



# Central Iowa



## What TO Say

*A few months ago, we ran a list of things not to say to someone who lives with mental illness. Here are some things to say that people have found helpful when said in a sensitive, nurturing, comforting manner:*

- What can I do to help and support you right now?
- Would it be helpful if I brought a meal?
- Would you like me to take you to your appointment?
- I'm really sorry that you are going through this right now.
- I know you are struggling right now. Would it be OK if I check in with you regularly?
- I'm here to help.
- What needs do you have right now?
- I'm with you.
- I'd like to understand what you are going through, but I respect your privacy. You don't have to tell me anything you aren't comfortable with.
- Could I do your laundry this week?
- Would you like to come for tea tomorrow afternoon?
- I'd like to stop by on Tuesday mornings to walk with you.

*(Written by our retired director, Deb Niehof, in conversation with Wellness Center participants)*

## **Free Services Offered by NAMI-CI**

### **DAILY**

Support and activities for persons with mental illness at the  
**Mental Health Wellness Center,  
Monday to Friday, 1-4PM**

### **WEEKLY**

NAMI Connection support group for persons with mental illness:

Wednesday 6-7:30PM Wellness Center

Thursday 2-3:30PM Wellness Center

### **MONTHLY**

Educational meetings featuring local specialists speaking on topics relating to mental health

3<sup>rd</sup> Tuesday of the month at 7:00PM  
(location varies, see events page)

Support group for family members  
4<sup>th</sup> Thursday of the month at 7:00PM

**YEARLY** series of educational classes offered for persons with mental illness and for family members

***Family to Family*** for family members of adults with mental illness

***Peer to Peer*** for adults with mental illness

***Basics*** for parents and caregivers of children and adolescents with serious mental or emotional disorders

**\*\*All activities and the office are located at**

**416 Douglas Avenue, Suites 203/205**

**Ames, Iowa**

**Have questions or need help?**

**Call or email the office at**

**(515) 292-9400**

[namiofci@gmail.com;](mailto:namiofci@gmail.com)

<http://namici.org/>

## Recovery Through the Arts 2015: Our Interwoven Lives

When spring arrives, many peers, friends and family gather to celebrate another year of recovery living with mental illness. This year was no exception, as **Recovery Through the Arts (RTA) was held March 17, 2015 at the Mental Health Wellness Center.** This unique arts event offers a chance for peers and their supporters to see a sampling of the artwork crafted by NAMI peers during the past year. Creativity takes many forms such as writing, painting, paper crafts, knitting, sewing, weaving and more. **These projects are helpful in understanding our lives and managing our stress and illnesses through the process of creation and conversation with peers.**

In art therapy, we take our projects a step further by talking about how art reflects our lives. This past year we have completed several weaving projects, including paper and fabric. (See samples in photos to the right.) **The theme for this year's RTA event was weaving, which incorporates the idea of our personal lives being woven together from the people, places and events in our lives.** Weaving also represents our lives being woven together as a community, whether our smaller group at NAMI or the larger community that we are a part of, such as family, friends and other people we have contact with throughout our days.

**The writing group, "Writing Through Change"** has been led for many years by Iowa State graduate students in the English department. After Tegan Swanson led for several years and graduated, Erin Schmiel took over the role of facilitator in the fall of 2014. The writing group includes reading and discussing articles related to living with mental illness, and using writing as therapy, which can take the form of poetry, fiction and non-fiction. Writing group is open to everyone, including all skill levels. The only requirement is a willingness to put your thoughts on paper.

*Thoughts* by Lisa Avalos is taken from this year's RTA publication, entitled **Words We Weave**. We hope you will enjoy this sample of creative writing. Extra copies of the publication are available at the NAMI Wellness Center while supplies last.



### *Thoughts*

by Lisa Avalos

I planted my thoughts today,  
only the good ones,  
hoping they grow into  
something new and different.

All I have to do is  
drink plenty of water  
and sleep like a child.

Only Christ knows  
if they will grow  
and what they'll be.

I planted my thoughts today.  
How grand that I can.



## more from Words We Weave-

### *Climate Change*

By Lisa Avalos

What is Climate change?  
The air, water, snow  
sun and wind  
as though they are  
all in their own little world.  
To me climate change  
is like a god.  
It controls everything  
if not that it  
controls you.  
As the thunder roars  
and the rain falls,  
the sun begs it to stop.  
The sun is bold  
with fire so hot.  
That's why the earth  
is so much warmer.  
Every year we're  
experiencing droughts  
and forest fires.  
Even the snow is melting  
faster.  
What to do  
but wish for a better day.

### *My Home is Church*

by Lisa Avalos

My Home is church  
because a smile or  
a hug is all we need.  
Then along with small talk about our week  
we know we're all there  
for the same reason.  
A place to  
welcome each other  
and Christ.  
My Home is church.  
I find I could  
rest my mind and  
pray all I want.  
My Home is Church.  
Nobody there has  
to be prettier  
or smarter.  
We're all equal  
With God's Love.

### *Eternal Life*

By Melissa Haynes

Set free from its earthly body,  
the spirit rises to Eternal Life.  
It's as though dried rose petals  
have found a refreshing spring of water.  
Heaven is where you are reunited  
now with family and loved ones.  
Your beloved sister, your parents,  
and husband all gone before  
You let go when you were ready  
Dance freely and rejoice for you are  
with the Lord now and forever.



Melissa shares a poem while Erin (writing teacher) looks on at the Recovery through the Arts event.

*live from Recovery Through the Arts ,  
March 17, 2015*



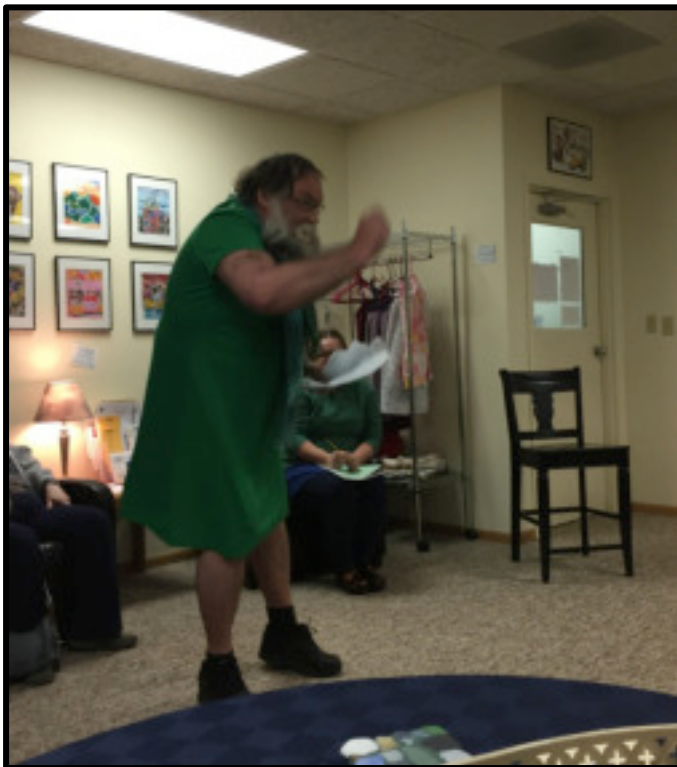
*(above)* Linda B. shares how art helps in her recovery



*(right)* Debbie J. and Erin (writing teacher) share Debbie's writing

*(below)* Richard shares a poem

*(below right)* Wendie demonstrates mosaics





National Alliance on Mental Illness

**NAMI**

**Central Iowa**

Invites you to join our third annual

# Trivia Night

Saturday, May 2 2015

Doors open at 5:30, Trivia begins at 6:00pm

City Church, 2400 Oakwood Road- Ames, Iowa

Maximum of 8 people per table play for \$100/table

Winning team receives \$200 & a free entry into the next NAMI Trivia Night; door prizes will be given throughout the night

Bid for sweets during the Dessert Auction throughout the evening  
Bring your own food and beverage; NO alcohol permitted

Table fee and donations support NAMI of Central Iowa and may be tax deductible. *NAMI CI is a 501(c)3 organization*

Contact us to register at 515.292.9400 or at [namiofci@gmail.com](mailto:namiofci@gmail.com)

Tables are limited

For more information about NAMI Central Iowa, or to donate towards a great cause, visit us at [www.namiofci.org](http://www.namiofci.org)

## April 21:

NAMI of Central Iowa will host a **mental health care provider forum** on **Tuesday, April 21 at 7:00 p.m. in the Farwell T. Brown Auditorium in the Ames Public Library.** Representatives from **Mary Greeley Hospital, Eyerly Ball, Central Iowa Community Services, and Intensive Psychiatric Rehab** will answer previously gathered questions about concerns their consumers have expressed about the services that are provided. There will be time at the end of the forum for questions from the audience. **Optimae**, a provider new to Ames beginning May 1, will have a representative there who will hear the concerns of local consumers and who can also respond to questions from the audience. *This will be a unique opportunity for our mental health care community to come together around mutual concerns and face them head on!*



## NAMI Central Iowa

### April-May 2015

Our annual **Trivia Night fundraiser** returns on **Saturday, May 2!** Get involved by:

- **volunteering** ahead of time or on the night of the fundraiser
- **registering a team** to compete
- **donating a dessert**
- **sponsoring** at the gold, silver, or bronze level

For more information on sponsorships, registration, and everything else, check out the flyer on the previous page and the website:

<http://www.namici.org/trivia-night-coming-may-2nd/>

Want to volunteer or have more questions? Email or call the office! ([namiofci@gmail.com](mailto:namiofci@gmail.com); 292-9400)



## Annual Meeting--Don't Miss It!!

**May 19, 2015**

The annual **meeting** of NAMI of Central Iowa will be held at the **Ames Public Library in the P.E.O. Room on Tuesday, May 19 at 7:00 p.m.** A quorum is required to conduct official business, which will include voting on new board members. For a list of board members up for election, check the website or your member update email in early May.

NAMI Central Iowa Board Members and staff will share about the **new, full-time executive director position** as it has changed to include the whole mental health care redesign by region. *You will want to be here to share in how NAMI-CI is growing!*

# WELLNESS CENTER CALENDAR

## APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>  1-2 Meet w/Wendie 2-3 Chair Pilates 6-7:30 Connections	<b>2</b>  2-3:30 Connection Support Group	<b>3</b>  1-2:30 Art w/Wendie 2:30 -3:30 Organize art supplies	
<b>5</b>	<b>6</b>  1-2 <b>Current Events</b> 2-3 <b>Book Club:</b> Bring a book you're reading and tell about it	<b>7</b>  1-2 Chair Yoga 2-3 Hang Out with Nick 2:30-4:00 Writing Group	<b>8</b>  1-2 <b>Book presentation</b> w/Gail 2-4 <b>Sewing (please sign up)</b> 6-7:30 Connections	<b>9</b>  2-3:30 Connection Support Group	<b>10</b>  1-3:00 Potluck (Please sign up)	<b>11</b>
<b>12</b>	<b>13</b>  1: 00 to 2:30 <b>Free Art</b> 2:30 -3:30 <b>Discussion:</b> World Religions w/Brett	<b>14</b>  1-2 Wii 2:30-4:00 Writing Group w/ Erin	<b>15</b>  1:30-2:30 Chair Pilates 2:30-4:00 <b>Community Concerns: Discussion with United Way*</b> 6-7:30 Connection Support Group	<b>16</b>  2-3:30 Connection Support Group	<b>17</b>  1-2 Calendar Corner (Kathy) 2:30-4 Art w/Linda B	<b>18</b>
<b>19</b>	<b>20</b>  1: 00 to 2:00 <b>Music on Monday</b> Bring a piece to share  2:30 -3:30 <b>Discussion:</b> World Religions w/Brett	<b>21</b>  1-2 Chair Yoga 2-3 <b>Hang out w/Nick</b> 2:30-4 Writing Group w/Erin 7PM SEE BELOW*** Consumer/Provider Forum @ Ames Public Library	<b>22</b>  1-2 Wellness Topic: Physical Activity (Kathy) 2-3:30 Free Art 6-7:30 Connection Support Group	<b>23</b>  2-3:30 Connection Support Group	<b>24</b>  1-3 Knit (w/ Janet) (Please sign up)	<b>25</b>
<b>26</b>	<b>27</b>  1: 00 to 2:30 <b>Free Art</b>  2:30 -3:30 <b>Discussion:</b> World Religions w/Brett (Chakras & Eastern Religion w/ Pam L)	<b>28</b>  1 -2 Wii 2:30-4:00 Writing Group w/Erin	<b>29</b>  1-2 <b>Art Therapy</b> 2-3 <b>Affirmations w/Gail</b>  6-7:30 Connections	<b>30</b>  2-3:30 Connection Support Group		
	<b>ADDITIONAL</b>  <b>*Apr 15 @2:30 PM</b> Discuss top concerns about your town & Story County. Help United Way make program plans.	<b>CALENDAR NOTES</b>  <b>**April 17: Calendar Corner</b> monthly time to share ideas for center activities	<b>***April 21 7-8:30 pm</b> A panel of mental health service providers will address common concerns & questions in Story Co.	<b>Scheduled activities are subject to change.</b> <b>Closed for winter weather when Ames Public Schools are closed.</b> <b>Questions? Contact Kathy at 515-292-9400 or</b> <a href="mailto:namiwellness@gmail.com" style="color: blue; text-decoration: underline;">namiwellness@gmail.com</a> <b>Revised 3/26/15</b>		



NAMI Central Iowa  
416 Douglas Ave Suite 203  
Ames, Iowa 50010

**Change Service Requested**

**April 2015 Newsletter**

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with [support](#), [education](#), and [advocacy](#).

NAMI-CI is a [United Way](#) partner agency and is an affiliate of [NAMI Iowa](#) and of NAMI, the [National Alliance on Mental Illness](#).



To make changes to your contact information, to receive your newsletter by email, or if you no longer wish to receive the NAMI-CI newsletter, email or phone the NAMI-CI office at [namiofci@gmail.com](mailto:namiofci@gmail.com) or 515-292-9400.

**Becoming a member of NAMI-CI is easy.** Just complete this form and mail with appropriate dues to:

NAMI-CI  
416 Douglas Ave Suite 203  
Ames, IA 50010

**Membership Dues**

___ Family/Individual	\$ 35.00*
___ Limited Income	\$ 3.00
___ Extra donation	\$ _____

\*Includes \$15 Local/\$10 State/\$10 National

**Member Information**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_ Check here to receive newsletter by email