



The Maple Counseling Center

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The Maple Counseling Center News: Spring '14

TMCC Honors Lee Kapelovitz with a Tea at The Peninsula Beverly Hills

On March 25, an intimate group of TMCC friends and supporters gathered for tea at The Peninsula to honor Lee Kapelovitz for her commitment to sustain [The Kapelovitz Psychiatry Program](#) at The Maple Counseling Center.

Hostess **Gail Millan** (TMCC's Immediate Past President) welcomed the group and personally thanked Lee for her support. TMCC CEO **Marcy Kaplan** explained how Lee's generosity has helped the Center restore its psychiatric services and serve a growing population of clients in need of medication evaluation. Marcy added that psychiatry is an important adjunct service to the counseling that is provided by our interns and older adult peer counselors.

A dear friend of Lee's, former TMCC President **Mason Sommers** spoke warmly of Mrs. Kapelovitz's dedication to the Center and presented her with a beautiful award commemorating her long-term commitment to TMCC's Psychiatry Program, which has been named in her honor.



In attendance were some of Lee's closest friends and longtime supporters of the Center: Hon. Donna E. Garber, Barbara Miller Fox Abramoff, Hon. Joan Seidel, Lon V. Smith Foundation President Stefan Kantardjieff and his wife Stephanie, Joy Brook, Jennie Fahn, and current Board members Myrna Zimmerman and Nancy Kupka, the Peninsula's Director of Human Resources.

Pictured above: Joy Brook and Donna Garber look on as former

TMCC to Stay in Beverly Hills for Three More Years

Since our founding in 1972, The Maple Counseling Center has been a cornerstone of the Beverly Hills community, providing counseling services to its residents, at local schools, and to the employees of the City and of local businesses.

We are happy to report that the Center's lease has been renegotiated at its current location for an additional three years. The Center will continue to be centrally located within the City of Beverly Hills, convenient for local residents, students and city employees who receive services from TMCC.

Special Thanks: Lon V. Smith Foundation

TMCC would like to share its sincere gratitude for one of our stalwart supporters, the Lon V. Smith Foundation. For **30 consecutive years**, the Lon V. Smith Foundation has made an annual grant in support of The Maple Counseling Center's low-fee mental health programs and services. Thank you for your loyal support!

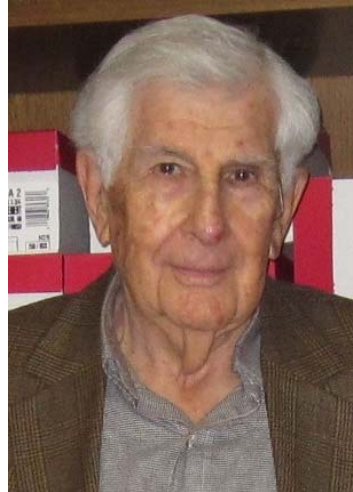
Quote of the Month

This is not easy to talk about, but I truly believe it's important that you keep speaking out about mental illness.

-Mariel Hemingway

TMCC President Mason Sommers presents Lee Kapelovitz with her Award.

Volunteer Spotlight: Howard Landres, Older Adult Peer Counselor since 1992



When Howard Landres retired in 1992 after 55 years in the insurance business, he wanted to do more than golf and play bridge. Friends were volunteering in what was then called the "Senior Peer Counseling Program" at The Maple Counseling Center (an organization he and his company had supported since its inception in 1972). Howard was able to secure one of only five open spots in the new class to train paraprofessional counselors working with adults 62 years of age or older.

Since joining TMCC, Howard has had many long-term clients, some for over 20 years. He describes being a peer counselor at The Maple Counseling Center as the "most fulfilling experience" he's ever had. The following story is in his own words:

"Our clients each have a story to tell, whether it's about loss, health, financial concerns, loneliness, or relationships gone sour. They all need help and our compassion. One client, a successful businessman, was a kind of mirror of myself who had not prepared as well for his retirement. He suffered from anxiety, depression, and insomnia. He had everything -- a good marriage, good kids, good health, money -- but nothing to do to pass the hours of each day. As long as he could remember, he always saw the glass as half empty. I asked him if he wanted to stay that way. He said no. By the time he concluded therapy at the Center several years later, his outlook and approach to life had profoundly changed. He is now an active volunteer at a philanthropic organization. He travels. His life is full and has purpose. During one of our final sessions he said, 'I feel wonderful. My glass is half full these days, and I sleep like a baby.'"

Thank you, Howard, for your good work -- we hope you'll continue your service in [TMCC's Older Adult Counseling Program](#) for many more years to come.