

A Message from President, Pat Derer

We want to thank our loyal supporters for participating in this year's "Look Closer—Listen Harder" Walk for Awareness. We appreciate Bob Lindmeier for being our honorary chairman. In addition, we want to extend a big "thank you" to Lisa Bower and the Unstrung Heroes band for donating their talents during our luncheon at the walk. The weather wasn't ideal and the conditions a bit muddy, but it was another eventful day, raising \$17,000 to further our mission for suicide prevention.

Hopes will be having eight billboards throughout Wisconsin with the message, "people don't come with warning signs." We need to be able to learn what to watch for when someone might be in crisis. We presently have a billboard on Highway 30 by Shopko, as well as on Highway 12-18 coming into Madison. Our QPR (Question/Persuade/Refer) Training also continues across the State teaching the signs and symptoms of depression and suicide with the help of our many volunteers in outlying counties.

It is important that we remember our many loyal business supporters, including: *Don's Home Furniture – UW Medical Foundation – Midwest Family Broadcasting/WKOW, WMTV, NBC – Great Wolf Lodge – Greenway Station in Middleton - Culver's of McFarland – Paradise Printing – Penzeys Spices – DMSI Distribution Management – United Way of Dane County – Hilton, Park Place Hospitality.* We want to thank you for all your contributions—without you, we couldn't accomplish what we do!

Please check out our upcoming events calendar below. Two major events will be held in October this year. We will again be collaborating with Safe Community of Dane County in hosting the 3rd Annual Suicide Prevention Summit at American Family on the eastside of Madison. In addition, plan to attend our 3rd Spaghetti Dinner in McFarland as a fundraiser for *Hopes*. Check out the details in this newsletter!

SAVE THE DATES!

September 6-12 **SUICIDE PREVENTION WEEK**

September 11-18 Displaying the "Many Faces of Suicide" Memory Quilts in the Capitol Rotunda

September 12 - 5th Annual Poker Run / Registration 9-10a.m @ Blackhawk Campground, Milton, WI; \$20 donation
Contact: Karen Gleason, email pudgyspal@yahoo.com

September 13 - Local "Out of the Darkness" Walk at Vilas Zoo / Registration in Shelter @ 8:00 – Walk @ 9:30 am
Contact: Dennis Gates – 608.213.3293 or email: dennisg-ootd@peoplepc.com

September 16 - 2009 Suicide Prevention Summit "Raising Awareness and Hope" / Radisson Hotel, LaCrosse, WI
8:30 am – 4:45 pm / Contact: Karen Langaard @ 608.785.6508 or langaard.kare@uwlax.edu

September 26 - Beyond the Blues fundraising event by the Charles E. Kubly Foundation (Food & Live Bands)
Harley-Davidson Museum, Milwaukee / 6:00 p.m./ Tickets \$75 per person
Contact: www.beyondtheblues.org or 414-477-9959

October 2 - Dane County Summit, "How to Save a Life" / QPR Training with breakout sessions
Madison, 8:00 am – 12:00 pm / American Family Insurance Training Center
Contact: Cheryl Wittke at www.safercommunity.net

October 17 - HOPES 3rd Annual Spaghetti Dinner / American Legion, McFarland / 4:00-8:00 pm/ \$7-adults; \$4-children
Contacts for Tickets: Eric Garland @ 358-7413 or Darlene Helming @ 838-8663

November 21 - AFSP National Day of Remembrance / St. Mary's Hospital / Sponsored by: Dane County Mental Health Ctr.
and *Hopes* / 9:00 am – 2:30 pm / Wonderful gathering and support for survivors of suicide!

2009 HOPES Walk for Awareness

By Dawn S. Leikness

May 9th brought HOPES 11th annual walk for awareness in Warner Park. It was a gloomy, rainy morning but that didn't stop over 300 walkers from participating! As a survivor of suicide the annual walk for awareness is always a very special event for me. It's comforting to see the families and friends that come out in support. Year after year we come together to honor those that we've lost while raising funds for suicide prevention and education.



The morning opened with a short speech from the honorary chairman, Bob Lindmeier followed by the reading of the names by board member Eric Garland. For me, the reading of the names of those lost

to suicide is always a time of reflection. I've participated in the walk for eight of the eleven annual walks and I still get goose bumps every time I hear my brother's name. It reminds me why I do all that I do with HOPES. It reminds me that I'm not alone in this journey. Most importantly the reading of the names reminds me that we have our work cut out for us... luckily, we're ready to do it!



WOULD YOU LIKE TO RECEIVE YOUR HOPES NEWSLETTER VIA EMAIL?

PERHAPS YOU WOULD LIKE TO DONATE TO HOPES FOR CONTINUED SUICIDE PREVENTION EFFORTS ...

Just go to the HOPES website at:

www.hopes-wi.org

✓ Check out HOPES home page on our website today!

Trempealeau County Health Care Center Hopes Walk for Awareness

By Amy King



Back: Susan Conlin Opheim, Mary Moldenhauer, Pat Derer, Brian King (aka, Horace the Clown), Front Row: Amy King and her mother, Mary

The Trempealeau County Health Care Center (TCHCC) in Whitehall, WI held their 4th Annual HOPES Walk for Awareness and Prevention on Thursday, July 16, 2009. There were nearly 100 participants with high energy in motion to walk their journey of hope. It was a beautiful warm and breezy day and the participants were once again delighted by Horace the Clown (Brian King). Amy King, a Licensed Professional Counselor for TCHCC, and newest HOPES Board Member, organized the busy event. Pat Derer, Mary Moldenhauer and Sue Opheim, as Board Members of HOPES, made the long trip to show their support. TCHCC also had several other fundraising events leading up to the day of the walk including car washes, taco Tuesday nights, cutest pet picture contest and bouquet of flowers day. The grand total which will be presented to HOPES is yet to be determined, but King is sure they will surpass their donations last year which totaled \$2,000.00. Phil Borreson, Executive Director of TCHCC, comments "As a mental health treatment facility this is one event that we annually can enthusiastically get behind and see benefit at work, in our homes and throughout our community." TCHCC supports HOPES and the efforts they continue to make towards encouraging people to Ask for Help; Understand & Treat Depression, Prevent Suicide and Discover Hope.

News from Mental Health America

By *Shel Gross*

Ninety people from across Wisconsin—and from across disciplines and service systems, including a number of representatives from HOPES—gathered in Stevens Point on April 29-30 for a statewide suicide prevention strategic planning summit. Following keynotes from leaders in Ohio and Tennessee, and presentations on efforts in Wisconsin, breakout sessions zeroed in on strategies to strengthen Wisconsin's suicide prevention efforts. Five priorities clearly emerged from the summit:

- Developing state-level public awareness and branding
- Funding a state-level leadership position with designated local leaders
- Enhancing networking
- Improving access to services
- Increasing training and technical assistance

The Suicide Prevention Initiative (SPI) began to address these priorities at its May meeting and is working on outreach to identify local leaders and strengthening the statewide organization. A number of SPI members are also participating in webinars exploring branding and public awareness approaches. HOPES will remain actively involved in these activities.

Funds for HOPES – Featuring: ART & MUSIC FEST 2009

On Saturday, June 20, 2009, *Hopes* Board Member, Dawn Leikness, represented our organization at the annual Art & Music Fest sponsored by the Mosquitoe Gallery in Kenosha, Wisconsin. The event featured exciting works of abstract and contemporary art set to the sounds of blues and acoustic music. The sponsorship profits from the event were then donated to charities that help to prevent teenage suicide. Dawn was available at the gathering to circulate materials and create yet another opportunity to make people aware of the signs and symptoms of suicide. We thank Randy Harju for making contact with *Hopes!*



Thank You

“THANK YOU” to our most recent donors. . .

We remember Louise Werndi –

Marcia Alberts, Nancy Day, Ginny Johnson, Diane Rappe

We remember Daryl Derer –

Gordon Almick, Phyllis Taft, Jerry Neupert, Blaine and Tina Neupert, Fritz Jenkins, Albeiter & Associates, Susie Belshaw, Lori Mettel, Pat Derer, Triple H Delivery

We remember Jeremy Rodgers –

Jane Alvis, Connor Alvis, Jason Gambetty, Randy & Barbara Hellenbrand, Lavonne Klapatauskas, Margaret Koenig, Jori Pauli

We remember Zak Baltzer –

William Brewer, Bernadette Baltzer

We remember Mark Kautzy –

Steve Brown, Bob & Sue Howell, Kellen Kautzy, Bev Kautzy, Aaron & Lynea Lavoy

We remember Kyle Ryan –

Tom Buresh

We remember Dave Moldenhauer –

Warren Moldenhauer, Doug & Sue Ehrick, Marilyn Horner, Julie Giannacopolos, Sharon Smith, Ed & Darlene Duklais, Susan Wainwright, Mary Moldenhauer

We remember Derek Bourdeau –

Lavonne Klapatauska

We remember Bradford Seaman –

Richard Seaman

We remember Quentin Schumacher –

Cindy Manthey

We remember Eric Treloar –

Lisa Westphal

We remember Tim Doemel –

Lynn Vondracek

We remember Jeremy Rodgers –

Sheila Steenland

We remember Brandon Garland –

Peter Bindl, Eric & Trudy Garland

We remember Paul Redkain –

Beth Rolfe

We remember Denise Kobs –

Bonnie Kobs, Jill Edwards

Acknowledgement of New Survivor

The loss of our loved ones has inspired us to try and help others through our pain. We would like to acknowledge Bernadette Baltzer who just lost her son this year and wanted to honor Zak in the Madison Marathon. She had the wonderful support of family and friends to raise \$1,010 as a donation to *Hopes* mission for suicide prevention.



3rd ANNUAL SPAGHETTI DINNER
Saturday, October 17, 2009
4:00 - 8:00 p.m.
American Legion
McFarland, Wisconsin

This event will feature a delicious dinner, silent auction and raffle prizes. All proceeds from the dinner will be donated to Hopes (Helping Others Prevent & Education about Suicide).

Spaghetti Dinner Tickets can be purchased by contacting Eric Garland at 358-7413 or Darlene Helming at 838-8663, or call Hopes direct at 608-274-9686. Ticket prices are \$7.00 for adults and \$4.00 for children (ages 6-11). { *Tickets will also be available at the door for \$8 / \$5, so order your tickets in advance!* }.

Hopes of Wisconsin
1902 Tarragon Drive
Madison, WI 53716
www.hopes-wi.org

Remember that what you see in a person is just the tip of the iceberg--there's more going on underneath. Your willingness to feel what is below the surface is the first step to being willing to release what is frozen.
(Author Unknown)