

I'd like to take this chance to introduce myself; my name is Leah DeMarest and I am your new NAMI CI executive director. I hold a M.S. degree in clinical psychology from Walden University. I began my career in the social services field in 2004 where I have served those of all ages who face daily challenges with mental illness; I have held such positions as youth counselor, job coach, case manager, and substance abuse counselor. In my free time I enjoy spending time with my family and friends, traveling, and staying active through playing sports, biking, or going for a walk.

I'm honored to serve as NAMI CI's executive director to support and advocate for those affected by mental illness and to educate the public about mental health issues. My goal in this position, as in my life in general, is to make a difference. With the help of an amazing team, I hope to help improve the lives of those affected by mental illness. As you know, I have some incredible shoes to fill as Deb Niehof's successor; so please bear with me as I learn the duties of my new position. I look forward to working alongside and meeting all of you.

~Leah DeMarest, M.S.
Executive Director



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

3rd Tuesday of the month at 7:00PM

(location varies, see events page)

Support group for family members

4th 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;

<http://namici.org/>

Board Profile: Barb Royer

Barb's first involvement with NAMI was years ago, when she took the Family to Family course, which she calls a "lifesaver" in helping her learn how to support a friend who was in mental health crisis. Soon thereafter, she started serving as secretary for the board, which is her position today. She also has chaired or co-chaired the annual NAMI garage sale for many years. (Please sign up to help this year, she says!)

Barb is retired from working at Veterinary Medicine at ISU, and she still helps out there with some programs for students.



She recently returned from a trip to Ireland with her daughter! She has 3 kids: Renee and Matthew live in Nevada, and Natalie lives in Kearney, MO. She also has 7 grandchildren, 3 of whom live closeby, and the rest of whom are scattered from Wisconsin to Korea.

She's an active member of Memorial Lutheran church; among her activities there are the prayer shawl group and the choir. She also has a 5 year old Great Pyranees dog.



Trivia Night Report and Thanks!

Trivia Night 2015 was a great success! Many volunteers and sponsors contributed to this annual fundraiser, and the evening's total income was \$4705!

Thanks to our generous sponsors:

Gold sponsorship \$1,000 - KREG Cares and 1 anonymous

Silver sponsorship \$500 - Mary Greeley Medical Center

Bronze sponsorship \$250 - Champion Seed and 1 anonymous

Thanks to City Church of Ames on Oakwood Road for their generous use of their beautiful facility!

Thanks to Ryan Sheeler, a local singer-songwriter and awesome guitarist who played guitar intros that served as questions during each round.

Thanks to all who donated or purchased desserts as part of the dessert auction.

Congratulations to the winning team The Reel Smart Club, returning champions from last year. The rest of us will have to step it up next year!



June 16: Sue Reimers, a licensed marriage and family therapist at Healing Waters Counseling and a mental health therapist at Mary Greeley Medical Center will speak about “**Resiliency and the Healthy Life**”. This NAMI of Central Iowa monthly educational meeting will be held at the **Ames Public Library** in the P.E.O. Room at 7:00 p.m. on Tuesday, June 16. The public is invited.



NAMI Central Iowa

Summer 2015

July 21: Join us as we publicly welcome the new NAMI-CI executive director, Leah DeMarest. She will talk to us about the change in the executive director position, as we seek to serve the new state mental health care 10 county region with NAMI family support and peer support training. This meeting in the P.E.O. Room at the **Ames Public Library** will include our 2014-2015 Volunteer Appreciation. The public is welcome.

****No educational meeting in August.****

NAMI Central Iowa Board of Directors, 2015-2016

Returning Board Members:

Willow McLaughlin Hill, Board President
Wendie Cooper, Past President
Barbara Royer, Secretary
Kathy Vannoy, Wellness Center Coordinator
Shannon Andersen, Treasurer
Hannah Nehring, ISU Student Liaison
Josh Hubbell, Peer Liaison
Sue Ann Peck, Educational Programs
Laura Quint, Member at Large

New Members:

Stacy Renfro, Member at Large
Gayla Harkin, Member at Large
Steven Hess, Member at Large
Julie Saxton, Police Advocate

The NAMI Central Iowa Garage Sale will be held **August 4-8th at Collegiate Methodist Church at 2622 Lincoln Way in Ames.**

Drop off Donation Times:

- Tuesday-Thursday 9am-3pm
- Friday 9am-Noon.

Shop the Sale

Times:

- Friday 1pm-7pm
- Saturday 8am-Noon.

Volunteers are appreciated at any time!

More questions? Want to volunteer?
Please contact
Laura at lkquint@hotmail.com or Barb at garyroyer@msn.com.





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

Change Service Requested

June 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 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 _____

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Email _____

___ Check here to receive newsletter by email