



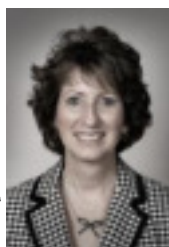
Central Iowa

Anxiety, depression, and worry are all feelings

people express during uncertain times. Most people can work through these negative feelings by talking to friends and commiserating with those who feel the same way. But for some people the feeling of hopelessness, fear and anger aren't easily managed. Transition causes uncertainty and skepticism for some people when changes have been happening quickly. It is important right now to reach out to those who are demonstrating these negative feelings that come with change. NAMI of Central Iowa (NAMICI) recognizes that changing times can cause stress. Most people will accept the changes and adjust. But some people will struggle and NAMICI is here for you and your family. NAMICI is here when times are good but bad feelings still remains. NAMICI is here when others don't know how to help but want to. There is no one way to cope or any one medicine to cure. NAMICI works hard to make Iowa a good supportive understanding place to live particularly if you or a family member have a mental illness.

-Lisa Heddens

NAMI CI Executive Director



Free Services Offered by NAMI Central Iowa

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

Thursday 2-3:30PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health **3rd Tuesday of the month** at 7:00PM (location varies, see events page online)

Support group for family members **4th Thursday of the month** at 7:00PM

YEARLY

Educational classes offered for persons with mental illness and 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 in Ames, Iowa

Have questions or need help?

Call or email the office at

(515) 292-9400

namiofci@gmail.com

namiofci.org



NEW MEMBERSHIP STRUCTURE COMING IN JULY 2017

The NAMI Board of Directors periodically evaluates NAMI's membership program to ensure that it meets the needs of the organization and its members. This year after a lengthy review and evaluation process that took into consideration your feedback, the Board of Directors has decided to add a Household membership category to our membership structure.

In addition to the Household membership category, the Board has decided to increase the dues for Regular and Open Door memberships. All of these changes will become effective as of July 1, 2017 as outlined below:

- Household Membership \$60
- Regular Membership \$40
- Open Door Membership \$5

The amount of dues that NAMI receives for Regular and Open Door memberships will not change. The portion of dues that go to NAMI will be:

- \$10 for every Regular membership
- \$1 for every Open Door membership
- \$20 for every Household membership

Over the next year, the NAMI State Organizations and NAMI Affiliates will work together to decide the remaining dues allocations for the new Household membership and the dues increases for Regular and Open Door.

Here are some other things to keep in mind:

- A household membership will apply to everyone living in a single household. Regular and Open Door memberships will apply only to one individual.
- For voting purposes, each membership (including Household) will be counted as one (1) membership



Trivia Night 2017 is officially here! Make sure to save this in your calendar today!

- **What:** Trivia Night Fundraiser
- **When:** Saturday, April 8, 2017. Doors open at 5 pm, games start at 5:30 and go until 8:30.
- **Where:** City Church – 2400 Oakwood Road, Ames

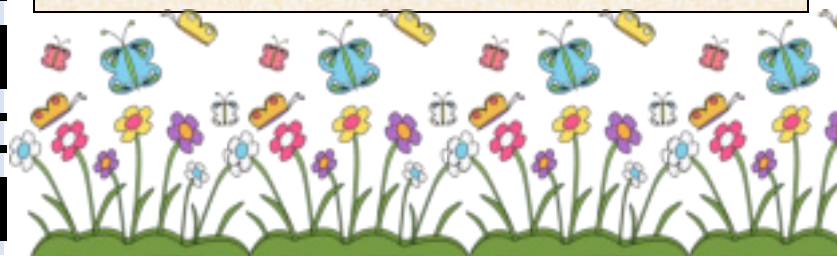


Central Iowa Community Services (CICS)

CICS serves individuals who are located in Boone, Franklin, Hamilton, Hardin, Jasper, Madison, Marshall, Poweshiek, Story and Warren counties. We've created a regional system designed to improve health, hope and successful outcomes for the adults who have mental health disabilities and intellectual/developmental disabilities, including those with multi-occurring issues and other complex human service needs.

To qualify for CICS funding, individuals must have a mental illness or intellectual or developmental disability, meet specified income and resource guidelines, reside in the CICS region and have professional assessments done to determine which services are needed. Please contact your nearest CICS office for more information, including applications.

Visit the CICS website (cicshds-public.sharepoint.com) to learn more about these great services!



Public Education Session

- Date: Tuesday, April 18
 - Time: 7:00 pm
- Location: Ames Public Library

Karen Rosengreen, MS, CBIS, Director of Services – Behavioral Health: She will be speaking about the Hope Wellness Center, bringing more of an awareness of how much a crisis stabilization center can help people in a mental health crisis to the general public.



NAMI CI Annual Meeting



- TUESDAY, MAY 16
 - 7:00 PM
- AMES PUBLIC LIBRARY



A quorum is required to conduct official business, which will include voting on new board members. Please attend this very important meeting.

Current board members up for reelection to be voted on:

- Sue Ann Peck
- Wendie Cooper
- Gayla Harken
- Julie Saxton

Two new board members to be voted on:

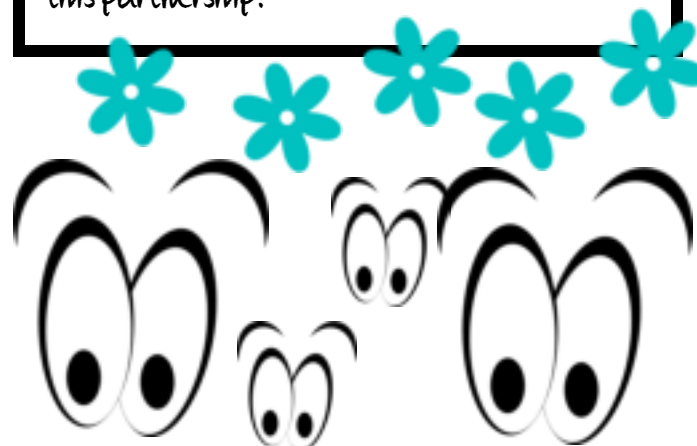
- Leah Beaman
- Tiffany Meredith

Board members not up for reelection:

- Melonie Stall
- Sarah Carragher
- Amber Schaefer
- Terri Shipman

amazonsmile
You Shop. Amazon Gives.

Do you shop on Amazon.com? Did you know that by shopping Amazon Smile, you'll get the same quality of products with the same price, but a portion of the sales go to a charity of your choice? NAMI CI is a part of Amazon Smile and would love it if you'd keep us in mind the next time you're shopping. Just go to amazon.smile.com and choose "Nami Central Iowa" as your charity. .5% of the price spent is donated to NAMI CI! We appreciate your consideration in joining this partnership!



WE'VE REDONE OUR WEBSITE! HEAD OVER TO WWW.NAMICI.ORG AND CHECK IT OUT! YOU CAN FIND ALL OF THE NEWSLETTERS AND OTHER EXCITING UPDATES UNDER THE "NEWS" TAG AT THE TOP OF THE PAGE!



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

Change Service Requested

April 2017 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 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

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 3.00
<input type="checkbox"/> Extra donation	\$ _____

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

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-4pm – Current Events	4 2-3pm- Art with Sam	5 1-4pm - Creative Writing with Debbie and Matt <hr/> 6:30-8pm - Connections	6 2-3:30pm – Connections	7 1-3pm – Art with Wendie	8
9	10 1-3 – Deb Claire comes to visit about services in our area.	11 2-3pm – Art with Sam	12 1-4pm – Creative Writing with Debbie and Matt <hr/> 6:30-8pm – Connections	13 2-3:30pm – Connections	14 1-4 Pot Luck	15
16	17 1-4 – Bowling on the Wii	18 2-3pm – Art with Sam <hr/> 7pm – Public Education – Crisis Services and Hope Wellness Center	19 1-4pm – Creative Writing with Debbie and Matt <hr/> 6:30-8pm - Connections	20 2-3:30pm – Connections <hr/> 7pm – Family Support Group	21 1-2 – Yoga with Marie	22
23	24 1-4 – Do your own Art day thing!!!	25 2-3pm – Art with Sam	26 1-4pm – Creative Writing with Debbie and Matt <hr/> 6:30-8pm - Connections	27 2-3:30pm - Connections	28 1-4 – Terri Talks Recovery	29
30				<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>		

EVENTS

New Connections Peer Support Group meets Wednesday nights from 6:30pm - 8pm.

April 18th Public Education on Crisis Services and Hope Wellness Center – Ames Public Library