

I would like to take this opportunity to say thank you to Sue Ann Peck, Amber Schaefer and Natalie Quenzer, for their service on the NAMICI Board of Directors.

I appreciate that each of you were willing to serve. I hope you know that I always valued your time and your input.

Thank you for bringing your passion, intellect, insight, experience and resources to the table. Your knowledge and support has helped us to further our mission to advocate, educate and support individuals affected by mental illness.

Thank you.

- *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

NAMI Family Support Groups (FSG)

NAMI FSG is a peer-led group for adult family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

Ames

Where: NAMICI Wellness Center
416 Douglas Ave #205
Time: 7:00pm
When: 4th Thursday of each month.
*515-292-9400

Iowa Falls

Where: Friendship Club
602 S Oak St.
Time: 6:30 – 8:00pm
When: 3rd Tuesday of each month
*641-939-8167
Ask for Mary or Linn

Newton

Where: Skiff Medical Center, In-Service Rm
204 N 4th Ave. E
Time: 7:00pm
When: 3rd Thursday of each month
*641-521-0979

MEET OUR NEWLY ELECTED BOARD MEMBERS

Bill Ehler



- 1) **Write your six-word memoir.** Tried helping others instead of himself.
- 2) **What do you like to do in your free time?** I enjoy playing with my 4 grand kids, especially, my granddaughter with special needs who lives at CCU at Child-Serve in Johnston. We are lucky to have such a great facility so close to us.

3) Why did you choose to serve on the NAMICI Board?

I chose to serve on the board to help keep a NAMI presence in the Jasper County area.

4) **Favorite movie and/or book?** "Whom I to Judge" by Edward Sri

5) **If money was not a concern for 24 hours what would you do?** I would help financially the doctors & clinics in Berlin, El Salvador to help bring medical services to the people in their area. Our parish is involved with a medical mission group that goes to the Berlin area every March. I have made a couple of the medical mission group trips & it is a great experience. It showed me how much more we have for material possessions; however, it also showed me that these possessions do not necessarily bring us happiness.

Annie Almquist



- 1) **Write your six-word memoir.** "Chocolate!" my first thought every morning
- 2) **What do you like to do in your free time?** Anything outside, spending time with people & laughing.

3) Why did you choose to serve on the NAMICI Board?

Finding opportunities to talk about and support all things related to social/emotional growth and wellbeing.

4) **Favorite Book and/or movie?** The Empty Pot by Demi

5) **If money was not a concern for 24 hours what would you do?** Hire an armv to clean my house.

Nora Ryan



- 1) **Write your six-word memoir.** Works hard; loves fearlessly; never surrenders.
- 2) **What do you like to do in your free time?** Be outside as much as possible. I especially love to bicycle and tend to my gardens. Otherwise, you can find me traveling, learning a new language, dreaming about even more traveling adventures, or playing board games with my family.

3) Why did you choose to serve on the NAMICI Board?

I want to serve on the board because I believe my legal knowledge and advocacy history can help NAMI continue to do amazing things in the community. In addition, I have numerous ISU and city connections that may assist NAMI in its growth of services and financial support.

4) **Favorite movie and/or book?** Favorite book is To Kill a Mockingbird. Favorite movie is "La Misma Luna."

5) **If money was not a concern for 24 hours what would you do?** In the morning, I would establish an organization to focus on creating a more equitable society, especially in early childhood education. In the afternoon, I would book a trip to California so my partner could fulfill his life-long dream of attending the BMW driving school. While he is busy driving at speeds I can't imagine, my sisters and I will go on a wine tour of California. In the evening, I would pay off my mortgage and then figure out how to invest a lot of the money so that it can last longer than 24 hours. Finally, I would take my entire extended family to the airport to catch a red eye to an all-inclusive resort on an island somewhere fantastic.



Wayne Clinton

1) **Write your six-word memoir.** Dedicated, Diverse, Empathetic, Committed, Compassionate, Tenacious.

2) **What do you like to do in your free time?** Listen to jazz & golf

3) Why did you choose to serve on the NAMICI Board?

Was asked to consider serving by Lisa Heddens. Have had a strong commitment to supporting programs and services for the clients served by NAMI.

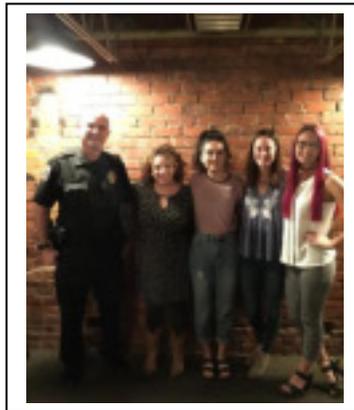
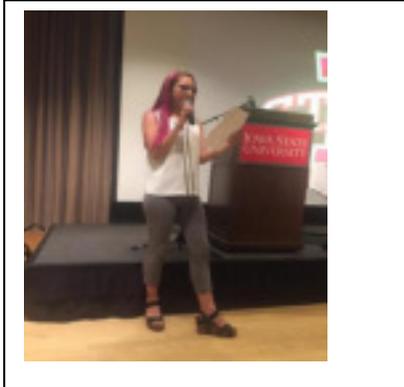
4) **Favorite movie and/or book?** No favorite movie or book.

5) **If money was not a concern for 24 hours what would you do?** 24 hrs is to short a time. Something special with my children & grandchildren. If more time go on Mediterranean Cruise and tour Ancient Cities.

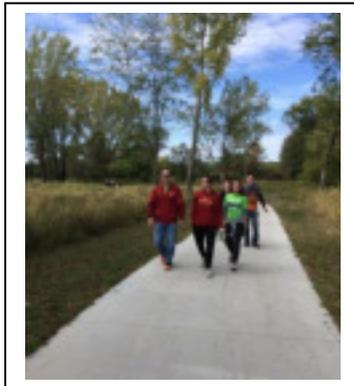
NAMI on Campus

NAMI on Campus had a busy year raising awareness about mental illness. Some of the activities the group has been involved in during the school year include, but are not limited to; held monthly meetings and had presentations on various topics related to mental illness. They had a team participate in NAMI Walks, handed out resource cards during the Bandana Project, and introduced the keynote speaker at the Mental Health Expo.

For more information or to participate contact: isunamioncampus@gmail.com



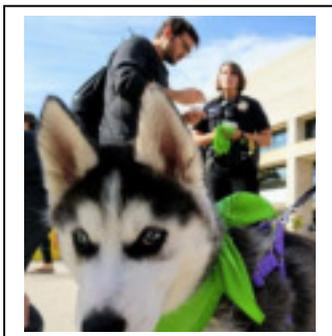
2017 Mental Health Expo



NAMI WALKS



The Bandana Project





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

Change Service Requested

June 2018 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

- Household \$ 60.00
- Individual \$ 40.00
- Limited Income \$ 5.00
- Extra donation \$ _____

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email.

Questions? Contact NAMI Central Iowa
Phone: 515-292-9400 Email: namiofci@gmail.com