



Central Iowa

Thank You to our Sponsors: Mary Greeley Medical Center, McFarland Clinic, Iowa Association of Community Providers, Ames Toyota, Story Construction & CopyWorks who helped make our sixth annual Trivia Night a huge success!

I'd also like to thank everyone who donated door prizes, silent auction items and treats for our dessert auction.

Thank you Ryan for providing music, Shannon for sound/visuals and Chris for being our Master of Ceremonies.

A special thank you to everyone who attended. We had our largest crowd so far and lots of fun!

Your support of NAMI Central Iowa helps us to further support individuals affected by mental illness.



- *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
namiofci@gmail.com
namiofci.org



SAVE THE DATE

Mental Health Expo
Tuesday, Sept. 25, 2018

More details coming soon

Register for **NAMI BASICS**, a free six-week group education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed.

The course is taught by a trained team with lived experience and provides critical strategies for taking care of your child and learning the ropes of recovery.

Class begins: Wednesday, June 6, 2018 to July, 18, 2018 (No meeting on July 4th)

Where: NAMICI Center – 416 Douglas Ave, Ste 205

Time: 6:30pm – 8:30pm

Contact NAMICI more information or to register for the class. namiofci@gmail.com or 515-292-9400

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.

Story County

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 month.

Jasper County

Where: Skiff Medical Center,
In-Service Room
204 N 4th Ave. E
Newton, IA 50208
641-521-0979

Time: 7:00pm

When: 3rd Thursday of each month

Hardin County

Where: Friendship Club
602 S Oak St.
Iowa Falls,

Time: 6:30 PM – 8:00 PM

When: 3rd Tuesday of each month

NAMI Central Iowa Annual Meeting

***A Quorum is required to conduct official business,
which will include voting on new board members.***

**Tuesday, May 15, 2018 - 7:00pm - PEO
Room - Ames Public Library**

Following official business, Krystina Engle will present on the new regional service – “Crisis Mobilization”.

2018-2019 Board of Directors Nominees

Not up for Election

Leah Beman
Brett McLain
Gayla Harken
Julie Saxton
Pam Boyca
Tiffany Meredith
Wendie Cooper

Seeking Re-election

Melonie Stall
Amber Schafer

New Nominees

Wayne Clinton
Annie Almquist
Nora Ryan
Bill Ehler

**Members of NAMI Central Iowa can also mail in their vote. Ballots must be in a envelope with your name written across the seal and tape over your name to be eligible for counting. All mailed ballots must be received by: Friday, May 11, 2018 to be eligible.*

NAMICI 416 Douglas Ave. Ste 203 Ames, IA 50010

Circadian Rhythms and Bipolar Disorder

Circadian rhythms are the biological cycles that occur about every 24 hours. They affect body temperature, appetite, sleeping, and waking. People living with bipolar disorder often have difficulty in regulating this system.

An article in the winter issue of *bp* magazine, written by Sasha Kildare, called “Routine Maintenance” addresses this issue. She notes that regular habits help regulate the running of the biological clock. These daily routines include being regular with when you get up in the morning, when you eat breakfast, when you exercise, when you eat dinner, and when you go to bed at night.

Kildare says, “I’m faithful to my exercise routine – 30 minutes of intense activity, six days a week – because it helps me sleep through the night and combats the tentacles of depression. Two other simple routines have kept me from flirting with mania for years: Taking my medication by 10 p.m. and getting to bed by 10:30.”

Other suggestions for regulating the sleep-wake cycle include exposure to bright light early in the day, keeping the lights dim at night, and avoiding the use of electronic devices with “blue light” screens before bedtime, since they can affect the production of melatonin.

Sticking to a routine is not easy to do. Setting sensible goals can be helpful. Louisa Sylvia, author of *The Wellness Workbook for Bipolar Disorder*, recommends “basing your desired changes on what you are already doing and building up routines slowly, extending bit by bit as each new behavior becomes more established.”

The bottom line of the *bp* article is this: keeping to a regular schedule for daily activities lays down a sound foundation for wellness for those living with bipolar disorder.



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

Change Service Requested

May 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