



1904 North Llano Street • P.O. Box 73 • Fredericksburg, Texas 78624 • 830-997-9756 • info@needscouncil.org



As a retired educator of 28 years – most of those within special education – Ginger Barr is no stranger to school supplies or helping people. She found her passions align once again when she volunteered for the Needs Council during the annual school supply drive and distribution. “When we moved back to town Mama saw an ad in the paper and suggested I volunteer.”

Ironically last summer, it was Ginger that suggested her mom Madeleine Oestreich become a volunteer. “She’s 89 and sharp as a tack,” Ginger said. “I’m so glad we have the opportunity to do this together.” For the past year, Ginger and Madeleine come in nearly every week (sometimes multiple times per week!) depending on the needs of the office.

“I just love to see those kids faces when they get those new supplies,” Madeleine said. “And for Christmas, parents are so

## Madeleine’s Desk

grateful to know their children will have something to open.” Although school supplies and Christmas are their favorites, they have nearly done every volunteer job you can imagine from shredding, filing, food 4 kids, tax assistance greeter, envelope stuffing, newsletter, sorting coats and more.

As if that weren’t enough, Ginger and her husband Mike are also monthly donors. “I can put food on the table, buy shoes, keep my house warm or cool. We have the ability to do those things, and volunteering here has made me aware that not everybody can.”

One day Madeleine took her usual seat and Cindy said, “hold on, I have something for you.” She came out with a handwritten name plate that said *Madeleine’s Desk*. Holding her hands to her heart Madeleine said, “It was so special, I thoroughly enjoy coming here. I just want to keep doing it.”

“I find it heartwarming to do this with my mama,” Ginger said. “She always taught us to help when you can, and always to respect others.” That is a perfect way to sum up why this mother-daughter team is such a good fit with our mission! ♥

540  
24-COUNT  
Crayons



680  
backpacks



882  
1.5” & 2”  
binders



Help us prepare over 740 students so parents don't have to choose between school supplies and other necessities. Especially when multiple children are in the household, required supplies at upwards of \$75/child can deplete a family's rent, electric bill or food budget.



2,019  
pocket folders  
w/brads

21,170  
pencils



**Check out the complete list of needed supplies!**

🌐 [NeedsCouncil.org/schoolsupplies](http://NeedsCouncil.org/schoolsupplies) 📺 @needscouncil ☎ 997-9756

“Our sincere gratitude to the Needs Council for providing school supplies and backpacks for students at Fredericksburg Elementary School. The thoughtfulness of people like you, makes it possible for our school to accomplish far more than we could otherwise.” Monica Ward, FES Principal

# MEMORIALS, HONORARIUMS & DONATIONS TO THE NEEDS COUNCIL

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 A special  
"Thank You"  
to all of our  
anonymous  
donors





**driven  
to give**

A sweet man undergoing cancer treatments called requesting medical transportation. He would drive to the office so the volunteer wouldn't have to travel to the country to pick him up. His reasoning was he could fight the fatigue to get himself home from here but not the long drive from San Antonio. Always the gentleman he was very grateful to both staff for arranging the ride and to the drivers who treated him with kindness and dignity. Some time later we received a letter explaining that he had succumbed to his illness and had left the entirety of his assets after legal fees to the Needs Council. What a beautiful gift this man left paying it forward so that others in need of a compassionate driver will have a place to call.

By including the Needs Council in your estate plans, you too will be part of the driving force in *Helping Our Neighbors in Need*. Call 997-9756 for more information.



*Excited to announce two additional counselors to our team!*

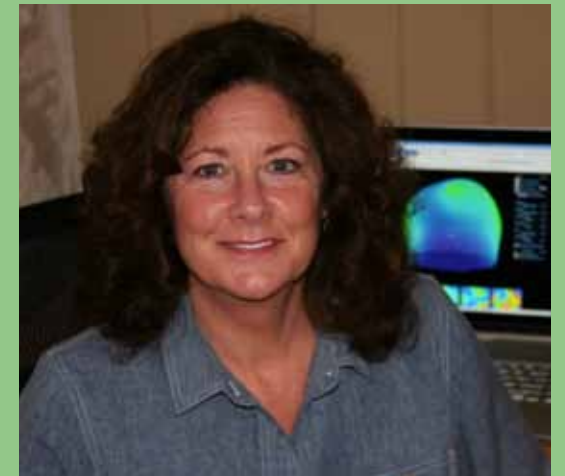
here to listen.  
here to comfort.  
here to help.

**Cynthia K. Swope, Ph.D.**  
Licensed Marriage & Family Therapist  
BCIA Board Certified in Neurofeedback

**Client Focus:** Children, Teens, Adults, Couples and Families who struggle with anxiety, depression, trauma, traumatic brain injury and much more

**Treatment Modalities:** Neurofeedback, Accelerated Resolution Therapy, Brain Mapping

*"I am so fortunate - I love what I do. Human beings are amazing! I am continually inspired, and re-energized in my work as brave individuals seek healing, and change. I am a witness to human resilience, and I am honored to be invited into my clients' stories, and guide them towards their goals."*



**Jenny Moores, Ph.D., LPC**  
Licensed Professional Counselor

**Client Focus:** Children, Adolescents and their Families who struggle with self-harm, domestic/sexual abuse, trauma, stress and much more

**Treatment Modalities:** Trauma-Focused Cognitive Behavioral Therapy, Family Systems Therapy, Play, Art and Sand tray Therapy

*"I was committed to being a mental health professional from a young age and knew I wanted to help children and their families overcome their struggles. It is rewarding to witness the tremendous growth as our clients transform from sad, lost and struggling to confident, capable and self-assured individuals."*

“My own life was completely transformed because of one person who saw in ME more than I was then able to see in MYSELF...”  
-J.R.

### Director's Corner

An 80-year study by Harvard scientists resulted in an astonishing result; the #1 factor in a person's wellness, longevity and happiness is not a diet or exercise, it is their relationships!



One of the great joys we experience here at the Needs Council is witnessing the “transformations” – the children especially who come for counseling with their souls seemingly damaged beyond repair, who find their way back to their joy again.

They leave us knowing:

- what a healthy relationship is
- they are not to blame
- they are capable of loving/ being loved
- they are WORTHY!

I've heard people say “that's my happy place” referring to a vacation spot, a cup of tea by the fireplace, or sitting in Grandma's kitchen...I shudder to think of how many children who have witnessed or suffered abuse would have a life devoid of the ability to have a “happy place of their own” without counseling.

We are so very blessed to have FIVE amazingly experienced professional counselors who are ready, willing and able to transform lives. I have seen it time and time again and it never loses its magic.

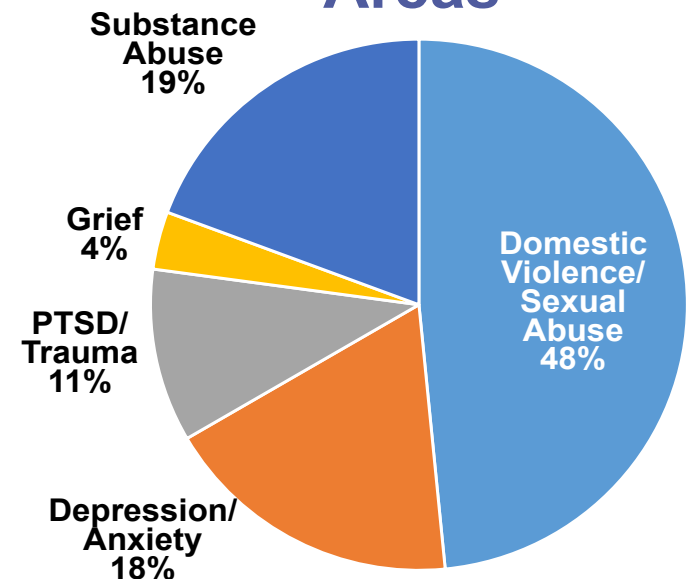
*Helping Our Neighbors in Need* is what you and I are all about as we continue this journey toward making our community “a happy place” for all who live here – THANK YOU!

*Cindy Heifner*  
Executive Director

# 77%


**INCREASE IN  
COUNSELING  
SESSIONS OVER LAST YEAR**

### Summary of Key Counseling Areas



### Needs Council 2019 Board Members

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