



Cope means Hope...

...for those struggling with AIDS, substance abuse, family crisis issues, and problems of daily living.

COPE

COPE Center 2006 Benefit Committee



The COPE Center's Tenth Annual COPE Benefit is being held this year at the Paper Mill Playhouse production of "A Wonderful Life," on December 1, 2006, at 5:30 P.M. Shown here is the COPE Benefit Committee who worked hard to plan this event for COPE. Seated left to right are two of the co-chairs Jane Berry (Roseland) and Janet Dryden-Nevius (Essex Fells). Standing behind them are Rosanne Morey (Montclair), Frances Patton (North Caldwell), Bonnie Post (Essex Fells), Peter Rooney (Essex Fells), Sue Garfinkel Seidenfeld (West Orange), Anne Campbell (Montclair), Joan Brandley (Caldwell), and Patsy Kolbe (Essex Fells). Committee members not shown in the photo are Kristine O'Connor (Essex Fells) and Megan Cadematori (Morris Township). John Finney (Montclair), the third committee co-chair, is also not shown.

Dealing with Major Losses? COPE Can Help

Maybe you're a fortyish woman whose mom passed away a few months ago. Or you're a middle-aged man who's been "downsized" from the place you've worked for decades. You could even be a teenager whose parents have split up.

In each of these situations, you've experienced a significant loss. "Although we normally associate loss with death, there are many kinds of losses," explained Rose Maire, COPE Centers Clinical Director. "Loss of a marriage, health, children leaving for college, a job, moving, changing schools, death of a pet: these are all losses," Maire said.

If you feel that you're having some difficulty adapting to the changes that accompany a loss, then consider counseling to help ease your adjustment.

Why Seek Counseling?

When faced with losses like these, many of us think, "Things like this happen to everyone sooner or later. I can handle this." Our busy lives go on and as a result, we may avoid or neglect altogether to deal with the unexpectedly powerful, often conflicting emotions we encounter as we grieve.

Often we don't realize right away that we could use help with handling our losses. That's because in the beginning, we're usually surrounded by sympathetic people. "Over time, the groundswell of support after a loss typically diminishes," said Vincent Viglione, a counselor at COPE Center. "That's when the bereaved person becomes especially vulnerable: when he or she needs to talk about the loss, others are uncomfortable."

"After a period of time, the world expects the bereaved to be the person they were, to return to a normal life," Viglione said. "[But] that person no longer exists."

That's when talking with a professional counselor can be the healthiest way to help you adjust to the changes in your life. "Counselors bear witness, provide empathy, and help the person adjust to the 'new normal,'" Viglione said.

So how do you know when counseling might be helpful to you or someone close to you?

"Counseling becomes particularly important when grief reactions interfere with day-to-day functioning and with the ability to transition in a healthy, normalizing manner," Viglione said. "For example, while crying may be a cleansing release, crying while driving may be dangerous."

Call COPE

If you're wondering if grief counseling may be right for you or someone you care about, you can call COPE to schedule an intake/assessment appointment. Both individual and family counseling are available, usually on a weekly basis. There is no set duration for counseling, however.

"Counseling goals are set and when goals are reached, the counseling ends," Maire said. "There is generally an understanding between the individual or family and the counselor that they may return to counseling some time in the future should the need arise."

The need may arise because the adjustment that follows a life-changing event doesn't occur steadily and evenly; instead, it tends to

zig and zag. "Bereavement is not an event. It's a nonlinear process," Viglione explained. Painful feelings may ebb and flow with the season, the day of the week, or even the time of day.

"There are times when the pain becomes more intense," Maire said. For example, if your loss involved the death of a loved one, grief may intensify around special dates like anniversaries or birthdays. "Someone who's previously sought counseling may return for help with the pain they're experiencing at those times," she added.

If you're close to someone who's grieving, don't ignore these significant dates for fear of reminding the person of his or her loss. "Mentioning that you're thinking of them at these times can be comforting," Maire said. "It acknowledges that they are not alone in their grief."

A New Reality

Any loss represents a time of transition, and anyone who's experiencing a transition in his or her life can benefit from counseling. "The tasks of accepting a loss and working through the pain are not the kinds of things we're prepared for," Viglione said. Grief counseling can teach us the skills to successfully deal with the changes that accompany a significant loss.

"Through counseling," Viglione said, "the grieving person learns not only how to get through a difficult time, but also how to adjust to a new reality."

Presidents Message



Peter M. Rooney
President

Dear Friends of COPE Center:

We look forward to seeing many of you at our upcoming Benefit on December 1 at the Paper Mill Playhouse. Come join us for dinner and cocktails followed by "A Wonderful Life." It will be a special evening among friends.

COPE is your friend in need this year. Our main counseling center in Montclair suffered a partial structural collapse, and we had to move out. We have been operating from two temporary Montclair locations, as well as from our Verona site in the meantime. Our Executive Director, Sue Garfinkel, along with her administrative and counseling staff, has done an

outstanding job of maintaining service levels to our community.

At the Benefit, we will launch the COPE Center's Capital Campaign to rebuild our home at 104 Bloomfield Avenue. The Board has taken several actions to help finance the reconstruction, including selling our satellite building in Verona on a leaseback basis, obtaining special government grants, and collectively pledging over \$80,000 as well as investing considerable time and effort into this project. However, over \$500,000 is still needed to cover these one-time costs.

Please join us this year and

consider being an event sponsor or patron or bidding on one of the silent auction items. It's been a very difficult year for COPE, and we could really use your support. Help us continue to provide counseling services to the poor and working poor in our communities and especially to our youths at risk. For many of them it's not such a wonderful life...yet.

Thanks for your continued support.

Gratefully,
Peter M. Rooney
President

Nancy Stone Appointed as COPE Trustee

Nancy Stone, a resident of Montclair, is the newest member of the COPE Board of Trustees. Her background includes overseeing computer operations at The Fresh Air Fund, a nonprofit organization designed to facilitate out-of-town summer vacations for kids living in New York City. There, she managed a database of thousands of children and their summer host families and camp destinations. Under her

guidance, all of the Fund's Information Systems were modernized and maintained to easily track information.

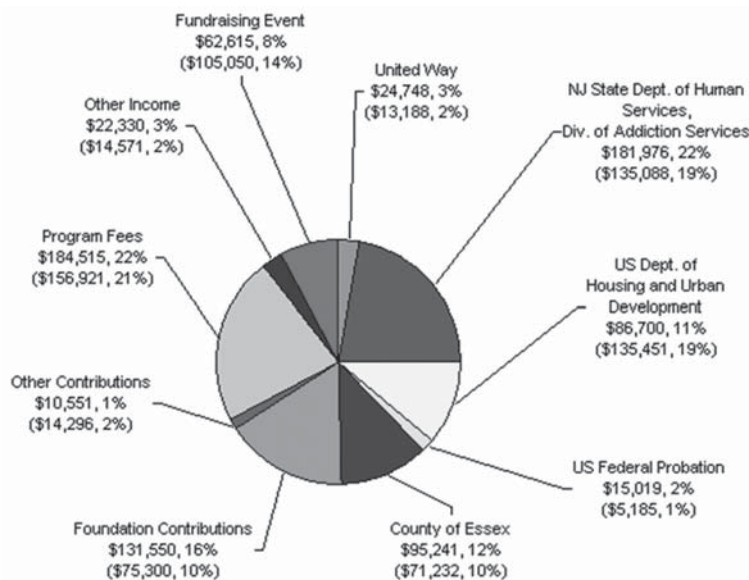
Prior to joining the Fresh Air Fund, she managed Information Systems for Lane Bryant, a retail chain catering to women. She was employed by Batus Retail, a department store conglomerate that owned several high-profile department store chains, including Saks Fifth Avenue, Gimbles,

Marshall Fields, and others.

Stone is putting her computer expertise to good use on COPE's behalf as she oversees the redesign of COPE's Web site.

A native of North Brunswick, NJ, Stone was graduated in 1983 from Rutgers College in New Brunswick. She and her husband, Paul Ward, have three children: Jack, Harry, and Charlie.

COPE Funding Sources 2005 Total: \$815,245



NOTE: 2004 figures are based on the audit. Figures in parentheses are amounts received in 2003.

Thank You!

to all contributors to COPE Center, Inc. Your generosity allows the agency to grow and to continue offering innovative programs to meet changing needs. Because fees for COPE's professional services are determined by a sliding scale based on an individual's ability to pay, people frequently receive help they would not otherwise be able to afford. COPE is pleased to acknowledge the following donations received in 2006 (list may be incomplete).

Ms. Celia Llerena Bryan
Mr. & Mrs. Stewart Campbell

Mr. & Mrs. Bruce Ciccone
Mr. & Mrs. Robert Constable

Mr. Timothy R. Cutting
Mr. & Mrs. Jeffery Eastman
The Finney Foundation, Inc.
Ms. Lynne D. Graham
Mr. & Mrs. John C. Grove
Mr. & Mrs. Ted Irwin
Mr. & Mrs. Christopher Johnson
Mr. & Mrs. Steve Keim
Mr. Joseph P. Mason
Mr. & Mrs. John V. Mohn
J.P. Morgan Chase – Larry Flood
Mr. & Mrs. T. C. Nevins, Jr.

Mr. & Mrs. R. Foster Nevius
Mrs. Kristen H. O'Connor
Mr. Michael O'Connor
Mr. & Mrs. Peter Rooney
Mr. Kurt Schansinger
Mrs. Roberta Steiner
Mr. & Mrs. Harry H. Stumpf, M.D.
Mr. Christopher G. Turner
Mr. & Mrs. Don Ullmann
Mrs. Anne P. VonHoffmann
Ms. Maryann Watt

COPE 2006 Donations In Memory of David Brandley (list may be incomplete)

Mr. C. Scott Bartlett, Jr.
Mr. & Mrs. David Bate
Mr. & Mrs. Albert G. Bauer
Mrs. Ruth G. Bedford
Mrs. Gertrude Behrle
Mr. Joseph D. Bell
Ms. Anne Benedict
Mr. & Mrs. Paul J. Benziger
Mr. & Mrs. Richard Berry
Mr. & Mrs. William Brand III
Mr. & Mrs. Edward H. Brown
Mr. & Mrs. Robert Butler
Mr. & Mrs. Stewart F. Campbell
Mr. Jack Cussen

Ms. Jennifer Daly &
Ms. Mary Ann McGuire
Mrs. Marilyn T. Dodd
Mr. & Mrs. David W. Doelp, Jr.
Mr. & Mrs. Jeffery Eastman
Ms. Gloria Fenesy
Mr. & Mrs. Clifford B. Finkel III
Mr. & Mrs. George C. Follmer Jr.
Dr. & Mrs. H. W. Grambow
Mr. & Mrs. J. B. Hamilton
Mr. & Mrs. Tom Hahn
Mrs. Dorothy E. Harkrader
Ms. Iva Hemmel
Mr. & Mrs. Frederick G. Horan

Mr. & Mrs. Gordan Hurst
Mr. & Mrs. Ted Irwin
Mr. & Mrs. Fred W. Jenkins, Jr.
Mr. & Mrs. Harold Johnson
Ms. Janet Shearer Johnson
Kearny Federal Savings
Mr. & Mrs. James P. King
Mr. & Mrs. Bill Kolbe
Mr. & Mrs. Richard W. Lang, M.D.
Mr. Robert E. Linnett, Jr.
Mr. & Mrs. James A. Martin
Mr. & Mrs. Douglas L. McCabe
Ms. Mary McDermott
Mr. & Mrs. R. Foster Nevius
Mr. Charles I. Newman
Mr. Robert Norris, Sr.
Mr. & Mrs. Joseph O'Dowd
Mr. & Mrs. Barry Paul
Ms. Valerie Pettit
Mr. & Mrs. Robert Post

Dr. & Mrs. John A. Ramsdell
Ms. Deborah Reynolds
Mr. & Mrs. Peter D. Robison
Mr. & Mrs. Joseph W. Rogers
Mr. & Mrs. Eric H. Schless
Mr. Karl Schmidt
Ms. Claire Seligman
Mr. Daniel B. Slack
Mr. & Mrs. William St. John
Mr. & Mrs. James G. Stier
Mr. Carl Sturcke
Mr. & Mrs. Charles T. Summers
Ms. Susan Toner
Mr. John M. Wardell
Wefferling & Co., CPPS, LLC
Mr. & Mrs. Stanton F.
Weissneborn
Ms. Christine Wilder

COPE 2006 Donations In Memory of William K. Kolbe (list may be incomplete)

Mr. & Mrs. R. Norton Babson
Mrs. Susanne E. Bogart
Mrs. Gail Brandley
Mrs. Joan C. Brandley
Mr. & Mrs. Robert L. Brightman
Mr. & Mrs. Steven H. Brose
Mr. & Mrs. Gray Bryan
Mr. & Mrs. Robert C. Butler
Ms. Dorothy Chaffee
Mr. & Mrs. James G. Crowther

Ms. Ann D. Curtin
Mr. Raymond F. Dacek
Mr. & Mrs. Robert D'Alessandro
Mr. Michael K. and Lori R.
Deenihan
Ms. Corinne F. Driver
Mr. & Mrs. Ray G. Ellis
Mr. & Mrs. Moore Gates, Jr.
Mrs. Helen M. Geyer
Mr. & Mrs. Peter Green

Mrs. Murielle B. Hester
Mr. & Mrs. Ted Irwin
Mr. & Mrs. Alex G. Iskenderian
Mr. & Mrs. John Kelly
Ms. Elizabeth G. Kenny
Ms. Carol A. King
Mr. & Mrs. James King
Mr. & Mrs. William J. LeBuhn
Mr. & Mrs. Ronald M. Lesczynski
Mr. & Mrs. John E. MacKenty
Mrs. Jean B. Marquardt
Mr. & Mrs. W. Thomas Margetts
Mr. & Mrs. Bernard J. Martin
Mr. James F. Mauze
Mr. Patrick McGstoker
Mrs. Eleanor A. Meyer

Mr. & Mrs. John V. Mohn
Mr. & Mrs. R. Foster Nevius
Mrs. Joan F. Nickenig
Mr. Henry G. Parker III
Mrs. Florence L. Peters
Mr. & Mrs. Peter Rooney
Mr. & Mrs. Arthur V. Savage
Mr. & Mrs. John H. Smith
Dr. & Mrs. Allison D. Teaze
Mr. J. Anthony Terrell
Mr. Robert F. Tiernan
Mr. & Mrs. Richard L. Williams
Mr. & Mrs. Robert B. Williams

Ways of Giving Your tax-deductible contribution—in your name or as a memorial or tribute to another person—helps support COPE's work in the community. If your employer has a matching gift program, your donation can be twice as much help. Also, you can make a donation to the United Way and specify COPE as the beneficiary. In addition, contributions made to Willing Hearts consignment shop, 487 Bloomfield Ave., Caldwell, help the agency when their proceeds are earmarked for COPE.

REMINDER...Save Your Empty Toner Cartridges for COPE

COPE is working with CharitableEmporium.com to turn empty laser and ink-jet printer cartridges into cash for COPE. This recycling program is designed specifically to help nonprofit organizations like COPE create an ongoing revenue stream by recycling cartridges. Most name-brand cartridges, such as HP, Lexmark, Canon, Brother, and Epson, are accepted in the program. So, please think of COPE when you change your toner cartridge. Empty cartridges may be dropped off at any COPE location: 94 Park Street or 60 South Fullerton Street in Montclair or 30 Gould Street in Verona. If you're a local business owner or work for a large company in the area and would like to collect cartridges for COPE at your workplace, please call 973-239-6137 (ask for Peggy), and we'll arrange for someone to set the program up for you to benefit COPE.

COPE Center, Inc.

Board of Trustees 2006-2007

Officers

President

Peter M. Rooney

Vice President

Roger Nelson, Esq.

Second Vice President

William Bloom

Secretary

John Finney

Treasurer

Stewart Campbell

Board of Trustees

Joan Brandley
Robert C. Butler
Janet Dryden Nevius
Martin Garvey
Richard Hatzenbuehler
Anita Johnson
Robert Prout
Nancy Stone

Executive Director

Sue A. Garfinkel, M.S.,
LCADC

*Director of Clinical
Services*

Rose Maire, M.A.,
LCADC, C.C.S.

Agency Manager

Keshia Marshall Sumner

Office Manager (Verona)

Peggy King

Administrative Assistant

Zakkiyyah Williams

Bookkeeper

Kathy Fess

Psychiatrist

Esha Khoshnu, M.D.

Advisory Board

Nancy C. Wells,
Chairperson
Carmen & Yogi Berra
Dick & Jane Berry
Helen Breen
Timothy R. Cutting
Grace DePaola
Constance DuHamel
Jeffery Eastman
Elizabeth Enright
Mrs. Floyd Hall
Teddy D. Hawkins
John Helm
Ted & Miriam Irwin
Patricia Marchase
Elizabeth and Robert
Skinner
Jane Stanton
Judith and William H.
Turner

The mission of COPE Center, Inc. is to provide quality behavioral healthcare services that are affordable, accessible, and responsive to individual and community needs. COPE counselors work in the areas of substance abuse, family crises, problems in daily living, and AIDS.

COPE Center of Montclair

94 Park Street
Montclair, NJ 07042
973-783-6655

COPE Center of Verona

30 Gould Street
Verona, NJ 07044
973-239-6137

email:

info@copecenter.net

www.copecenter.net



COPE Center Inc.

60 So Fullerton Avenue, Suite 206
Montclair, NJ 07042

Non-Profit Org.
U.S. Postage
PAID
Summit, NJ
Permit No. 35

HIV/AIDS
Counseling &
Support Testing
Call Ilene Palent
(973) 783-6655