

# Turning a New Leaf



Volume 10, Issue 2

- Promoting healthy relationships and personal growth from a Christian perspective -

Fall, 2019

## Corky DeBoer Named New Leaf's Executive Director



New Leaf Resources is proud to announce Rev. Cornelius "Corky" DeBoer has joined its staff as Executive Director. In his role as Executive Director, Corky will be responsible for the management of all agency programs and fiscal resources as well as the supervision of the staff. Corky will also ensure that New Leaf continues to operate with excellence, providing faith-based counseling services to its neighboring communities.

Corky earned his Masters in Divinity degree from Calvin College and started his career as Pastor of Congregational Ministries at Orland Park Christian Reformed Church in 1986. In 1999, Corky accepted a new position at Advocate Health Care which allowed him to use his Masters of Theology in Pastoral Care and Counseling as well as his Clinical Pastoral Education training to equip seminarians, lay persons, and other pastors with the skills needed to

provide quality pastoral care. Over the past 12 years, Corky also served as Manager of the Office of Mission & Spiritual Care at Advocate Christ Medical Center. Brian Smith, president of New Leaf's Board stated "We are excited to see Corky move into this role because we feel he's uniquely qualified to serve as New Leaf's Executive Director. Not only does he join our staff with a wide range of ministry and non-profit experience, but he also demonstrates leadership, compassion, and wisdom that will benefit our staff and clients."

"I've always had a passion for providing spiritual support, whether through parish ministry, chaplaincy ministry, or through educating others," Corky shared. "My previous position allowed me to create a 'ripple effect' in that the individuals I trained would take their knowledge back to their local communities in the United States and throughout the world. They would then train others, so those pastoral skills spread exponentially."

New Leaf Resources provides Corky with a way to merge his passions for pastoral care and counseling services. In reflecting on his life and ministry, Corky

stated: "My life experiences of loss and grief, coupled with my academic and chaplaincy training, has certainly shaped my approach in journeying with those who are hurting and searching for help and hope."

Corky has also been a long-term supporter of the ground-breaking work of New Leaf for decades saying, "New Leaf Ministries has been instrumental in providing pastors and churches with new programs and perspectives on addiction ministries. I'm very proud of the legacy New Leaf established by providing addiction ministry from a Christian perspective. It has been exciting to watch New Leaf's ministry expand into so many other needed areas of mental health support. I'm excited and feel blessed to be given this opportunity to provide leadership to our talented and dedicated New Leaf team."

Corky lives in Orland Park, Illinois, with Roslyn (Roz), his wife of 38 years. He has three living children and two grandchildren. In his free time, Corky enjoys fishing, golfing, sports, and all activities that allow him to be out in God's beautiful creation.



## Who's New at New Leaf?

### Board of Directors

#### President

Brian Smith

#### Vice President

Carol Moxey

#### Treasurer

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#### Secretary

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#### Directors

Bruce Bere, Ken Cowan, Lisa Doot  
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Theresa Hubers,  
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Denise Williams

### Executive Director

Rev. Corky DeBoer



### Offices

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(219) 270-7602

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www.newleafresources.org

### Our Mission

To promote healthy relationships, personal growth and healing through counseling, education and consultation from a Christian perspective.



**Chris Chariton** (left) and **Krista Matthews** (right).

New Leaf Resources is excited to welcome accountant **Jane Ackerman** to its staff as well as two new full-time therapists **Chris Chariton** and **Krista Matthews**, who will be working out of the Crown Point office.

**Chris Chariton** is a Licensed Clinical Social Worker and Therapist. She specializes in helping children, teens, adults, and families who are seeking help with managing symptoms by improving communication and coping skills, managing anger, processing trauma,



recovering from addictions, grieving, and improving their relationships with others and God.

In her free time, Chris enjoys spending time with her large Sri Lankan American family and her friends. She enjoys traveling and often assists in social outreach projects to help children and families all over the world.

**Krista Matthews** works with adolescents and adults, specializing in the

treatment of anxiety, depression, trauma, addictions, and human sexuality issues. She also works in the areas of mood disorders, including bi-polar. Since her arrival, Krista has introduced pet therapy to the office.

When she's not working at New Leaf, Krista enjoys spending time with her two children as well as reading books and swimming. She also loves everything about Lake Michigan.

Over the summer months, New Leaf also experienced some additional transitions. We are grateful for **LaVerne Jordan** who faithfully served as Interim Executive Director in 2019. We also extend our gratitude to **Connie Brott**, **Angie Cerniglia**, **Judy Farwell**, and **Christy Sperling** for their faithful service to this ministry.

**#GIVING  
TUESDAY**

### #GivingTuesday

is December 3. Mark your calendars and don't forget to support the important work of New Leaf Resources!

### Technology Resources for Anger Management:

**Breathe2Relax.com:** Uses rhythmic breathing to help control anger

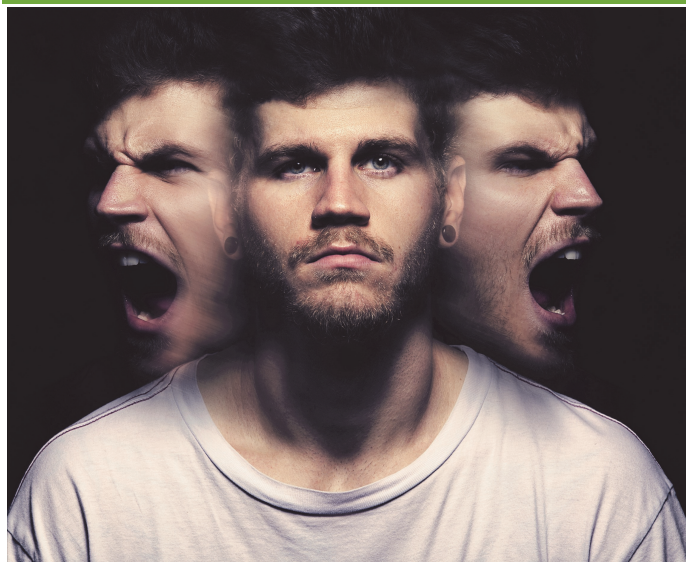
**Happify.com:** A psychologist-approved mood-training program that aims to make you happier!

**HeadSpace.com:** App that offers guided meditations to help users find peace.



# Anger Management

By Kaitlyn Gantz, BA Therapist Intern



**Anger;** we all experience it and we all express it in different ways! Anger is a healthy, human emotion that we experience in every stage of our lives. But when do expressions of anger become too much?

If you are noticing that your experiences with anger are causing you to feel isolated, misunderstood, or getting in the way of developing relationships, it may be a sign that you need anger management. Poor anger management can damage our personal relationships, self-esteem, and overall well-being. It can get in the way of accomplishing our goals and can impact us in many areas of our lives including our love lives and work lives.

Recognizing that you need help with anger management is vital in working towards healthy anger expression and can show you that you ultimately have the power and control to learn to positively express anger. Here are some tips and techniques that may be useful when working towards anger management!

## Tips for Anger Management: Techniques & Tools

**Identify Triggers:** As with many things, early detection/intervention is key when working towards minimizing anger. Anger can be triggered by a variety of things. It is important to be aware of what YOUR triggers are. It can be helpful to look for physical signs that alert you that anger is kicking in. Some people report an increased heart rate, clenching of their jaw or teeth, and headaches.

Understanding your body and its reactions can help to clue you in to when anger may be rising. So, if you feel your heart rate rising when your child is talking back to you, or someone cut you off while driving, you may know that you need to take a step back and utilize your anger management tools. Here are some questions you can ask yourself in the process of getting to know your anger:

“How do I know when I am angry?”

“What are some things that usually make me angry?”

“How do I express my anger?”

## Take a Minute:

**Breathing:** I think many people have experienced someone telling them to “take a deep breath” when they are stressed, upset, angry etc. Breathing plays a HUGE role in our ability to work with our emotions. Certain emotions, like anger, can cause our breathing to change (usually becoming more rapid), and can cloud our judgment when expressing ourselves. Utilizing breathing or mindfulness techniques can work wonders when trying to calm ourselves down or to get to a place where we can think clearly. Here is a quick breathing techniques: “7-11”; breathe in for 7 seconds and breathe out for 11 seconds (can be shortened to “3-5” for those who have a hard time). Repeat this for about

5-10 minutes.

**Exercise:** Physical activity has been scientifically linked to reducing overall anger. Going for a run, swimming, taking a yoga class, or even just punching a punching bag can help to decrease anger. Figure out which activity is right for you, and challenge yourself to do it when you feel yourself becoming angry.

**Seek Help:** It is ok to admit that sometimes we do not fully understand or know how to implement tools to better ourselves in terms of expressing anger. Therapy plays a vital role in learning anger management techniques and understanding when and how to implement them. Seek out a therapist in your area who can help you work towards accomplishing your anger management-related goals.



**Kaitlyn Gantz** is a therapist intern who works with individuals, couples, and families in New Leaf's Lansing office.



## Three Convenient Locations

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## Can you provide hope today?

The coming months,  
filled with holidays, can  
be extremely difficult  
for individuals  
struggling with  
depression, anxiety,  
grief, or relationship  
issues.

Can you give a gift to  
help individuals find  
*hope, help, and healing*  
at New Leaf today?



## New Leaf Resources is...

A **professional mental health agency** which provides counseling and consultation 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.