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Cass, James

Of equal importance to Cass is Tai Chi's mental health benefit.

"With exercise like Tai Chi, it not only makes the body work and feel better but it also stimulates production of endorphins, the body's natural 'feel good' hormones."

Cass is also proud of his role in launching the newsletter for the local mental health association.

"I'm putting my professional capabilities to work by writing and producing the seasonal newsletter for the local branch," he said.

The four-page newsletter, called Brainwaves, contains information about mental health matters and a feature article on a timely mental health concern.

The first issue came off the presses only a couple of weeks ago.

"I enjoy my activity with the branch," Cass said. "And I get a lot of satisfaction from being able to help people."

Branch executive director Diane Poirier is glad to have Cass on board as a volunteer with the local mental health branch.

"He is bringing a unique volunteer service to us through Tai Chi and the newsletter because we haven't had either of those services until he came along," she

said.

And only this week Cass was appointed to serve on the association's board of directors.

"Of all our wonderful volunteers, James Cass is the only one who works directly with the consumers in helping them improve their mental health," said Poirier.

Doreen Healey, the in-charge nurse at the psychiatric day hospital, said all the clients in his

Tai Chi class appreciate his services.

"They find the exercises do help them relax both mentally and physically," she said.

Healey added she appreciates his visits "because I find the exercise as a good motivator for the clients.

"James has a wonderful way of reaching clients and encouraging ongoing participation in the class

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