

AN Evening OF  
Conversation  
WITH

Clint  
Malarchuk



THE MENTAL HEALTH ASSOCIATION OF WESTCHESTER

AN Evening OF Conversation

WITH

Clint & Joanie  
Malarchuk

*Welcome*

October 26, 2017

•

LIFE THE PLACE TO BE

2 Lawrence Street  
Ardsley, NY 10502

# A Letter from

THE CEO AND BOARD PRESIDENT

## Welcome to an Evening of Conversation with Clint Malarchuk!



**Charlotte Östman**  
CEO



**Michael Lombardi**  
Board President

From the locker room to the living room, the subject of mental health must be part of our everyday dialogue—not something that we feel the need to hide. And no one knows that better than **Clint Malarchuk**.

As a goalie in the National Hockey League, he found himself wearing a mask both on—and off—the ice. Nicknamed the “Cowboy Goalie” for his childhood spent riding horses and, later, for his off-season rodeo stunts, Clint exuded confidence and strength. But even as he made save after save in the net, he struggled with lifelong mental health issues. Even his harrowing on-ice injury in 1989 didn’t seem to slow him down: he was back in the game just 10 days later.

Years after hanging up his goalie mask, Clint was finally able to remove the mask that had caused so much silent suffering. Today, he is a true ally and advocate as he dedicates his life to raising awareness for mental health.

We are honored to welcome Clint and his wife Joanie as we embark on a conversation about trauma, depression, anxiety, stigma and the important role of family in recovery. As Clint once said, “We fear the things we don’t understand. We even discriminate and hate the things we don’t understand. And mental health issues are a real hard thing for people to understand, if you haven’t lived through them or been with a loved one who has.”

Thank you for joining us this evening as we strive to eliminate the fear, discrimination and hate that often surround behavioral health issues. We believe the more we talk about mental health, the easier it is for others to speak up and seek help. Your voice can and does make a difference—we are grateful you have chosen to add it to this vital conversation.

**Charlotte Östman, LCSW-R**  
CEO

**Michael Lombardi**  
Board President

# MHA with Gratitude

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**Thank you to all who helped make this  
inspiring evening possible.**



# Tonight's Program

## Welcome

Charlotte Östman, CEO  
*The Mental Health Association of Westchester*

## Reflections

Sean A. Mayer, Member  
*The Mental Health Association of Westchester Board of Directors*

## Conversation

Clint and Joanie Malarchuk

## VIP Reception to Follow

# Clint Malarchuk

REMOVING THE MASK



For years, **Clint Malarchuk** seemed to be living the dream as one of the National Hockey League's masked marvels. The former goalie played parts of 10 seasons in the NHL, at times ranking among the game's elite players. But behind the masks he wore across 338 NHL games was a man who kept decades of anxiety, obsessive behavior, depression and alcohol use under wraps, a man struggling mightily to stop pucks on the ice and his every wall from crumbling off it.

And that was before a harrowing in-game accident, on a late-March night in 1989, that came within inches and minutes of ending his life. Malarchuk's carotid artery was severed by an errant skate blade, an injury requiring 300 stitches. It continues to be regarded as the most gruesome injury in professional sports history.

Spurred by the macho culture predominant in professional sports, Malarchuk returned to play just 10 days later, and once his playing career ended he went on to hold several coaching positions. But the wayward skate blade's damage wasn't limited to his neck. Post-traumatic stress disorder that wouldn't be diagnosed for nearly 20 years haunted him and exacerbated his other mental health conditions. Malarchuk spiraled into an abyss, his subsequent years of destructive behavior culminating in a suicide attempt—as his wife, Joanie, stood before him—on his Nevada ranch in 2009.

Now, long after the end of his playing career, he's tossed his mask aside, literally and figuratively, with a clear vision and purpose. He published his autobiography—*A Matter of Inches: How I Survived in the Crease and Beyond*—in November 2014. And with a bullet still lodged inches from his brain serving as a constant reminder of his good fortune, he's making the greatest saves of his life, sharing his darkness so that others tormented by mental health issues may see that there is, indeed, a light—and that all of us can play a pivotal role in their recovery.

# Sean Mayer

A VOICE IN THE COMMUNITY



**Sean Mayer**, a journalist for more than 20 years, oversees the news desk for American Metal Market, a New York City-based brand of Euromoney Institutional Investor PLC. He became an advocate for mental health awareness and suicide prevention following the loss of his brother, Ryan, in July 2014. He partnered with The Mental Health Association of

Westchester on a wide-ranging initiative that included a comprehensive report in *The Journal News* and on its website, [lohud.com](http://lohud.com),

and culminated with MHA Westchester's inaugural Community Conversation, about suicide prevention, in April 2015. Sean served as moderator of the panel discussion and reprised his role for two subsequent events in MHA Westchester's Community Conversation series.

Sean, who joined MHA Westchester's Board of Directors in September 2015, is a staunch supporter of the organization's mental health and suicide prevention services. "For every Robin Williams, there are thousands of Ryan Mayers," he wrote as part of *The Journal News*' special report. "They all deserve a place in our collective conscience."

A 1996 Binghamton University graduate, Sean lives in Monroe, New York, with wife Randi and sons Brett, Max and Ian. He can often be found yelling at the TV while watching games featuring his beloved Rangers (NHL), Giants (NFL), Mets and Knicks, though he's reasonably certain the players and coaches can't hear him.

# MHA in our Community

CARE HAPPENS HERE

## At The Mental Health Association of Westchester, we believe in recovery because we see it every day.

Founded in 1946, MHA is the premier advocate for behavioral health throughout the greater Hudson Valley region. We promote mental health through advocacy, community education and direct services. Our person-centered and recovery-oriented programs and services reflect our deeply held values, including our clients' rights to self-determination, choice and shared decision making.

Each year, we provide behavioral health services to more than 12,000 children, teenagers and adults through our eight licensed clinics, as well as community-based programs and services. From traditional therapy and innovative practices to treat early psychosis to planned respite and family support services, MHA creates individualized care to meet the needs of each of its clients.

With walk-in clinics, bilingual and mobile behavioral health services, peer support services, telehealth appointments and home-based therapy options, we are able to provide care when our clients need it—and where they need it.

For adults, we offer residential and employment services to help individuals with behavioral health conditions lead independent lives. We also offer several services that enhance the safety and well-being of children. Throughout the year, we host a robust training schedule of community and professional educational opportunities on topics such as behavioral health, child abuse and suicide prevention and intervention.

We are known for developing groundbreaking and innovative solutions to some of the most complicated changes in the world of behavioral healthcare. MHA is a founding member of Coordinated Behavioral Health Services Inc. (CBHS), a partnership of nine not-for-profit agencies providing behavioral health services to 10 counties in the Hudson Valley. A 501(c)(3) organization, CBHS Inc. was formed in order to address the rapidly changing approach to health care in New York State and to develop the critical business relationships necessary for sustainability.



## Treatment & Support

We are proud to offer an array of specialized services to help individuals achieve their unique recovery goals.

### + ASSERTIVE COMMUNITY TREATMENT

Assertive Community Treatment provides treatment and care management services for adults, 18 years of age and older, who are more likely to flourish and progress toward personal goals by working with intensive outreach and mobile supports in their own environment than through traditional clinic-based services. Our multi-disciplinary team addresses substance abuse, employment, wellness, family support and psychiatric and nursing needs.

### + CLINICAL SERVICES

We offer individual, group and family services for individuals of all ages – and for a full range of behavioral health conditions. Our licensed behavioral health professionals provide person-centered, trauma-informed and recovery-oriented services. Treatment decisions, which are made collaboratively between an individual and their therapist, may be enhanced through additional work with trained peer specialists.

This spring, we introduced Telehealth, a groundbreaking new behavioral health service that enables clients to meet with our psychiatrists via two-way, real-time interactive audio and video equipment. Our Telehealth stations are located in our White Plains, Yonkers and Mount Kisco clinics and offer improved access to care for clients who are in crisis situations and those who engage in our clinical walk-in services.

### + CARE MANAGEMENT/HEALTH HOMES

Our Care Management services, uniquely tailored to meet the comprehensive needs of each individual, help people become - and remain - healthy while avoiding hospitalization. Care Managers help individuals obtain the services they need, which may include seeing medical specialists, successfully transitioning from an inpatient hospital admission to another setting, and obtaining social supports such as housing.

### + CHILDREN'S HOME AND COMMUNITY-BASED SERVICES/CHILDREN'S CARE MANAGEMENT SERVICES

Our Mobile Mental Health team provides treatment and care management services in the home or other community location for high-risk children between the ages of five and 18. Additionally, our Home and Community Based Services Waiver and Intensive Care Management programs provide community-based care coordination services for children ages five to 17 who have behavioral health issues that have led to psychiatric hospitalization or have put the child at risk for an out-of-home placement.

### + FAMILY SUPPORT SERVICES

Our Family Support Services offer one-on-one care, family and peer support groups, advocacy, respite and parent education for families who participate in MHA programs and who have a child who has been diagnosed with a behavioral health condition or behavioral challenge.

### + FIRST EPISODE OF PSYCHOSIS (ONTRACKNY@MHA)

OnTrackNY @ MHA is a new and innovative early intervention service for young adults who have recently started to experience symptoms of psychosis. A research-based program for people 16 to 30 years old, OnTrackNY @ MHA help people get back "on track" with their lives through clinical and support services, substance abuse treatment, social skills training, family support and education.

### + HOME AND COMMUNITY BASED SERVICES (HARP-HCBS)

Home and Community Based Services (HCBS) are a new set of recovery-oriented services available to HARP eligible and approved individuals. HCBS services include Empowerment Services-Peer Support, Vocational Services, Educational Services, as well as Community Psychiatric Support and Treatment, Psychosocial Rehabilitation, Habilitation, and Family Support and Training. Our full staff are available to meet the needs of each individual's goals towards recovery. HARP eligible individuals include those who are 21 years or older, are insured by Medicaid managed care, are enrolled in a Health Home and have a Care Manager.

## + HOME BASED THERAPY

Following a hospital stay for the treatment of a behavioral health or substance abuse condition, members of the Beacon Health Plan may benefit from our Home Based Therapy program, which provides post-discharge assessments in the individual's home or in a community setting. Home Based Therapy also helps individuals assure that plans for follow-up appointments are realistic, confirms that prescriptions for medications have been filled and helps develop plans to prevent and manage potential future crises.

## + NUESTRO FUTURO

Nuestro Futuro es un programa bilingüe y bicultural que ofrece tratamiento de salud mental a niños mayores de cinco años, adolescentes y adultos en Español.

Nuestro Futuro is a bilingual and bicultural program that offers mental health treatment to children over five, teenagers and adults in Spanish.

## + PARTNERS IN PARENTING

Through our home-based Partners in Parenting treatment program, we are able to serve parents who have behavioral health conditions and who have had difficulty utilizing traditional clinic-based treatments. Our support can help parents create brighter futures by improving decision making and parenting skills, maintaining custody of their children, reducing risk of hospitalization, developing stronger social networks and working toward employment or educational goals.

## + PLANNED RESPITE

A comprehensive resource for those experiencing an increase in symptoms that cannot be managed at home without additional support, Planned Respite is a voluntary, short-term intervention that helps individuals avoid unnecessary hospitalization while regaining stability in their community. Planned Respite is provided by trained staff at home-like settings within the community and can also be used to provide family members, significant others and legal guardians relief from care responsibilities.

## + SINGLE HOMELESS ASSESSMENT CENTER (SHAC)

SHAC offers the support of therapists and licensed mental health professionals who provide a full range of shelter-based services to individuals who are homeless and who are temporarily housed through the Department of Social Services. Comprehensive mental health and substance use assessments are completed in order to refer individuals to services that can help improve their daily functioning, obtain employment and housing, go to school, develop a healthy social support network, improve their interpersonal relations and decrease the need for hospitalizations.

## + SUICIDE LOSS: OUTREACH, SUPPORT AND HEALING

Each person experiences the loss of a loved one to suicide in their own way. Through a unique, new service, MHA offers individual support to assist with the unique challenges of healing after the loss of a loved one to suicide. Connections to community support groups and psychotherapy are available if desired. Compassionate connection and concrete assistance is offered at no charge by our trained Suicide Bereavement Support Specialist who has also experienced the death of a loved one to suicide.

## + STERLING COMMUNITY CENTER (SCC)

Peer-professionally run and recovery-oriented, the Sterling Community Center (SCC) in White Plains offers an array of classes, volunteer work, evening and weekend social activities and one-on-one assistance for adults who have been diagnosed with behavioral health conditions. At SCC, individuals can find mutual support as they work toward personal goals by learning new skills, developing social networks, making connections in their larger communities, and developing opportunities for paid employment.

## + WALK-IN SERVICES

Our Mount Kisco, White Plains and Yonkers clinics offer walk-in services, which do not require an appointment or previous history as an MHA client, benefit individuals who need support in the moment.



## + WESTCHESTER RECOVERY NETWORK-INTENSIVE (WRN-I)

The Westchester Recovery Network-Intensive (WRN-I) is a mobile support service provided by peer professionals to assist individuals who are currently in the hospital or have had a recent hospitalization for a behavioral health condition. We recognize that everyone has their own unique recovery journey and WRN-I views relapses and hospital re-admissions as bumps in the road. WRN-I empowers people to move forward on their path, collaborating with them to honor their inherent strength and resilience.

## + WESTCHESTER RECOVERY NETWORK (WRN)

The Westchester Recovery Network (WRN) offers peer outreach and support for adults who have experienced behavioral health conditions and wish to decrease dependence on the behavioral health system while developing greater self-reliance and a more fully integrated life in the community. Operated by peer professionals, WRN is made up of Recovery Specialists who have lived experience. They help individuals discover or rediscover their passions in life and establish connections with others, helping to further self-development and economic self-sufficiency.

## Residential & Employment Services

MHA offers a variety of residential and employment services for adults who have been diagnosed with behavioral health conditions and provides resources to help them gain meaningful employment and lead independent lives.

### + RESIDENTIAL SERVICES

Through a variety of residential services, we help individuals achieve personal goals and obtain permanent housing, as well as receive support in developing skills like managing personal finances, negotiating with their landlord and accessing community resources.

### + EMPLOYMENT SERVICES

At MHA, we believe that you don't get better in order to work; you work in order to get better. Our Employment Specialists work one-on-one with job-seekers to determine employment goals, identify obstacles that have previously prevented job success and develop an action plan to overcome barriers.

## Helping Kids at Risk

In an effort to enhance the safety and well-being of children in Westchester County, MHA offers several services to support children in our community

### + COURT APPOINTED SPECIAL ADVOCATES (CASA)

Assigned by a Family Court Judge, Court Appointed Special Advocates (CASAs) are trained community volunteers who monitor and report on the physical health, behavioral health and education needs of children who are in foster care or at risk for foster care. Volunteers act as a strong voice for children while advocating for the best interest of the child and providing support until permanency is achieved.

### + HOST VISITATION PROGRAM

For the nearly 600 Westchester County children in foster care, frequent and ongoing contact with their families is critical. Host Visitation volunteers support families by supervising and supporting them as they visit one another. Our volunteers help parents plan for meaningful visits in a natural and community-based environment whenever possible.

## Education & Training

We host an array of educational opportunities and services for the professional and non-professional communities on topics such as behavioral health, evidence-based behavioral health practices, suicide prevention, peer services and the New York State-certified course on Identification and Reporting of Child Abuse and Neglect. New York State Continuing Education Hours for licensed Master Social Workers (LMSWs) and licensed Clinical Social Workers (LCSWs) are also available for certain courses.



# Suicide Awareness

HELP HAPPENS HERE

Suicide is a major public health problem that has profound impact upon those who are touched directly and indirectly.

In the United States, there are more deaths by suicide than to homicide, and in 2014, more than 42,000 people died by suicide—and many more individuals attempted or considered ending their lives. The Mental Health Association of Westchester is working hard to raise awareness of the risk of suicide and promote suicide prevention education through our Community Conversation series, as well as through our safeTALK and ASIST trainings.

Suicide results from the interplay of many factors and occurs across all ages, cultures, ethnicities and socio-economic groups. Of people who die by suicide, most have a diagnosable behavioral health or substance abuse problem at the time of their death. Suicide is often preventable.

Prevention programs are based on the premise that, most of the time, risk of suicide can be recognized and completed suicide prevented. You can help if you are concerned about a loved one.

## + WAYS TO HELP

The simple act of asking can be a powerful way to prevent the suicide of someone in distress. Yet many—probably most—of us do not recognize that level of distress, nor feel able to start the conversation if we do. We may be afraid of making a situation worse, or even giving someone the idea.

It is now well-established that beginning a conversation—openly, honestly and without judgment—is in fact a very helpful thing to do. In fact, it is usually met with relief by someone who is thinking of suicide. By starting the conversation, we tell someone that we care enough to notice their despair and that we care enough to acknowledge their pain. By talking with someone, we do not obligate ourselves to solving their problems, nor do we take responsibility for their life. We do offer connection in the moment and, hopefully, a bridge to ongoing support.

If someone is in imminent danger, call 911. For crisis consultation, contact the **National Suicide Prevention Lifeline at 1-800-273-TALK**

## + SUGGESTIONS FOR TALKING WITH SOMEONE WHO IS THINKING OF SUICIDE

- Explicitly acknowledge that suicide is the issue. Be direct, talk openly and matter-of-factly.
- Listen. Listen without judgment or advice giving. Don't lecture on the value of life or minimize the problems.
- Don't be sworn to secrecy.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, if possible without endangering yourself.

- Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- Call 911 if an attempt is in progress.

*Suggestions adapted from Suicide Prevention Lifeline.*

## + WARNING SIGNS OF SUICIDE

You might start the conversation if you become aware of "warning signs"—indicators that someone is currently thinking of suicide. Significant losses in life, such as the loss of a relationship, job or health may trigger thoughts of suicide. While each situation is different, some warning signs include expressions of:

- A wish to die or explicit suicide intention expressed through words, music, drawings, writing, online postings, etc.

- Feelings of hopelessness, having no reason to live; no sense of purpose or meaning in life.
- Feeling trapped or in unbearable pain.
- Sense of being a burden to others.

**Other warning signs include actions such as:**

- Identifying and/or obtaining means of suicide.
- Increased use of alcohol or drugs; increased risky behaviors.
- Displaying extreme mood swings; including rage.
- Changes in sleeping or eating.
- Withdrawing or isolating from usual activities and relationships.

## New Service

### + SUICIDE LOSS: OUTREACH, SUPPORT AND HEALING

Each person experiences the loss of a loved one to suicide in their own way. MHA offers individual support to assist with the unique challenges of healing after the loss of a loved one to suicide. Connections to community support groups and psychotherapy are available if desired. Compassionate connection and concrete assistance is offered at no charge by our trained Suicide Bereavement Support Specialist who has experienced the death of a loved one to suicide.

**For more information, please contact Shari Applebaum at 914-345-5900, ext. 7705 or [applebas@mhawestchester.org](mailto:applebas@mhawestchester.org).**

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the staff and the board  
for another great year!**



Meryl A. Allison & Elisa E. Burns, MD

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for their dedication  
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Kate and Mike Lombardi

**Thank you to  
MHA Westchester  
for promoting mental health  
in our community  
and  
inspiring us all  
to stand up to stigma.**



Donna Renella

**"When we deny the story,  
it defines us.  
When we own the story,  
we can write a  
brave new ending."**

*Brené Brown*

We honor **Clint & Joanie Malarchuk**  
for bravery in sharing their story  
in hope of changing other's lives.

We support the  
**Mental Health Association of Westchester**  
in bringing these stories and hope  
to our community.

**Carla Pasquali & Gerald Stern**



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makes our community a  
better place for all.**



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for another year of outreach  
and service to the community  
and to Charlotte Östman for  
taking on the role of leading this  
organization moving forward.**



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## HOW YOU CAN MAKE A DIFFERENCE IN YOUR COMMUNITY

Make an impact by joining our community and learn about the many ways you can be part of our work. Getting involved has never been easier!

- Many companies have **matching gift programs** - contact your HR department to learn how you can double the impact of your gift.
- **Volunteer your time and talent** in one of our programs. It only takes a little time to make a big difference!
- **Host an event** to raise awareness for mental health and donate proceeds to MHA.
- **Honor a loved one with a tribute gift** and let the world know you believe mental health matters.
- **Set up a recurring gift.** Becoming a monthly donor is an easy way to increase your giving!
- Participate in **Operation Holiday Joy** - our annual gift-giving program.
- Explore other ways to make a contribution, such as through **stock donations** or our **Sterling Legacy Circle**.

To learn more about the ways you can get involved, visit [www.mhawestchester.org](http://www.mhawestchester.org) or call 914-265-7511



## The Sterling Legacy Circle of MHA Westchester

### WE ARE SO GRATEFUL TO OUR FOUNDING MEMBERS

Meryl A. Allison

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Yvonne D. Tropp

Through your generosity and vision, you will help to ensure the continuation of the essential work of MHA.

Through an estate gift, Sterling Legacy Circle members will be part of our robust history while remaining a part of MHA's vibrant future. A bequest to MHA ensures that our resources—mental health programs and services—endure and grow to meet tomorrow's needs.

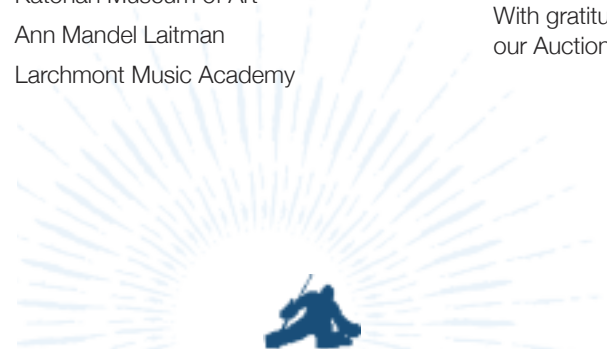


*To learn more about becoming a member of our Sterling Legacy Circle, contact Constance Moustakas at 914-265-7511 or [moustakc@mhawestchester.org](mailto:moustakc@mhawestchester.org)*

# Special Thanks

We are grateful to the following businesses and individuals who generously supported tonight's silent auction and raffle.

Addison Street Spa	Locanda Verde
Alamo Drafthouse Cinema	DeLaune Michel
Boscobel House and Gardens	Mirror Lake Inn Resort and Spa
Blue Man Group	Mohegan Sun
Brewster Ice Arena	Mohonk Preserve
Caramoor Center for Music and the Arts	Red Flower
Steven J. Caspi	Rotuba Extruders
City Limits Diner	SDI Technologies Inc.
Dia Art Foundation	Stardust Limousine
Doral Arrowwood Resort & Conference Center	Susan Woog Wagner Photography
Emelin Theatre	USA Hockey Foundation
Fun Fuzion at New Roc City	Walt Disney World Co.
Grand Prix New York	Westchester Philharmonic
House of Sports	Westchester Skating Academy
Jacob Burns Film Center	Yonkers Tennis Center
Jacob's Pillow Dance Festival	Zaltas Gallery of Fine Jewelry
Katonah Museum of Art	
Ann Mandel Laitman	With gratitude to Peter S. Sloane, our Auction Chair
Larchmont Music Academy	



(as of printing)

# Silent Auction

## The Most Magical Place on Earth

### DONOR:

#### Walt Disney World Company

Take in all that Walt Disney World has to offer with four one-day hopper passes to the most magical place on Earth. There are places you remember...and Disney World is surely one!

### DETAILS:

*Each pass is valid for one day and includes admission to each of Disney's parks: Magic Kingdom, Epcot, Hollywood Studios and Animal Kingdom. Expires 8/31/2019. Tickets cannot be upgraded or applied towards a package to meet eligibility requirements.*

**VALUE: \$648**

**OPENING BID: \$300**

**BIDDING INCREMENTS: \$50**

## A Weekend in New York City

### DONORS:

#### Steve Caspi Locanda Verde Restaurant Stardust Limousine

Imagine being whisked away by limousine, courtesy of Stardust Limousine, to your perfectly situated home base for a weekend in New York with two nights in a deluxe room at the Chambers Hotel. On the agenda, dinner at Locanda Verde (\$300 GC): a casual, energetic, neighborhood Italian taverna in Tribeca. Finally, at the end of the weekend, Stardust Limousine will be there to take you home.

### DETAILS:

*Chambers: Valid from January 1st, 2018 to December 31st, 2018. Blackout dates apply.*

**VALUE: \$1400**

**STARTING BID: \$600**

**BIDDING INCREMENTS: \$100**

## Escape to Lake Placid

### DONOR:

#### Mirror Lake Inn

Lake Placid is one of earth's most magical spots and The Mirror Lake Inn is a picture-perfect spot from which to take it all in. The winner of this package receives two nights lodging in a Classic Guest Room with stunning views of both the lake and the mountains, including breakfast each morning.

### DETAILS:

*Expires October 26, 2018. Valid: October 27 to December 21, 2017; March 23 to June 21, 2018; October 14 to December 23, 2018. Mid-week only January 3 to March 22, 2018. Not valid during holiday periods or special events.*

**VALUE: \$970**

**STARTING BID: \$400**

**BIDDING INCREMENTS: \$50**

## Courtside

### DONOR: Rotuba Extruders

Enjoy two second-row bench seats at a Knicks game during the 2017-2018 season. Catch all the game-time action up close and personal!

### DETAILS:

*Winner to choose a mutually agreeable date.*

**VALUE: \$644**

**STARTING BID: \$300**

**BIDDING INCREMENTS: \$50**

## Beautiful Baubles

### DONOR:

#### Zaltas Gallery of Fine Jewelry

A stunning pair of 18K yellow gold vermeil earrings with pearls and moonstones, sure to be treasured for years to come.

**VALUE: \$285**

**STARTING BID: \$125**

**BIDDING INCREMENTS: \$25**





**SAVE-THE-DATE**

**Music & Miles  
CHANGING MINDS  
Presents:**

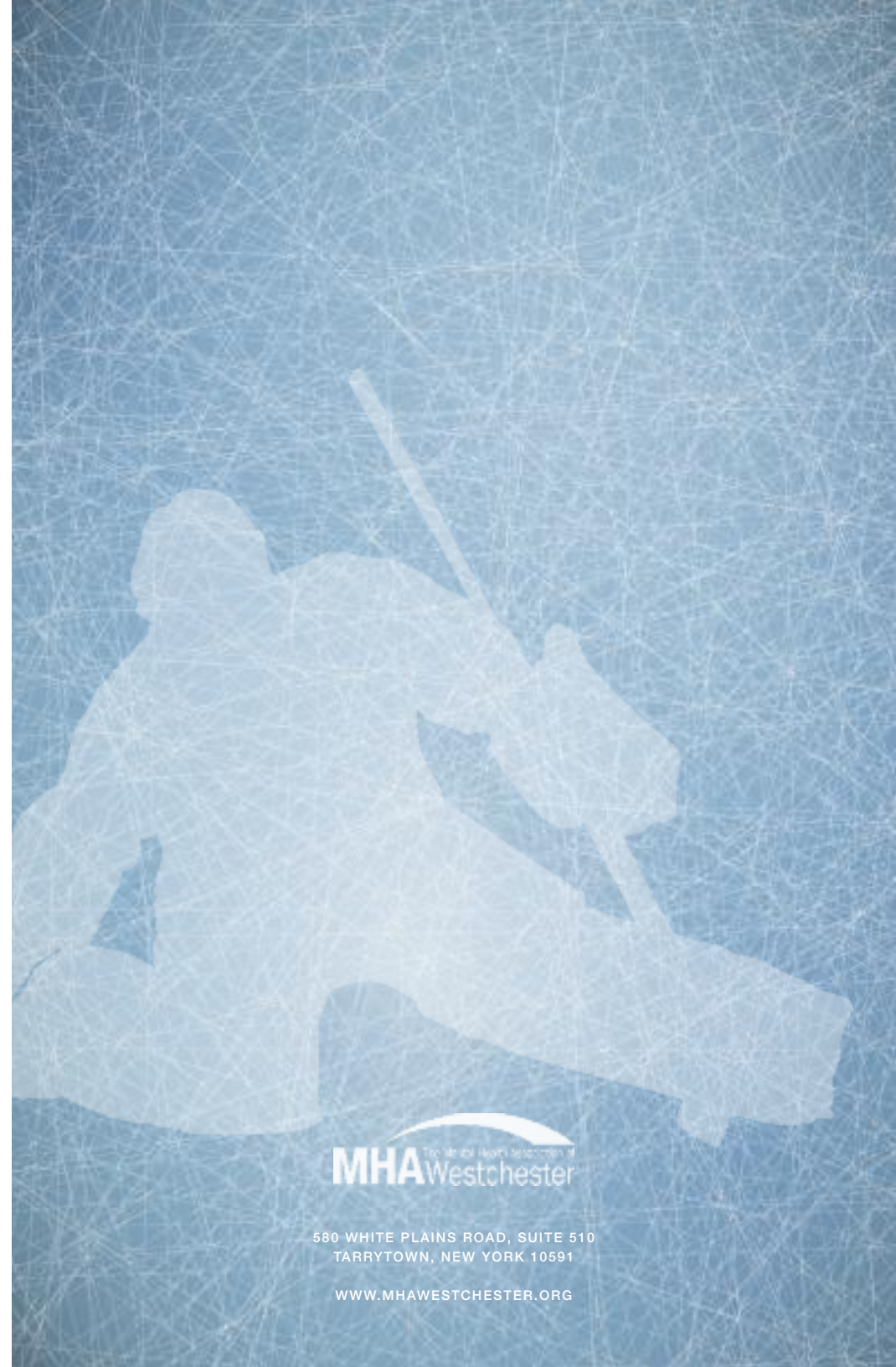
**LIVING PROOF**

Multimedia performances of healing and  
hope in the face of adversity

**Saturday, March 10, 2018**

*A Fundraiser in Memory of Miles Applebaum*  
[www.musicandmiles.org](http://www.musicandmiles.org)

Proceeds from the event benefit the Miles Applebaum Music Scholarship Fund,  
established to honor and remember Miles Applebaum, and  
The Mental Health Association of Westchester.



580 WHITE PLAINS ROAD, SUITE 510  
TARRYTOWN, NEW YORK 10591

[WWW.MHAWESTCHESTER.ORG](http://WWW.MHAWESTCHESTER.ORG)





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**CONGRATULATIONS TO**  
The Mental Health  
Association of Westchester.

*Thank you*  
for making a difference!



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