



Needs Council 2020 Board Members

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The year 2020 has been denigrated as a “total loss”, the year everyone wants to forget.

Danielle Strickland in her book, *A Beautiful Mess*, states “You are invited to journey into God’s creative plan to make a beautiful mess of your life and your plans...Every time I feel lost and confused and overwhelmed, it is not wasted - it’s an occasion to watch, listen and trust that God has something beautiful in mind”.

As much as our nature is tuned into the negative we can choose to focus on the positive, granted that has been a bit challenging this year, nonetheless we have much to celebrate in this current “beautiful mess”. Young couples have married, newborn babies have brought joy to their parents, many of us have renewed our sense of wonderment in nature and families have found time to appreciate togetherness.

Although our budget for 2020 was taken on a wild carnival ride with the overwhelming needs of our working poor community

Director’s Corner



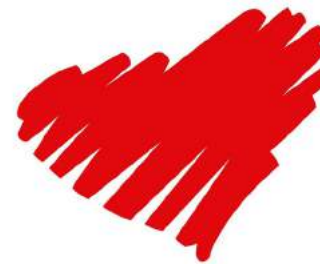
due to the Covid shut down, lay offs, cutbacks and inevitable sickness, we were supported by new donors, new grantors and of course our loyal supporters - YOU!

October brought home the realities of a Covid diagnosis as the majority of our staff were sick for the better part of the month. We gained a deeper understanding of the difficulty our clients have had in navigating the testing locations, varying treatments and lack of follow up care this ever-changing virus presents.

We are grateful to have your support which ensures that we can continue these vital programs in the midst of this “beautiful mess” and beyond.

Merry Christmas,
Cindy Heifner
Executive Director

HILL COUNTRY COMMUNITY



Needs Council



Fall 2020

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

The holidays are upon us! Celebrating will be challenging for everyone this year, but even more so for struggling families and lonely seniors. We can easily get caught up in the whirl of Christmas shopping and upholding holiday traditions, while our county’s most vulnerable are struggling to pay utility bills, decide which medications they can afford and have enough at the end of the month to feed their children. Covid-19 has only worsened these financial hardships.

This is where you come in! You can be “Santa” and provide a Christmas miracle for our *Neighbors in Need*. Our Angel Tree and Christmas Family programs were created to provide necessities as well as holiday cheer to approximately 600 members of our community, but we need your help!

To adopt a family or senior this year, call 997-9756. Not sure if you have time to shop? Consider a gift online at needsCouncil.org/donate. Grocery gift cards are another great option and are always needed and appreciated.

When approached about being part of this program a single dad said, “Really you can skip the toys if you could just get my toddler some socks and warm clothes that would be amazing.” A mom said, “We really need help with food, presents are nice but we need food.”

Will you help us provide hope this year?

Sample Wishlists

Christmas Families

- * Mom & Two Children
- * 2-year-old girl asks for dolls
- * 4-year-old boy asks for trucks
- * Each family receives: **food**, detergent essential household/hygiene items.
- * Donors also may elect to pay towards utility bill and give gift cards.

Angel Tree

- * Requests may include heating pad, lap blankets, crossword puzzles, quarters for laundry, slippers, or fruit basket.

ADOPT *a homebound* SENIOR or FAMILY

this Christmas

Make a difference this Christmas, call 997-9756 to adopt today!



needsCouncil.org



Fredericksburg, TX 78624
PO Box 73

HILL COUNTRY COMMUNITY
Needs Council

Non-Profit Organization
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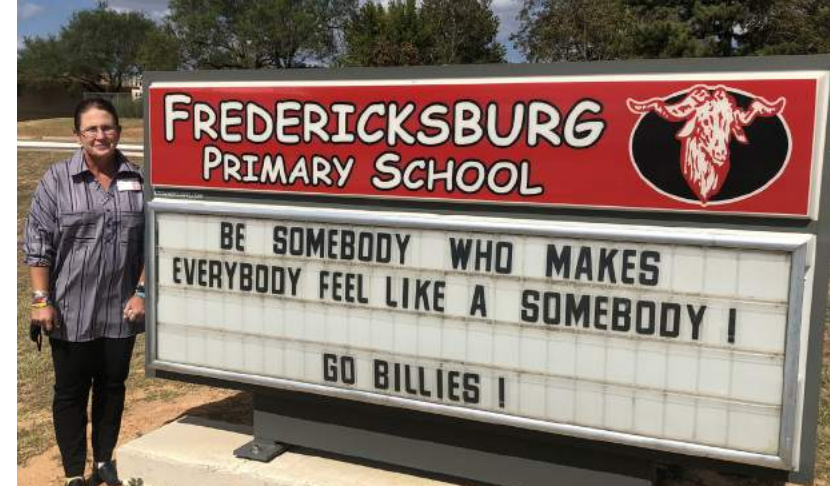
ART

Accelerated Resolution Therapy

Accelerated Resolution Therapy or ART is a relatively new therapy for treating a variety of behavioral health issues such as PTSD, Anxiety or Depression. ART is a procedurally oriented therapy that focuses on eye movements; the person does not have to talk about what happened. This approach is great for people who struggle to communicate their emotions; common after suffering from domestic violence, combat situation, or other trauma. Rapid healing is a trademark of accelerated resolution therapy. People have been known to heal in a few sessions as opposed to years of talk therapy.

Community Pulls Together to Help Neighbors in Need

Covid-19 creates greater hardships for those already struggling



Kim Wilson, Counselor for Fredericksburg Primary School, notifies us when children need shoes, supplies, counseling or other necessities. When Covid-19 forced schools to shut down in March, Kim along with district bus drivers delivered food to remote families through the summer. (Above photo: Kim Wilson)

Alternative Treatment Options Available for Our Most Vulnerable Neighbors

Specialized modalities that help expedite healing are offered to clients at no cost thanks to our generous donors

Cynthia K Swope, PhD, LMFT, BCN has lived in Texas all her life but recently moved to Fredericksburg where her husband's family has deep roots in ranching. Her move was a great blessing for our community, especially for our *Neighbors in Need*. Those letters behind her name signify a great deal of education and training in the area of mental health where she specializes in marriage and family therapy, applied neuroscience and advanced treatment modalities to name a few. Dr. Swope is one of five counselors who contract with the Needs Council; each possessing unique specialties in areas of trauma, sexual abuse, alcohol and drug addiction, anger management or grief/loss.

traumatic brain injury. This affected his ability to work which caused a great deal of depression and anxiety. Not only that, but he also had physical symptoms of ringing in his ears, constant headaches and trouble sleeping. Fortunately, John agreed to try these alternative therapies and had great success. "Treatment eliminated his ailments and gave him hope about what the future holds. Now he can go back to work," Dr. Swope said.

"Cynthia, like all our counselors, continually thanks me for the opportunity to work with folks who are so willing to make changes in their lives and just need the tools and guidance to get there," says Executive Director Cindy Heifner.

"I just wanted to say thank you. You've literally saved my life. Thank you will never be enough."

Dr. Swope's comfortable office and accepting, laid-back nature puts her clients at ease; many of whom have experienced trauma, domestic violence, or sexual assault. She offers treatment options few counselors are trained for such as Neurofeedback and Accelerated Resolution Therapy (ART). "People experiencing trauma can have strong, negative messages that get stuck in their nervous systems and belief systems. ART helps change the story and let the negative go. Something from my past is still in my present, and impacting how I respond in certain situations or relationships," she said. When asked about a client who recently experienced a "breakthrough" with these new modalities, it was of a gentleman named "John" who suffered a

Dr. Swope also has extensive experience working with combat veterans. She has witnessed decades of trauma healed with only a few sessions of these new approaches versus decades of talk therapy.

One of the main reasons people cite for not attending counseling is the cost. Dr. Swope, along with the four other counselors, offer their premiere care at a significantly reduced rate to the Needs Council. This coupled with your support allows us to continue serving the physical and emotional needs of our county's most vulnerable.

Thank you!

EEG BIOFEEDBACK

Neurofeedback

Neurofeedback, also known as EEG Biofeedback, is a therapeutic intervention that provides immediate feedback from a computer-based program that assesses a person's brainwave activity. Sound or visual signals are used to reorganize or "retrain" these brain signals. A variety of mental health and neurological disorders can be improved or regulated by responding to this process such as: attention deficits, brain injuries, PTSD, insomnia and more. "Training sessions" using a specialized neurofeedback program teach the central nervous system to reorganize and regulate brainwave frequencies. Neurofeedback assesses the brain and provides information about areas of dysfunction that are causing symptoms so they can be treated directly.



Masks quickly became a necessity in our lives but a short supply left many of our elderly clients and families without. Three talented individuals stepped up to the challenge! (Above photo, from left: Sharon Lawson, Sharon Johnson, Trish Torres)

Please accept this in honor of all you at the Needs Council. (This is the check that came to me from the govt. for the "Covid Stimulus" + I figure you need it more than me!!! Crazy about you guys + what you do.

We were incredibly fortunate to receive a number of Covid-19 stimulus checks from donors who were not as financially impacted by the Pandemic as our clients. Donations were put to good use; rent expenditures were 200% over what was budgeted for in 2020.



We are grateful for our friends at H-E-B Grocery who generously donated \$1,000 worth of school supplies and food to help our *Neighbors in Need*. (Above photo, from left: Carly Scogin, Operations Leader and Marilyn McNabb, Unit Director)



Local businesses like Auslander stepped up to help provide food staple items such as eggs and bread for those who had been laid off due to the Pandemic. (Left photo, from left: Alia, Sam and Norma ElQuinni)