

Dear Friends of NAMI CI, Happy Summer to all!

This season is generally met with feelings of excitement, freedom, and general happiness. However, for some it can mean increased symptoms. Seeing the connectedness of others rise during these months can remind us that we're "supposed" to be having a great time and enjoying the outdoors. For some, the lack of structure can increase anxiety symptoms.

We need to make sure we take care of our mental health all summer long! One great way to take care of yourself is to take advantage of the sunshine, get out and get active!

Getting active benefits our mental health in so many ways. Something as simple as going for a walk on a regular basis can improve self-esteem, quality of sleep, and release endorphins to improve mood.

When making a summer exercise plan, keep in mind the FITT principle: Frequency, Intensity, Type, and Time. Having a plan in place helps you stay accountable! Another way to make sure you're staying active is to ask a friend to exercise with you. We need to acknowledge and make a plan to overcome the roadblocks in our minds and prioritize exercise.

Another way to improve mental health is to join a group- whether that's a walking group or even a community class. We'd love to have you join us at the Wellness Center for activities and group time! Check out the Wellness Center calendar to see what's going daily. Call 515-292-9400 or email the new Wellness Center Coordinator, Terri Shipman, at namiwellness@gmail.com with questions.

- *Willow McLaughlin Hill*
Board of Directors President



Volunteers are the Stars of Our Show

We invite all NAMI CI volunteers to join us for a night of recognition and refreshments. Volunteers support our organization by serving at the wellness center, helping with trivia night or the garage sale fundraisers and other important activities. We hope to introduce the new NAMI CI Director and hear from those that have been impacted by volunteer work. We hope you can join us!

July 19th at 7 PM, at the NAMI CI Wellness Center

All volunteers and their families are welcome!

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

Find Support

Like so many others, NAMI is shocked and horrified by the Orlando tragedy where 50 people died over that horrible weekend in June. We extend sympathy to their families and all who loved them.

For those looking for support, NAMI has a free, new app available through Android and Apple Stores designed for individuals living with mental health conditions and their family members/caregivers.

NAMI AIR is intended to provide another way for people to find and give support, to connect with others through smart phone and tablet.

NAMI AIR allows users to access information on how to get help, learn more about NAMI and connect with the NAMI Helpline.

NAMI AIR facilitates personal connections with others who may be going through, or have been through, similar situations. Users are anonymous but not alone.

Head on over to the NAMI website [for more information](#) or download the app on your Android or Apple device today.



Family-to-Family Classes Offered this Fall

NAMI CI is busy planning for two new offerings of the Family-to-Family class. In order to expand services to our region - one class will be held in Ames and the other will be held in Hardin County (exact location to be announced). NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. The course is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

The classes will begin on Tuesday, September 6th (to not interfere with Labor Day) and then switch to Monday evenings for the remaining 11 weeks.

The course will wrap-up on November 21, just prior to Thanksgiving. Interested parties should mark their calendar. More registration information will be available soon.

!DON'T FORGET!



August 12-13 is our annual Garage Sale! The sale marks a fundraising opportunity for our organization. The sale will be open on Friday from 12-6 PM and Saturday from 8-Noon at the Collegiate United Methodist Church in Ames. We are in need of donations and volunteers to help with this fun event.

Donate - Donations are being accepted now with the exception of large items. Also, please note we are not able to accept the following items: adult clothing, Christmas items, and electronics, file cabinets, mugs, used candles, etc. A full list of excluded items will be available soon.

Volunteer - We are still looking for volunteers for the week of the event to do tasks such as drive a truck to pick up items (truck not provided), sort and price items, put up signs, man the tables, and clean up after the event. Volunteers can sign up for hours as their schedule allows.

Please contact Barb at garyroyer@msn.com or Laura at lkquint@hotmail.com if you're interested in helping NAMI CI with this fun event.

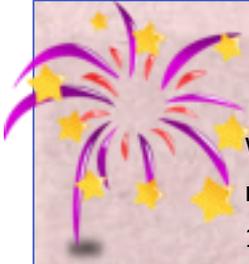
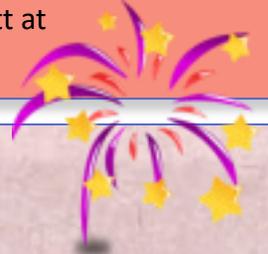
air
Anonymous. Inspiring. Reliable.

NAMI Ending the Silence

NAMI Ending the Silence helps raise awareness and change perceptions around mental health conditions surrounding high school age youth.

Through this free classroom presentation, students get to see the reality of living with a mental health condition. During the 50-minute presentation, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped.

This will be taking place in Des Moines on July 9, beginning at 9:30 and wrapping up around 5:00 pm. We'll be meeting at the old Optima office building on E 6th Street. Please contact Debbie Scott at scott.debbie66@gmail.com with any questions or concerns!



Trivia Night: An Overwhelming Success

We would like to extend our unending gratitude and appreciation to everyone who helped make our Fourth Annual Trivia Night a success! We raised \$5,000 in sponsorship, registered 14 tables, brought in \$800 in mulligans and dessert auction – which brings the total raised to \$7,000!

We are eternally grateful for all of the support with this event. From the volunteers, to the participants, to the donations, and the sponsors – we couldn't have done it without you! We want to take a moment to recognize the following for their generosity:

Gold level sponsors:

Optimae

KCR Properties

KREG Tool Company

Silver level sponsors:

Iowa Association of Community Providers

Mary Greeley Medical Center

AmeriHealth Caritas Family of Companies

Bronze level sponsors:

Champion Seed

Genesis



Above, team Reel Smart Club, celebrates their third win of Trivia Night with a quick group photo!

Fast Five with Board members

Laura Quint

How did you come to be a board member for NAMI CI? I was referred to by a fellow NAMI CI member. I had not heard of it before then and became interested in becoming a member after hearing about what NAMI CI is all about.

What do you like to do with your free time? My favorite thing to do watch movies, but I do not have a favorite one. I enjoy spending time with family and friends. I also enjoy going to all the Iowa State football games.

What would your six word memoir be? "Making my own real life movie."

How would others describe you in three words or less? Kind, Loving, Sarcastic

Why NAMI CI? I have some family members that have mental illness, and it's an opportunity for me to be able to help them as well as try to make a difference in how others view and help those with mental illness.



Wendie Cooper

How did you come to be a board member for NAMI CI? I was asked to take over as the loan administrator about 10 years ago. I later served four years as board president and have enjoyed continuing to serve on the board to this day. We have a wonderful board!

What do you like to do with your free time? Play with my grandchildren, read with my husband, paint furniture, do mosaic pieces, garden, sew, and play the piano.

What would your six word memoir be? "I ask God for wisdom frequently."

How would others describe you in three words or less? I don't know.

Why NAMI CI? We took F2F when our family was in crisis and began coming to some of the educational meetings. We are so thankful to the people who had been down the road of mental health crises in their families that helped us. Now we are ones who have been down this road and at a place where we can help others.

Stacy Renfro

How did you come to be a board member for NAMI CI? A friend passed along information about an open board position. I pursued the position because I felt strongly that NAMI CI was a valuable member of the community and has great resources to share

What do you like to do with your free time? Run, bike, do yoga, eat pizza, read books, spend time with family

What would your six word memoir be? "Guarding my peaceful life requires vigilance"

How would others describe you in three words or less? Dedicated, thoughtful & loyal

Why NAMI CI? Several of my friends have a diagnosed mental illness and I have witnessed first-hand the lack of resources and misinformation that so many face. I hope I can help NAMI CI communicate our message more effectively.



SueAnn Peck

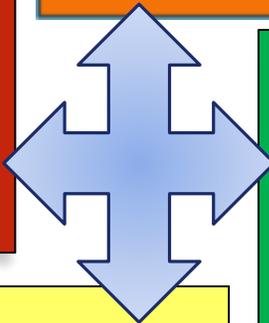
How did you come to be a board member for NAMI CI? Joined AMOS Mental Health Team at my church, Unitarian Universalist Fellowship of Ames, where I learned of NAMI - and they saved our family.

What do you like to do with your free time? See friends, read, play bridge, yoga, dance, Facetime with grandchildren

What would your six word memoir be? "Family, health, friends = happiness: I'm blessed!"

How would others describe you in three words or less? too many meetings

Why NAMI CI? I need to give back.





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

Change Service Requested

July 2016 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

| | |
|-----------------------|-----------|
| ___ 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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------------------------|---|---|---|-------------------------------|
| | | | | | 1 1-3 – Find out about BINGO Game for the month!!! | 2 |
| 3 | 4 4 th of July – Center Closed | 5 1-3 – Writing Group | 6 1-2 – Current Events 2-3 – Media Discussion | 7 2-3:30 – Connections | 8 1-2 – Pot Luck with Linda!! 2-4 – Paint Lighthouses Von Voyage Linda!!!! | 9 |
| 10 | 11 1-2:30 – Sign Language with Suzie | 12 1-3 – Writing Group | 13 1-2:30 - WRAP | 14 2-3:30 - Connections | 15 1-3 - BINGO Catch up | 16 1-4 – Saturday Together |
| 17 | 18 1-3 – Macramé with Glenn | 19 1-3 – Writing Group | 20 1-3 – Goal Setting | 21 2-3:30 - Connections | 22 1-3 – Organize and bring Art home from center | 23 |
| 24 | 25 1-3 – Writing a Recovery Story | 26 1-3 – Writing Group | 27 1-2:30 - WRAP | 28 2-3:30 - Connections | 29 1-3 – Collecting BINGO Cards to see who won and prizes!!! | 30 |
| 31 | | | | <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

Iowa Empowerment Conference is July 6,7 and 8 in Des Moines.