



Central Iowa

Looking to do something fun on a Saturday night?

Consider forming a team and support NAMI Central Iowa at our annual Trivia Night Fundraiser!

Last year people from across the county participated in the fun-filled night of trivia and live dessert auction. New this year, is the addition of a silent auction.

Now in its sixth year, NAMI Central Iowa is hoping to make this our best event yet!

We are holding the event on Saturday, March 24th at City Church - 2400 Oakwood Rd, Ames. Doors open at 5:00pm with Trivia beginning promptly at 5:30pm.

Come Join Us!

- *Lisa Heddens*
NAMI CI Executive



NAMICI Public Education Programs: Ames Public Library – PEO Room – 7:00pm

March 20th - HIPPA and Confidentiality

April 17th - Returning to Work

May 15th - NAMICI Annual Meeting (We will need a quorum to vote on the 2018-2019 Board of Directors nominees)

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

We at NAMI Central Iowa are always excited when we find research that will benefit our loved ones or ourselves. A study recently published in the *American Journal of Psychiatry* showed that even **one hour of exercise per week** is enough to help prevent depression.

The research involved nearly 34,000 Norwegians who had their levels of exercise and symptoms of depression monitored over the course of 11 years. A team of analysts found that people who exercise only one hour of week – regardless of intensity level – have a 44 percent lower risk of developing depression over the course of a decade than those who never exercise at all.

Dr. Samuel Harvey, the study’s lead author, noted “This was not a case of more is better; the vast majority of the mental health benefits of exercise was realized when individuals moved from doing no regular activity to 1 or 2 hours per week.”

Although this study focused on prevention of depression, Harvey notes, “There is good evidence that physical activity can help people recover from depression, though we recommend it be used in addition to the usual treatments.”

With this evidence in hand, it should be easier to encourage our loved ones or ourselves to make this small change in lifestyle.

Join one of our NAMI Family Support Groups!

NAMI Family Support Group 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.

Where: NAMICI Wellness Center
416 Douglas Ave, Ste 205
Ames, IA 50010
515-292-9400
namiofci@gmail.com

Time: 7:00pm
When: 4th Thursday of each

Where: Skiff Medical Center,
South Board Rm
204 N 4th Ave. E
Newton, IA 50208
641-521-0979

Time: 7:00pm
When: 3rd Thursday of each

Ames Trivia Night Team Registration

NAMI Central Iowa invites you to participate in its sixth annual trivia night and dessert auction fundraiser, with the addition of a silent auction! The event will be:

Saturday, March 24, 2018.

City Church, 2400 Oakwood Road in Ames.

Registration at 5:00PM. The event will begin at 5:30PM.

- Teams can consist of up to 8 people. Registration is \$100/table.
- Costumes are encouraged, but not required.
- Winning team will receive \$200 plus a free table at the next NAMI CI Trivia Night event.
- A live dessert auction will be held throughout the evening.
- All proceeds go to the Central Iowa National Alliance on Mental Illness (non-profit 501c3 status).

Please complete this form to register your team for the Ames Trivia Night fundraiser.

Contact Name _____

Address _____

Phone _____

Email _____

Date of birth _____

Team Name _____

Teams of up to 8 people can register for \$100/table.

I'll send a check to the NAMI Central Iowa Office

I'll pay at the door. Tables are limited; please send registration form to NAMI CI in advance

**Payment can be sent to NAMI Central Iowa; 416 Douglas Avenue, Suite 203;
Ames, IA 50010; Attn: Trivia Night Sponsorship.**

Please contact namiofci@gmail.com or 515-292-9400 for more information.



NAMI Central Iowa
416 Douglas Ave; Ste 203
Ames, IA 50010

Change Service Requested

March 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.