes we play games to get your mind off stuff, for fun, and it helps you find ways to deal with things going on in your life."**

- 13 year old  
New Leaf client

## Celebration Banquet...



**Former Executive Director Rich Grevengoed addresses the crowd at the recent Celebration Banquet. Grevengoed gave a moving tribute to the late Dr. Marty Doot.**

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Chondra Pierce, John Bran-yan entertained the audience with his unique style of slapstick comedy combined with his life experiences.

Thank you to all that came and supported the annual fundraiser. We're excited to report that the event raised more than \$31,000 for the Marty Doot Client Assistance Fund, exceeding our goal of \$25,000. Donations are still be accepted. Contributions to the fund can be made on-line at [www.newleafresources.org](http://www.newleafresources.org) or by mailing your check to New Leaf Resources 2325 - 177th St. Lansing, IL 60438

### Special thanks to...

#### Banquet Sponsors

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- Rev. Gerrit & Judy Veenstra
- Walt's Food Centers



## Save a tree

Would you prefer to get this publication via e-mail? Please let us know by sending us your e-mail address to [terri@newleafresources.org](mailto:terri@newleafresources.org).



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### New Leaf Resources is...

A **professional mental health agency** which provides counseling services to individuals, families, couples, children, churches, schools and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support and coaching.

## NLR Moves to Downers Grove

**N**ew Leaf Resources has relocated its Elmhurst office to Downers Grove. Through the generosity of Horizon Community Church, New Leaf will be using office space in their facility for individual and group counseling. Horizon Community Church is located in the Meadowbrook Shopping Center, 2129—63rd Street, near the intersection of 63rd St. and I-355. Appointments can be made by calling (866)326-2108.

"We are very excited about our new partnership with Horizon, which bills itself as a multi-ethnic congregation," said Executive Director Terry Top. "They see themselves as a church 'with' the community, addressing the many needs right in their own backyard. By offering on-site counseling to the community, Horizon and New Leaf can provide resources to those who are seeking help for addictions, depression, anxiety and

other personal problems."

To learn more about Horizon Community Church, call (630) 434-9500 or visit [www.horizoncc.org](http://www.horizoncc.org).

### New Leaf "Wish List"

**S**ometimes, a need arises in our organization which was not included in the annual budget. Listed below are a variety of items which would be of great benefit to the ministry:

- TV with VCR/DVD
- New phone system for Lansing Office
- New roof for Lansing Office
- Parking Lot resurfacing for Lansing Office
- Postage stamps for mailings

Contact Terri Kasper at (708) 895-7310 for more information.