



# Central Iowa

## If you think your civic duties end after you

vote – think again! It's now time to dig in alongside our elected officials and make a positive impact. Disengaging from what's happening isn't going to help. Blaming the government isn't enough. Persistent advocacy can make a difference

While email is the fastest and easiest form, making a call or visiting your legislators in person will make the biggest impression. **Join NAMI Central Iowa for Day on the Hill, March 29, 10am-2pm.** If you're interested in carpooling, meet at the Wellness Center at 8:45am, or meet us at the Capitol in the Cafeteria (lower level) at 9:45am. Check NAMI Iowa's website for more information at [www.namiiowa.org](http://www.namiiowa.org).

Here are some tips for being heard:

- Reference specific bills
- Know what committees your legislators are serving on
- Remember no matter how you are feeling to be respectful
- Sign up for legislative update emails so you are educated
- Send some positive feedback as well as the negative
- Keep it brief, remembering they get loads of letters, calls, and emails and you don't want them to tune out immediately!
- Look for templates but remember to make it personal- a personal story will make a bigger impact than reading a form letter
- Practice your personal story to keep it brief
- Be a partner, not an adversary
- Make sure you thank the legislator for taking time to meet or talk with you. They do a very hard job!

Most importantly, be educated on what's going on. Watch for local forums, legislative wake ups, community information sessions at town halls and local libraries. Some resources for Story County are the Ames League of Women Voters and the Chamber of Commerce....

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## 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 **3<sup>rd</sup> Tuesday of the month** at 7:00PM (location varies, see events page online)

Support group for family members  
**4<sup>th</sup> 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](mailto:namiofci@gmail.com)

[namiofci.org](http://namiofci.org)

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Watch your newspapers and circulars for event announcements. Check [legis.iowa.gov](http://legis.iowa.gov) for legislative schedules, bills being introduced and discussed, and ways to contact Representatives and Senators. For an overview of how the legislative process works, check out ["Understanding the Legislative Process and How to Become an Effective Advocate"](#) by Lisa Heddens under the ADVOCACY tab at [namici.org](http://namici.org).

It can be very intimidating to talk with legislators, but remember- they are there to represent *us*.

It's our civic duty to let them know how.

- *Willow McLaughlin Hill*  
Board of Directors President



**Join NAMI CI for a day of learning about advocacy and lobbying for mental health. Wednesday, March 29 from 10am-2pm, NAMI Day on the Hill at the Iowa Capitol**



Trivia Night 2017 has an official date! Make sure to save this in your calendar today and contact NAMI CI to register ([NAMICfCI@gmail.com](mailto:NAMICfCI@gmail.com))

**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- 2100 Oakwood Road, Ames



Will you be the team to beat the 3-time champions, the Reel Smart Club?



# A message from Iowa State Treasurer Michael L. Fitzgerald about [IAble](#)

Dear Friends,

With [IAble](#), saving has never been easier.

In December 2014, the federal government passed the Achieving a Better Life Experience (ABLE) Act. This legislation allowed states to offer tax-free savings accounts for people with disabilities and their families. In 2015, Iowa's version of the bill was signed into law, paving the way for IAble.

For the first time, people with disabilities and their families can save for disability-related expenses without losing their eligibility for certain assistance programs, like SSI and Medicaid. IAble accounts can be used for short-term saving or long-term investing, whatever best meets the needs of the account owner.

### **Save for today or tomorrow**

IAble's six investment options offer account owners the opportunity to choose a saving or investing plan that best meets their goals and comfort with risk. The money saved in an IAble account can be used for everything from paying rent to transportation, and even assistive technology or education. For a full list of qualified disability expenses, please visit our Qualified Expenses page.

### **Take advantage of tax benefits**

IAble accounts include added tax benefits. The earnings on investments are federally tax-deferred and tax-free, if used for qualified disability expenses. Iowa taxpayers may also deduct up to \$3,239 in contributions from their adjusted gross income for 2017.

### **Open and manage your account online**

Account management has never been easier. IAble accounts can be opened online in minutes for as little as \$25. We'll need to know a little bit about the Account Owner and his or her investment choices, but that's it! Account Owners can access their account online at any time, and even make withdrawals via our website.



Ending the Silence is a 45-minute presentation to middle school and high school classes in our four county service territory. If interested in bringing this program to your school, please contact Deb Scott at (641) 777-3944 or by emailing [scott.debbie66@gmail.com](mailto:scott.debbie66@gmail.com).



WE'VE REDONE OUR WEBSITE! HEAD OVER TO [WWW.NAMICI.ORG](http://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 Family-to-Family Program

NAMI Family-to-Family is a free, 12 session educational program for family, significant others, and friends of people living with mental illness. It is an evidence-based program and is taught by NAMI-trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you are not alone and there is hope!

When: March 7-May 23;  
Tuesdays; 6:30-9:00  
Where: DMACC in Boone; 1125  
Hancock Drive

Please contact NAMI CI to register or if you would like more information: (515) 292-9400 or [NAMIOfCI@gmail.com](mailto:NAMIOfCI@gmail.com)

## CLASS TOPICS

- Class 1: Introduction to Family Education
- Class 2: Symptoms of schizophrenia, major depression, bipolar disorder; getting through periods of crisis
- Class 3: Subtypes of depression & bipolar disorder; panic disorder & OCD; telling our stories
- Class 4: Basics about brain biology & the cause of brain disorders
- Class 5: Problem-solving workshop
- Class 6: Medication review
- Class 7: Empathy; inside mental illness
- Class 8: Communication skills workshop
- Class 9: Self-care
- Class 10: Rehabilitation; making choices for recovery
- Class 11: Fighting stigma; advocacy
- Class 12: Evaluation, certification, celebration



# Words from the Wellness Director

Hello all,

This is Terri Shipman, the Wellness Coordinator saying, 60 degrees in February? Let's not get too excited about the great weather we are receiving, because as we begin March, there's no telling whether it will be a lion or a lamb.

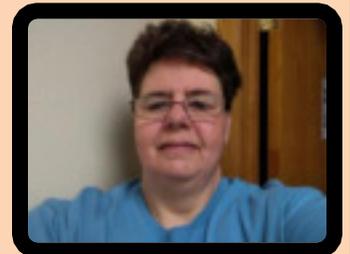
I just wanted to share the new activities and programs coming up at the Wellness Center. First, we are starting an evening Connections class. It will be on Wednesday nights from 6:30pm-8pm beginning March 1. I've had a lot of requests to do this, so *PLEASE* come if you can.

We also will be introducing Deborah: she's a really neat lady that just happens to know a lot about nutrition and eating healthier. She will be visiting with us for a number of months, so bring your questions and feel free to ask her -- or you can just come down to the Wellness Center to see what's new.

Wednesday, March 29, is NAMI's Day on the Hill. I know NAMICI recently visited the Capitol as part of ID Action, but this will even be more exciting because there will be NAMI folks from around the state attending. Can you imagine telling your story, it becoming a bill, and then possibly becoming law? Come join us on March 29!

One last thing, NAMI Central Iowa has a Family-to-Family classes running from March 7 – May 23. It will be at DMACC in Boone from 6:30pm-9pm. Please contact 515-292-9400 or [namiofci@gmail.com](mailto:namiofci@gmail.com) to sign up.

Have a great March!



Terri Shipman,  
Wellness Director



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

**Change Service Requested**

**March 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](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

<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 1-4pm - Creative Writing with Debbie and Matt ----- *6:30-8pm Connections	2 2-3:30pm - Connections	3 1-3pm - Art with Wendie	4
5	6 1-4pm – Current Events	7 2-3pm- Art with Sam ----- <i>**6:30-9pm Family-to-Family class (F2F)</i>	8 1-4pm - Creative Writing with Debbie and Matt  6:30-8pm - Connections	9 2-3:30pm – Connections	10 POT LUCK and Birthdays	11
12	13 2-3pm – Deborah for a talk about Nutrition 1-4 pm – Cookie decorating for St. Patty’s day	14 2-3pm – Art with Sam ----- <i>** 6:30-9pm F2F Class</i>	15 1-4pm – Creative Writing with Debbie and Matt  6:30-8pm – Connections	16 2-3:30pm – Connections	17 1-2pm – Yoga with Marie	18
19	20 1-4pm – Linda Sawer talks about mental health	21 2-3pm – Art with Sam ----- <i>**6:30-9pm F2F Class</i> ----- 7pm;- Public Education Recovery Through Arts	22 1-4pm – Creative Writing with Debbie and Matt  6:30-8pm - Connections	23 2-3:30pm – Connections  ----- 7pm – Family Support Group	24 1-4pm – Games, Arts & Crafts	25
26	27 1-4pm – Games, Arts & Crafts	28 2-3pm – Art with Sam ----- <i>**6:30-9pm F2F Class</i>	29 1-4pm – Creative Writing with Debbie and Matt  6:30-8pm - Connections	30 2-3:30pm - Connections		
<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 <a href="mailto:namiwellness@gmail.com">namiwellness@gmail.com</a></p>						

**Events**

\*Evening Connections group – New evening group beginning on March 1st at 6:30pm  
\*\*Family-to-Family (F2F) Class- March 7 – May 23; DMAAC in Boone 6:30-9:00pm Register 515-292-9500; namiofci@gmail.com