

May 5, 2023

Name, title

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Dear:

Since our last update in September 2022, Harmonia leadership and staff have been hard at work serving the community. Our own, Jennifer Gunia, Senior Care Manager, shared her expertise in senior care on a Let's Talk Stigma LIVE panel discussion, "How Stigma Impacts Caregivers". While hiring mental health clinicians is still a challenge, our clinical team is staffed to manage current capacity. We no longer have a waiting list and are accepting new clients, in-person and virtually.

Harmonia's Lake Shore High School in-school mental health clinical program has grown to a third day and soon will offer four full days of services. The support of young people is a growing need. The good news is that our youth are ever more receptive and engaged. Our new School Programs Coordinator will work to develop in-school counseling in new districts.

Our Pathways for Caregivers collaboration with Cradle Beach and Lisa Rood, funded through the Health Foundation for Western and Central NY and the Ralph C. Wilson Foundation Exhale project, kicked off programming, March 16th. Harmonia will offer mental health and senior care services together for caregivers and their loved ones on the 3rd Thursday of each month at Cradle Beach.

We are so proud that our staff selected Harmonia to be a finalist in Buffalo Business First's Best Places to Work in the small business category. Look for the BPTW badge on our website.

We held our first "friend-raiser" at OnCore Golf. Attendees were able to tune up for golf season in OnCore's high-tech golf simulators, enjoy food and drink, get a customized box of Harmonia-OnCore golf balls and hear about the challenges of mental health from Nick Martone, an Army veteran with PTSD who identified golf as a tool to support his recovery.

Watch for us this spring and summer at local school districts' Student Scholarship Awards presentations, Southtown's Chamber Star Student awards, Evans Little League, Hamburg Farmer's Market, and the Angola Sesquicentennial celebration.

We welcome you to meet our program leadership and tour our Derby clinic and administrative office at your convenience. If we can support your efforts in the community, please reach out.

Warmly,

Valerie A. Nowak, LMHC, MPA
CEO, Harmonia Collaborative Care

