



Ready for School?

Preparing for the end of summer and return to school is not only about new clothes and school supplies. Your preparation and planning can truly help your child ease into the school year and support success throughout the school year. If you approach the school year with a positive mindset, your child will have a better chance to be excited about beginning another year. Your planning and preparation will also show the importance you place on education and your child's success. It will also reduce stress for you and your child.

Schedules and routines are often more relaxed in the summer months. Begin adjusting schedules at least two weeks before school begins. Gradually move bedtimes and waking times earlier every few days. Most children need 9-10 hours of sleep each night. Adjust mealtimes also to coincide with the mealtimes you will have during the school year. Breakfasts are important for children to be at their best for learning and playing! Evening and morning preparation routines and tasks have to occur in a more timely fashion than in summer. Eating, dressing, and brushing teeth cannot wait until mid-morning. Begin the habit of choosing clothes the night before.

Once the school year begins, an evening routine including homework and preparation for the next day becomes important in maintaining success. Set times for completing homework and talking with your child about the school day. Asking your child what did you do or learn today will probably garner a response of "nothing." Ask specific questions about what he/she read or ask to see the arithmetic he/she is working on. Learn about their friends, the favorites of the daily activities, and what interesting things are coming. Maintain

communication with the teacher and school staff. Let your child see that you and he/she is part of a school community.

Parents, are you ready for the paperwork? Do you have a school calendar and the daily bell schedule? Is all of the pre-school paperwork ready? Participate in any pre-school open house or orientations. You and your child should meet the teacher, the administrators, the bus driver, the front office staff. Does your child have any special needs the school staff should know? Remember to make arrangements for after-school care if needed. What are your sickness/emergency plans? And don't forget to check backpacks for all of that paperwork. Check the deadlines, complete and return the information as requested.

If you need assistance with school supplies or clothes, many local agencies, community organizations, and churches offer support. Your school staff wants your child to have a productive and happy school year. Contact the staff if you have any concerns. Here's to beginning a new school year planned, prepared, and excited!

Submitted by Elaine Almarode, retired Augusta County Schools educator.

UPCOMING PROGRAMS—MARK YOUR CALENDARS



AMERICAN FOUNDATION FOR Suicide Prevention

TALK SAVES LIVES

Crystal Graham with the American Foundation for Suicide Prevention will present *Talk Saves Lives* on Wednesday, September 20, 5 p.m. at Panera Bread, Waynesboro. You are invited to a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide.

Presented by the American Foundation for Suicide Prevention, this presentation will be offered to Mental Health America - Augusta (MHAA) board, membership and the general public. For ages 15+.

Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

For more information on the presentation, [click here](#).

Please contact the MHA-A for reservations: [540.886.7181](tel:540.886.7181) or mhaa@ntelos.net.

“Taking an Outside Perspective – Coping with the Changes Dementia Brings”

Sharon DeBoever will present an Alzheimer’s caregiving program on October 3, at Grace Lutheran Church, Fellowship Hall on the lower level, 6:30 p.m. (500 S. Wayne Ave., Waynesboro)

This is a program that will focus on the changes that occur in the various stages of Alzheimer’s and some of the other dementias. The program will offer specific tips to the caregiver on how to assist themselves and the person with the diagnosis to better manage those changes throughout the disease process.

The program will also focus on value of the caregiver caring for himself/herself throughout this process. Resources for additional outside assistance will be provided.

This program is free of charge and open to the public. RSVPs will be helpful but not required in order to accommodate seating and planning for “light” refreshments. RSVP to MHA A office, voicemail or email, [540.886.7181](tel:540.886.7181) or mhaa@ntelos.net.

Program Presenter: Sharon DeBoever, *BS., Masters in Educational Psychology, Community Educator, Alzheimer’s Association*

UPCOMING FUNDRAISERS



MUSIC FROM THE HEART

Music From the Heart, an evening of Bluegrass and Gospel music, featuring High Ground (Jim Almarode, Rick Altice, Jeff Ritchie, and Ben Swarey) and Faithful Men (Rod Campbell, Dale Coffey, Don Coffey, Ray Dollins, John Guthrie, Bob Joyce, Ronnie Martin, Sam Robb, Tim Schrader, Chip Stratton, Tim Teachey, and Jeff Walter, accompanied by Orville Bame) will be in concert on Saturday, August 12 at 7 p.m. at White Hill Church of the Brethren, 749 Old White Hill Rd., Stuarts Draft. Kris Neil of WKDW will be the Master of Ceremonies. Each group will perform and then they will combine and lead the audience in a song. An offering will be received.



BOOTS & BREWS

The second annual Boots and Brews fundraiser will be held, Friday, October 13th, at Hermitage Hill Farm and Stable from 6:00-10:00 pm. The ticket price will be \$55 which includes food, entertainment by Goodson Gang, and drink tickets.

63rd MHA-A ANNUAL MEETING

Matt Paxton, *Legacy Navigator*

The 63rd MHA-A Annual Meeting will be held Tuesday, November 14th. Matt Paxton, from Richmond and Co-founder of [Legacy Navigator](#) will be our speaker. He has appeared on the tv show, *Hoarders*, and helps people to declutter their homes. Hoarding is now listed in the Diagnostic and Statistical Manual of Mental Disorders-5. Location and time are to be announced at a later date.



AREA SUPPORT GROUPS

Grieving & Coping in Community: Living with your Loved One's Mental Illness

Location: Grace Lutheran Church

500 South Wayne Avenue

Waynesboro, Va.

Facilitator: Dr. Cynthia Long, Certified Grief Counselor & Chaplain

Sponsor: Mental Health America of Augusta

Time: 1st & 3rd Monday nights from 6:30 pm - 8 pm

For more information: Contact Dr. Long at [540.332.8004](tel:540.332.8004)

This is a FREE bi-monthly support group that will provide not only support, but resources for coping with your loved one's mental illness.

Survivors of Suicide Loss: Peer-to-Peer Support Group

Location: Staunton Augusta YMCA

708 N. Coalter St.

Staunton, Va. 24401

Time: 2nd and 4th Monday of each month from 6:30 pm - 8 pm

Facilitator: Brooke Anderson at [404.617.0448](tel:404.617.0448) or brookelanderson@gmail.com

This group is for suicide loss survivors. Everyone in the group, including the facilitator, have had someone close to them die by suicide and knows how devastating that experience can be. The group helps those who have lost a loved one to suicide cope and help in the process of living the healthiest life possible. You can come and just listen to others, or tell your story. Either way, the choice is yours.

Grandparents Support Group

Location: Christ United Methodist Church

1512 Churchville Ave.

Staunton, Va. 24401

Time: 6 pm - 7 pm, 2nd Friday of each month (except April, July, and November)

Contact: Mary Engleman at 885.1257 or Maggie Campbell at [540.256.1320](tel:540.256.1320)

This group is for grandparents raising their grandchildren enduring the stress of caregiving. Participants will receive support, education on topics and resources of interest, and feel less stressed. Childcare is provided for children age 6 months to 12 years old through the Parents Night Out Program.

NAMI Family to Family Support Group

Location: Augusta County Library

1759 Jefferson Highway

Fishersville, Va.

Time: 6:30 pm - 7:30 pm, 2nd and 4th Tuesdays of each month

Contact: Sherry Zehr, [540.447.4949](tel:540.447.4949)

This group is for family members or close friends that have a family member living with a mental illness. Everyone in the group, including the facilitator has a family member or loved one that experiences a mental illness. This is a place that families can come together to share experience and listen to others.

2017 MHA-A Membership Campaign

The 2017 Membership Campaign has begun with the MHA-A Board making their contributions and you have received a membership packet in the mail as well. Membership contributions are a significant source of income for our programs and operations. The MHA-A Board wishes to thank you for your financial resources in the past and hopes that you will continue to support our organization and attend our programs and events.

[DONATE NOW](#)

Website

Check out the new MHA-A website, www.mha-augusta.org. The Social Dynamics class at Blue Ridge Community College and Don Hawks designed the site. ADVOCATE, EDUCATE and CONNECT are the organizing themes for the programmatic material. There is also a donate button to make a contribution.



[VISIT WEBSITE](#)