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**East House Announces Second Annual Hope and Recovery Celebration;
Filmmaker Cynthia Lester to Speak**



Filmmaker Cynthia Lester will be the featured speaker at the second annual East House “Hope and Recovery Celebration,” a luncheon to be held on Thursday, September 30th at the Double Tree Hotel. Lester’s 2008 film, a moving documentary entitled “My Mother’s Garden.” turned the spotlight on a serious mental disorder known as hoarding disorder. Lester’s mother, Eugenia, has the hoarding disorder, and her house once became so full that Eugenia actually slept outdoors. The film documents Cynthia and her brothers’ efforts to come together, heal, and save their mother from eviction.

Compulsive hoarding disorder has been in the news in recent months, due in part, to Lester’s film, as well as featured on Oprah, and on the A & E network’s “Hoarders.” “My Mothers Garden” was shown and sold out locally in 2009 in a collaborative project of the High Falls International Film Festival (now 360/365) and the Reel Mind Film Series. The film was an official selection of the New York IFP market and was a finalist for the IFP’s Socially Conscious award. The film also received grants from the 2007 New York State Council for the Arts and the Pacific Pioneer Fund.

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On September 30th, Lester will share her insights into her mother's disorder and discuss how and why she made this unique and stirring film.

East House provides rehabilitative and residential services to more than 1000 people recovering from mental illness and substance abuse. The luncheon is part of East House's endeavor to spotlight the efforts of those affiliated with these illnesses to live satisfying and productive lives. "We are very excited to have Ms. Lester speak to the Rochester community about this serious and misunderstood disorder. As a daughter, she brings to light a family's struggle to help their mother cope with her mental illness, while at the same time reveals the impact of the illness on the development of the family," said Greg Soehner, President of East House. "Ultimately, it is a story of hope and recovery."

Heather Keys is Chairperson of the luncheon. Reservations to the luncheon are \$35 per person. Sponsorship opportunities are available. 2010 Partner in Hope Awards will also be presented. For more information, call **(585) 256-3800, ext. 231**.

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