

VISTA HILL  
Council on  
Mental Health

October 30, 2023

Barbara and Charles Crew  
12226 Kingsgate Square  
San Diego, CA 92128

Dear Barb and Charley:

On behalf of all of us at Vista Hill, thank you so much for your generous Underwriting donation of \$3,500.00, in support of Vista Hill Council on Mental Health's lunch program, *Screen Time - How Much is Too Much?* with guest speaker Dr. Jean Twenge, author of *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy - and Completely Unprepared for Adulthood.* The event will be held on Friday, November 10, 2023.

We truly appreciate your support to the Vista Hill Council on Mental Health. Your contribution is helping to further Vista Hill's mission of providing individualized help and positive support to those who are in need thereby improving their quality of life. Through education and outreach, we aim to increase awareness and knowledge of mental health challenges, intellectual and developmental disabilities, and the effects they have on families.

**\*Save the Date: Vista Hill Fashion Show - Friday, April 19, 2024**

With gratitude,

*Rachel Peniche*

Rachel Peniche  
Executive Director  
Friends of Vista Hill

*Meri Bewamp  
Barb + Charley!  
Thank you for your  
most generous &  
loyal support!  
TRULY an honor  
to follow in your  
footsteps as your  
VH mental health  
advocate!  
xo Ellen  
and Jim too*

*Dear Barb & Charley -  
Thank you so much for most generous donation. As you  
know your support means so much to so many!  
Fondly, Holly  
Ps. Thanks for the pre-party!  
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www.vistahill.org*