

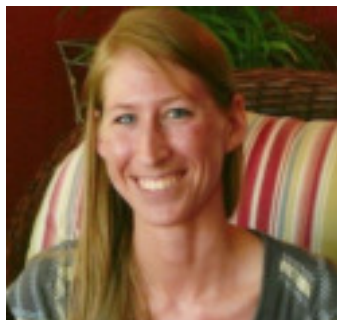
According to [holidayinsights.com](http://holidayinsights.com), August 27<sup>th</sup> is *Global Forgiveness Day*. Generally, forgiveness is a conscious, deliberate decision to release feelings of resentment, anger, or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

According to [mayoclinic.org](http://mayoclinic.org), forgiveness can lead to less anxiety, stress, and hostility; lower blood pressure, fewer symptoms of depression, healthier relationships, greater spiritual and psychological well-being, higher self-esteem, improved heart health, and a stronger immune system.

In order to forgive, you don't have to tell someone that you forgive them; simply knowing in your heart that you have forgiven them and letting go of the burden of resentment and anger towards this person or group can create a release and greatly affect your life for the better. However, telling this person or group in-person or through a letter that you have forgiven them can in turn give them the gift of peace.

In honor of *Global Forgiveness Day*, take time to think about those whom you may need to forgive, it may even be yourself you need to forgive. Make a plan to let go of the resentment and anger and practice forgiveness.

~Leah DeMarest, M.S.



### **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/>



(July 5, 2015-July 9, 2015) Leah DeMarest, NAMI CI executive director, and Willow Hill, NAMI CI board president, attended the **NAMI national convention in San Francisco** where they connected with NAMI representatives from all over the country to discuss struggles and successes in order to learn new and different ways to implement mental health services.

They also were able to connect with various providers, clinicians, and mental health experts where they gained knowledge of the newest research and programming.

They attended many educational seminars where they learned about various mental health related topics, such as veterans mental health, jail diversion, PTSD, raising awareness at college campuses, depression, marketing, dual diagnosis, technology, borderline personality disorder, bipolar, programs focused on youth, adolescents, and adults, early intervention, and much more.

Leah and Willow are excited to take what they have gained from the convention to further develop NAMI services in our community.

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that it significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. It is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact. Topics include:

1. How to manage crises, solve problems & communicate effectively
2. Taking care of yourself & managing stress
3. Developing the confidence & stamina to provide support with compassion
4. Finding and using local supports and services
5. Up-to-date information on mental health conditions & how they affect the brain
6. Current treatments, including evidence-based therapies, medications & side effects
7. The impact of mental illness on the entire family

*The class will meet at the NAMI Central Iowa office on Monday evenings this fall. **Registration is required.** Please call 515-292-9400 or email [namiofci@gmail.com](mailto:namiofci@gmail.com) for further information and to register for the course.*



***Meet Rebecca Snider,  
Wellness Center Coordinator***

Hello all! My name is Rebecca Snider, and I am the new coordinator for the Wellness Center. I have been involved in NAMI Central Iowa since before we had a center, and I remember the early days of Wellness Center activities.

NAMI CI has been instrumental in my recovery. In 2013, I had a relapse and entered a treatment center for eating disorders and dual diagnoses near Saint Louis, Missouri. Ten months later, I returned to Iowa. I started coming back to the Wellness Center. I was fortunate to find a job at CDS Global two months after leaving treatment, and began working as a data entry operator. Unfortunately, this kept me from participating at the Center in the way I wanted. It will take me a little while to become reacquainted with all of you.

I grew up in Huxley, IA, graduated high school from Ballard, and went to Iowa State until my mental illness caught up with me. I have been very lucky that I've had the opportunity to travel as much as I have, as a child and as an adult. I crochet, read, or play with my pets to relax after a hectic day. My cat, Sweetie, is very cuddly and my dog, Maverick, is full of energy and spirit.

I am so excited to be a part of the Wellness Center again, and I look forward to working with NAMI Central Iowa and all of you.

**Volunteer Recognition**

We want to thank everyone who has volunteered for NAMI CI this past fiscal year (2014-15). It is truly a blessing to be supported by such a compassionate and giving community.

Total volunteer hours 2014-15  
**=2296** hours  
**=191.33** average hours per month  
**= savings to NAMI CI of  
\$31,176** this fiscal year!



Joan Becker, author of *Sentenced to Life: Mental Illness, Tragedy and Transformation; the Mark Becker Story* will speak at our **September 15** educational program. This event will be co-sponsored by the **Ames Public Library** and will be held in the Farwell T. Brown Auditorium at **7:00 p.m.** Joan tells her family's story of the devastation that **Parkersburg, Iowa** endured, first in 2008 when a tornado hit, and then in 2009 when their beloved Coach Thomas was killed by her mentally ill son. The book will be available for purchase. You won't want to miss this program.

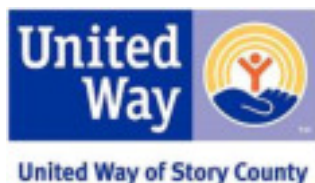
## NAMI Central Iowa Events August- September



It's not too early to get ready for this year's NAMI Walk, which will be held on the **Farm Bureau campus** (5400 University) in West Des Moines on **Saturday, October 3 at 10:00 a.m.** (Check in time: 8:30 a.m.)

If you are interested in walking or sponsoring, please contact the office at 292-9400 or [namiofci@gmail.com](mailto:namiofci@gmail.com).

The 16th annual **Golf Fore Kids event** (sponsored by United Way) will be held Friday, August 7, 2015, at Ames Golf & Country Club. Registration begins at 8:30 a.m. and we'll tee off at 9:30 a.m. NAMI CI will have representatives stationed at one of the holes handing out NAMI CI information.



The NAMI Central Iowa Garage Sale will be held **August 7-8th at Collegiate Methodist Church at 2622 Lincoln Way in Ames.**

### Drop off Donation Times:

- August 4th-6th: 9am-3pm
- August 7th 9am-Noon.

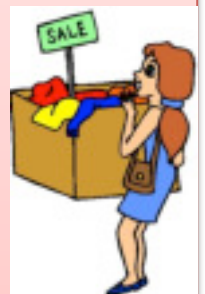
### Shop the Sale Times:

- August 7th 1pm-7pm
- August 8th 8am-Noon.

**Clean Up:** Saturday 12-2PM

***Volunteers are appreciated at any time!***

More questions? Want to volunteer?  
Please contact  
Laura at [lkquint@hotmail.com](mailto:lkquint@hotmail.com) or Barb at [garyroyer@msn.com](mailto:garyroyer@msn.com).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	1-2 <b>Current Events</b> 2-3 <b>Book Club</b> -talk about a book you're reading	2:30-4 <b>Writing Group</b>	1-2 <b>Meet w/Leah</b> 2-3 <b>Pilates</b> NO CONNECTIONS	2-3:30 <b>Connections Support Group</b>	1-2:30 <b>Art w/Wendie</b>	
9	10	11	12	13	14	15
	1-2 <b>Music Monday</b> -bring a piece of music to share 2-3:30 <b>Plastic Canvas w/Suzie</b> 6-9 <b>Orange Leaf FroYo*</b>	1-2 <b>Chair Yoga w/Marie</b> 2-3 <b>Hangout w/Nick</b> 2:30-4 <b>Writing Group w/Erin</b>	1-2:30 <b>Stickers &amp; Bookmarks w/Tyson</b> NO CONNECTIONS	2-3:30 <b>Connections Support Group</b>	1-3 <b>Potluck: PLEASE SIGN UP</b> 3-4 <b>Calendar Corner</b>	
16	17	18	19	20	21	22
	1-2 <b>Discussion w/Linda S.</b> Gender vs. Sexuality 3-4 <b>Mid-America Rottweiler Rescue</b> info from Kay W.	2:30-4 <b>Writing Group</b>	1-2 <b>Share a Quote</b> and what it means to you 2-3 <b>Pilates</b> NO CONNECTIONS	2-3:30 <b>Connections Support Group</b>	1-3 <b>Reiman Gardens w/Sue Ann: PLEASE SIGN UP</b>	
23	24	25	26	27	28	29
	1-2:30 <b>Cubby Cleanout:</b> Work on unfinished art project 2:30-4 <b>Macrame/Beads</b> w/Glenn	1-2 <b>Chair Yoga w/Marie</b> 2-3 <b>Hangout w/Nick</b> 2:30-4 <b>Writing Group</b>	1:30-2:30 <b>Affirmations w/Gail</b> NO CONNECTIONS	2-3:30 <b>Connections Support Group</b>	1-3 <b>Knitting w/Janet: PLEASE SIGN UP</b>	
30	31	<b>NOTE:</b> The Wednesday evening Connections group will no longer meet.		<b>Gender vs. Sexuality</b> Linda will approach the topic of gender identity, sexuality, and sexual preference from an empathy-scientific perspective. Come to learn and discuss how these are different and other related questions.		<b>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or <a href="mailto:namiwellness@gmail.com">namiwellness@gmail.com</a></b>

## EVENTS

### REMINDER

There will be NO educational meeting for the month of August.

### \*Orange Leaf! Enjoy some Frozen Yogurt

Stop in at Orange Leaf (637 Lincoln Way) on August 10<sup>th</sup> from 6-9 pm. 10% of sales will benefit NAMI CI.

### Upcoming Family to Family Class

Starting on Tuesday, September 8<sup>th</sup> from 6:30-9 p.m. and then moves to Mondays on the 14<sup>th</sup>. Total of 12 weeks.



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

**Change Service Requested**

**August 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