## Need Help??

#### Currently a Provider for:

BayCare • Cigna • Humana (LifeSynch)
MHNet Behavioral Health • New Directions
Tricare • ValueOptions • Vocational Rehab

If you don't see your insurance listed, please contact us. We also offer a sliding-scale fees and scholarships. Please call for more details.

Our vision is to compassionately serve as a resource for those children and families who are affected by mental health, learning, emotional, or behavioral issues. We are a faith-based provider who believes in the Godgiven dignity of every child and family. All families are treated with respect and kindness.

2030 Main Street Dunedin, Florida 34698

Phone: 727-786-7951 Fax: 727-786-7951

Website:

www.houseofmercy-fl.org

Email address:

info@houseofmercy-fl.org

HOME is a 50(c)(3) non-profit organization dedicated to helping children and families.

play therapy, counseling, tutoring help for children and families



House Of Mercy and Encouragement 2030 Main Street Dunedin, Florida 34698



## So Many Ways to Contribute

There are many ways to offer financial support to the House Of Mercy and Encouragement. It's as simple as mailing a check or going to our website houseofmercy-fl.org/donations and using PayPal or a credit card. You can

HOME\*

also donate by purchasing items at Amazon through AmazonSmile and list the House of Mercy and Encouragement as your charity of choice. You can also donate through houseofmercy-fl.org/donations/big-dreams-for-home. This site has been ongoing since our letter campaign and gives current information on our fundraising efforts.

#### WE OUR STAFF!

Dolores Mortimer - Director

Lindsay Chatleain – Administrative Assistant

Demetria Arriaga and Kerri Garrett – Behavioral Analysts

Paige Cargioli, Shannon Knight, Sam Lima, Susan O'Neil, Vickie Sboukis – Therapists

Sharon Gardner, Allison Hackett, Judy Keats – Educational Support

Laura Vincenti – Art Teacher

#### **Be Aware**

A generous donor wanted to make a contribution to the House Of Mercy and Encouragement through the crowdfunding site YouCaring, but only entered "House of Mercy". The money apparently went to another charitable organization, NOT to the House of Mercy and Encouragement. Please remember to put in the whole name or it may be donated somewhere else.

### Thanks to Our Funders

We cannot thank our sponsors of grants enough for their generosity in providing for the mental, emotional, and behavioral health of so many children and families in our local community. This includes a \$5,000 grant from Faith Mission Fund of the Pinellas Community Foundation,\$500 Kiwanis Top of the Bay, \$1,500 Kiwanis of Dunedin, \$500 Rotary Club of Dunedin. Besides meeting the needs of many children and families through these most generous grants, they have helped to provide educational opportunities to school personnel, parents, early childhood teachers, and the community at large. The training has included social-emotional learning and its impact on academics, parenting challenging children, and the benefits of using behavior modification and play therapy. We provided trainings for 365 participants last year! We are deeply grateful.







## ART EXHIBITION, APRIL 14, 2017, STERLING ART CENTER

Laura Vincenti, our very talented art teacher also shares an art studio with her husband, Len, at the Sterling Art Center. Every second Friday of the month, the city of Dunedin sponsors "A Night on the Town." The Sterling Art Center exhibits wonderful artwork of all kinds by local artists. Laura is promoting a "Call to Artists" and has generously offered to donate the entrance fees that the artists pay to display their work to the House of Mercy and Encouragement. If you are interested in entering your art, please contact Laura at vincenti\_laura@yahoo.com for more information.

Stop by Sterling Art Center on April 14<sup>th</sup> and see the beautiful and exquisite art work and support Laura in her efforts.

#### **RUNNING for HOME**

Dolores and Allen's son, Ryan Mortimer, who is also a board member here at HOME, ran in the Disney Marathon on January 8, 2017 to support HOME and raise awareness of our work in mental health throughout the community. Ryan successfully completed his 26.2 mile marathon for

mental health and HOME!
His pace was 10:27 MPM
and he finished in
4:33:42. We are proud of
his dedication to the
House Of Mercy and
Encouragement!

In his own words, Ryan explains why he ran the 26.2 mile race, "The race is symbolic of the approach to managing mental health issues. Help is never instant, it requires hard work and perseverance to see the results. The road to healing is a marathon, not a sprint."

How inspiring!

Thank you, Ryan!

And thank you to **ALL** who supported his efforts through prayers and donations.



There are so many to thank. Our gratitude is beyond words. A special thanks to Sharyn Gildea who has volunteered to be our Volunteer Coordinator, Christine Foley who has faithfully organized the impossible, John and Linda Castorino for fixing, organizing, and donating more time and energy than we could ever name (they do many things with great love), Phyllis Mann for preparing a beautiful breakfast for our grandparents, Jacqueline Hielscher, massage therapist and Sparkie Lovejoy, yoga instructor for donating time and talent to HOME. A great big thank you to Chris Samuels for helping to pull together the newsletter and PowerPoint presentations. We could not give such without quality care our dedicated volunteers.

God Bless all of you.

have given is invaluable. The following is a list of just some of their accomplishments in **3 short** months:

- Prayer chain for those requesting prayer names are never used. God knows and has responded tremendously
- Lots of donations to help keep our overhead costs down, the auxiliary has created a **Giving Tree**which can be found in the lobby. Decorated with seasonal ornaments with ideas of what can be donated. We have received dish soap, hand soap, toilet paper, paper towels, cleaning products and much more. This saves us lots of money and time!
- In response to "Random Acts of Kindness" month, provided a grandparents caregivers breakfast for our very special grandparents who are sacrificing every day to nurture and raise their grandchildren.
- Organizing our kitchen art supply area so all the therapists and teachers will have easy access to our supplies for creative therapy projects.
- Helping with our bibliotherapy library to maintain easy access for our therapists and teachers to use.
- Helping with hospitality when special events are held like our upcoming speaker series.

Your help is invaluable!! If you are interested in learning more about the auxiliary or lending support, please call **Sharyn Gildea at (727) 424-7855**. Your help will continue to make the House Of Mercy and Encouragement a Godsend for many families.

## My Story

Beatrice and Charlie (a mother and son) arrived at their first counseling session feeling desperate. Their relationship was in turmoil, fueled by mistrust, resentment, and anger. Charlie was ready to eliminate his mother from his life completely. With a shared history of trauma, communication and vulnerability were difficult for both of them. Through months of counseling, both Charlie and Beatrice grew a little each session. Their strides were glaringly present each week. Recently, Beatrice and Charlie returned for a session and Charlie said, "...and to think when we first started coming here I was ready to give up on our relationship." Beatrice and Charlie both we able to explore the experiences and love they might have missed out on had they decided to just give up. Their compassion, respect, and empathy for one another had grown exponentially.



Shannon Knight Counselor

As their therapist, I was beyond proud of them and inspired. Not only has this family learned and grown along the way, but they've helped me learn and grow as well. I was so moved by their session, that I decided to call my own mom on my way home from work that evening and express my gratitude to her. In this experience, I am reminded by a quote from the Dalai Lama, "If you want others to be happy, practice compassion."

## **2016 STATISTICS ARE IN**

\*1855 Individual Sessions \*84 Group Sessions \*73 Tutoring Sessions \*302 Scholarship Sessions\*144 Students Received In-School Guidance

The number of scholarships has increased 76% in two years due to your generous donations! Thank you to all who donated so generously in 2016!

# Letter From HOME

The Official Newsletter of the House of Mercy and Encouragement **Spring 2017** 



## From the Director

The past couple of months have been a time of great reflection. Two milestones in my own life: celebrating my 40<sup>th</sup> wedding anniversary (I got married at a very young age) and in March celebrating 10 years of the House of Mercy and Encouragement being a charitable organization as defined and recognized by the IRS. I am in awe at both and how quickly the time passes.



Dolores Mortimer Director

The 10 year anniversary of the House of Mercy and Encouragement is bittersweet. I still have very clear and distinct memories of the night my son, Tim, and nephew, Michael were tragically killed in a car accident. If I

allow my mind to go in that direction, I am filled with despair – even 11 years later my heart aches and I feel physically ill. I know because that is how I feel writing these words. But then I remind myself that God has a plan. Although I don't understand it or agree with what I think is His plan, I can unite myself with Him and try to reach out to others in pain and not focus on my own. As St. Therese of Avila acknowledged, "Christ has no feet on earth but yours. Yours are the eyes through which his compassion looks upon the world. Yours are the feet with which he walks to do good." So I pray that those who come to HOME will find peace, comfort and hope. We live in very challenging times. It is not easy to feel at peace. But with the many donations, volunteer hours, contributions, and supportive words of all of you, we are able to keep our doors open and proclaim to others, "Welcome HOME."

In His Peace, Dolores

## House Of Mercy and Encouragement Establishes an Auxiliary

January 12, 2017 marked the first meeting to establish an auxiliary to help the House Of Mercy and Encouragement. The needs of our children and families are great. We have grown tremendously. We now have 3 Master's level educational teachers who tutor children through high school, 6 mental health therapists (contract service providers), 2 Master's level behavioral specialists and 1 art teacher. With the ever-expanding numbers and in order to keep up with the needs of the community, the House Of Mercy and Encouragement has created an auxiliary with the help of Kathy Ostrom and Sharyn Gildea. Everyone is welcomed to attend. Many things have been achieved and the support they

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