

Turning a New Leaf



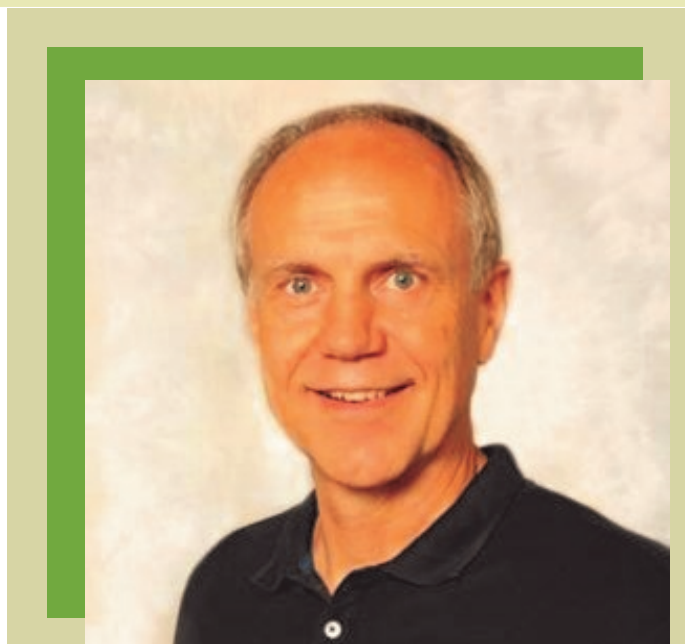
Volume 10, Issue 4

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

Winter, 2018

The Next Chapter for New Leaf Resources

By Terry Top, Executive Director of New Leaf Resources



As I stand at this important transition time, I can't help but reflect on all of the changes that have occurred at New Leaf Resources since I began here 33 years ago. I am amazed by the way God has grown and blessed this ministry.

When I was hired in 1985, New Leaf Resources was known as the Christian Care Center and only had two employees, former Executive Director Rich Grevengoed and myself. Norm LeClercq rounded out our all-male, fully-bearded staff in 1987. In 1987, the three of us moved into a portion of our home office on 177th Street in Lansing. Few could have imagined that later New Leaf would purchase that entire building and it would become the headquarters of a counseling center

with three locations that deals with a wide variety of mental health concerns and employs 20 people and 2 interns, the majority of them female.

During my time at New Leaf, I've had the privilege of wearing many hats. I have served as a Certified Addictions Counselor, Licensed Marriage and Therapist, Director of Education and Training, Clinical Director, and finally as Executive Director since 2003. I've always loved the variety of tasks my position has entailed – finance and budgets, human resources, board interaction, therapy supervision, building maintenance, design of our Crown Point and Wheatfield offices, and mentoring.

As much as I've enjoyed the administrative part of the job,

my first love has always been doing therapy and therapy supervision. Seeing lives changed is what New Leaf is all about and that is why I stayed here for over 33 years.

People are what matters most – whether that person is a developing therapist or a client. I trust that I have touched the lives of many clients and staff members in a positive way.

During my time at New Leaf, I have been passionate about creating a culture of support, grace and security for our staff in order to create a positive work environment. This positive culture results in high quality care for the clients who come here. I believe that when management treats staff with grace and respect, our staff members then naturally pass on that blessing, treating clients with grace and respect as well.

Though I've had opportunities to work elsewhere throughout the years, I've always felt led to stay at New Leaf Resources. I consider New Leaf to be my primary life's work. My career here has been like helping my own child grow up from an infant to a thriving, successful adult.

In this coming year, I plan to

retire from my role as Executive Director of New Leaf Resources. Even though I am retiring from this position, I don't plan on sitting around watching TV. I am looking forward to exploring other interests that I have not had time to develop, like doing some consulting work with family businesses, not for profit organizations, and churches. I will continue to be involved in new activities that help people learn and grow. I also can't wait to spend more time with my children and 12 grandchildren. I'm hoping to even have enough time left over to squeeze in some time in my workshop, complete some home improvement projects, and travel to some places I've always wanted to see.

The heart of New Leaf is the staff and we currently have a great group of people. I'm confident in their ability to move New Leaf forward and continue its mission to provide hope, help, and healing now and in the future. As New Leaf begins its search for the next Executive Director, I ask that you join me in praying that God leads the right person to New Leaf, continuing and enriching the culture and mission that's firmly in place.



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Our Mission

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

Terry Top Announces Retirement in 2019

It was with mixed feelings that New Leaf Resources Board of Directors accepted the decision that our long-term and beloved Executive Director, Terry Top, has chosen to retire in 2019.

Terry has served well in his career of 33 years at New Leaf Resources. Working as a therapist, mentor, Executive Director, and our unofficial yet highly-skilled resident handyman, there are few, if any, roles that Terry has not graciously and competently filled at New Leaf. There is no question that Terry's leadership, kindness, and strategic thinking will be deeply missed by our staff and our clients alike.

Terry has provided hope, help, and healing to hundreds of clients. His vision greatly contributed to the growth of New Leaf through-

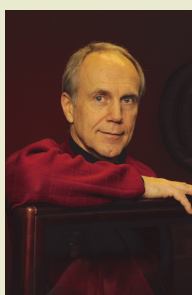
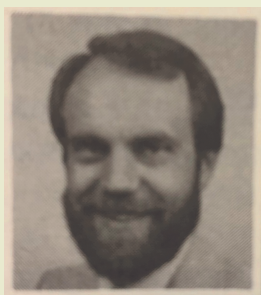
out the past three decades and under his leadership, New Leaf transitioned from a ministry specializing in addictions therapy to our current multi-faceted organization that treats a myriad of mental health concerns. We will always be grateful for the role Terry played in New Leaf's formative years. While Terry will be missed, we wish him God's blessings and every happiness in his retirement.

We are excited about the future of New Leaf Resource's ministry and we have already begun the search for a new Executive Director. Terry will remain with us for some time and New Leaf's team of highly-trained therapists and capable office staff will continue its commitment to providing excellent services now and into the future. New Leaf's

ministry has a firm foundation and commitment to those traveling through difficult days or transitions. Our commitment to our mission and those we serve will not waver.

If you would like to express your gratitude for Terry's positive impact in your life, we welcome you to thank him through a card or email. Plans are in place to use these submissions to create a memory book for him that will serve as a treasured keepsake of his impact.

We ask for your prayers and continued support during this transition time. There are so many in need of the hope, help, and healing that New Leaf provides. Thank you for your support of New Leaf Resources.



On behalf of the staff, Board, clients, and friends of New Leaf, we thank you for your 33 years of service, Terry. You will be missed!

Has your life been positively impacted by Terry Top?

New Leaf is assembling a memory book to honor Terry as he transitions into retirement.

If you are a friend, client, or coworker of Terry, please email Terry at terry@newleafresources and offer him your best wishes or share a memory.

“Through relentless hard work with the right counselor, I'm no longer in constant fear or running from the ghosts of my past.

I've learned to stop assuming I'm bad, stop believing I don't deserve better than cruelty and abuse. I now ask important questions that did not occur to me before my work with New Leaf Resources.

New Leaf Resources saved my life.”

- New Leaf client, age 64



Combat Loneliness this Holiday Season



Whether this is your first holiday season following the death of a precious loved one, your second Christmas without your kids after a divorce, or one of many New Year's Eves that you'll be spending alone, the holiday season can bring a lot of loneliness along with it.

In this social media-saturated world, it can feel like everyone around us is enjoying a picture-perfect holiday filled with peaceful,

laughter-filled family gatherings. This can trigger feelings of loneliness when our personal reality doesn't live up to our expectations.

The effects of loneliness on mental health are well-documented. Loneliness is linked to increased rates of anxiety, depression, and even suicide attempts. It also can cause physical ailments including increased levels of stress hormones and inflammation, heart disease, arthritis, diabetes, and dementia.

If you need some strategies to make this Christmas a little more “merry and bright,” here are some ways to help lessen potentially harmful loneliness this holiday season.

Share your feelings – Reach out to friends and family to tell them when you're feeling lonely.

Get involved – Call a close friend, go out shopping to purchase gifts instead of buying online, attend worship services and holiday celebrations. Engaging in other activities may distract your thoughts, lessening your feelings of loneliness.

Practice self-care – Focus on the things that make you feel healthy and strong. Exercise, eat well, get enough sleep, or indulge in that hot bubble bath.

Avoid social media – Social media is a trigger for comparison and loneliness in many of us. If social media causes you to feel more lone-

ly or wistful, limit or even eliminate your use during the holiday season.

Seek therapy – Many of us have unrealistic expectations or struggle with the holidays because of past trauma or scars. Therapy provides a safe environment to talk through those memories as well as learn to know and love ourselves better.

New Leaf is here to help you this holiday season. If you or a loved one are struggling with grief or loneliness this holiday season, our therapists are here to provide hope, help, and healing. Simply call us today at (708) 895-7310 to make an appointment with one of our highly-trained therapists. A listening ear is only a phone call away.



Three Convenient Locations

2325 - 177th St.
Lansing, Illinois

11035 S. Broadway, D
Crown Point, Indiana

5578 W 1100 N
Wheatfield, Indiana

For more information,
call (708)895-7310



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Save a tree

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Winter, 2018



Give a Christmas gift to New Leaf



The holidays can be difficult for people struggling with family issues, addictions, anxiety, or depression. Many of our clients require financial assistance so your gifts to New Leaf this holiday season are vital.

Can you give a gift to provide hope, help, and healing this Christmas?

Simply return your gift in the enclosed envelope or visit www.newleafresources.org to impact a life 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.