



National Alliance on Mental Illness, Stanislaus
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Where will you be on May 2nd?

NAMI Stanislaus will be in Sacramento stomping out stigma in our annual NAMI Walk.

Mark Your Calendars:

NAMI Walk Saturday May 2nd, 9:00 a.m. in Sacramento, William Land Park

Board Meeting – Wednesday May 13th at 3:00 p.m.

Guest Speaker & General Meeting – Wednesday May 20th. Marilyn Ricketts and Jayne Nunes will be presenting about "Conservatorships - how they happen and what services are provided." Debra Buckles will also be available to answer questions.

NAMIWalk on Saturday, May 2nd at Sacramento's William Land Park.

We're in the final stretch for the NAMIWalk and hope that those of you who want to support a walker/team or to attend the walk on May 2nd will go online and register and/or donate. **The walk website is:** www.NAMIWalks.org/NorthernCalifornia

Please check our [calendar](#) or call the office at (209) 558-4555.



Join the NAMI Walk May 2nd

Check-in: 9:30 a.m.; **Start Time:** 10:30 a.m. The walk is 5K or three laps around the park. You can walk as many laps as you like – or not at all. Checks can be written to Northern California NAMIWalk with the Team or Captain in the notes field, and be mailed to our office at P. O. Box 4120, Modesto, CA 95352-4120. Donations will be appreciated, even if it's past the May 2nd walk.

This is the largest fundraiser for our affiliate and is very important since it is money we can use for large expenses without the restrictions of grants. It is the only way we are able to pay for officer and liability insurance, tax preparation, yearly rental of the post office box, and bulk mail.

Please consider supporting one or more of the following teams:

Embrace M.I. Recovery	(MaryLouise Fitzgerald, Captain)
Joyce's Jolly Joggers	(Joyce Plis, Captain)
Live the Life you Dream	(Marnye Henry, Captain)
Mindful Walkers	(Jack Jacques, Captain)
NAMI on Campus	(Lisa Sanchez, Captain)
Padlo's Pacers	(Lynn Padlo, Captain)
Steps Towards Ending Stigma	(Julie Bernardo, Captain)
Super Stigma Stompers	(Nicki Allen, Captain)

For more information please check out the NAMIWalk website www.NAMIWalks.org/NorthernCalifornia or call the office at 209-558-4555.

Fundraiser at Barkin' Dog 2015

We had a great turnout at the café and helped make funds for NAMI. Thanks so much for coming and honoring our teams. The teams that organized this event were: **Padlo's Pacers** (Rhonda Allen/Lynn Padlo), **Joyce's Jolly Joggers** (Joyce Plis/Judy Kropp/Allison Clark), **Live the Life you Dream** (Marnye Henry/Chris Brady), **Super Stigma Stompers** (Nicki Allen). They supplied the entertainment, raffle prizes and silent auction items.

Thanks, also to the other team members who showed up with friends to support the event: **Embrace M.I. Recovery** (MaryLouise Fitzgerald), **NAMI on Campus** (Lisa Sanchez), **Mindful Walkers** (Jack Jacques).

We also want to thank our entertainers: Blues Brothers (Rhonda, Nicki, Lynn, Seena, Marnye), Dan Brown, musician, Jamie Dubberly, trombone, Phil Martin, vocalist and Keynote Singers (13 people!). We had good laughter, singing and fun.

We had great support from Hannibal, the café's owner, and his assistant, Kevin and staff. They helped us set up, served meals and kept us in good spirits. Also, Kyle Barker for the piano, and Peer Recovery Art Project (James Devlin and John Black) for setting up the P.A. system.

Looking forward to next year!!

Lynn Padlo, NAMI Education Coordinator

Area Trio Opening Dialogue on Mental Illness

Teresa Hammond, thammond@oakdaleleader.com, 209-847-3021, ext. 8131

One in four adults, or approximately 61.5 million Americans, have an experience with mental illness in a given year. With a current estimated population of over 21,000 within the Oakdale City limits that's over 5,000 Oakdale community members who will be affected by mental illness in some way.

These statistics are hardly staggering or shocking to NAMI (National Alliance on Mental Illness) volunteers and group facilitators Allison Clark, Judy Kropp or Joyce Hickman. The three-woman team offers an abundance of both knowledge and passion for a resource they find not only valuable but life changing.

The full article can be found in the April 8th issue of the Oakdale Leader.

[Article from the Oakdale Leader on April 8th](http://www.oakdaleleader.com/section/44/article/14138/)

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First Lady Michelle Obama Speaks About Mental Health



First Lady Michelle Obama was the keynote speaker today (4/15/2015) at a groundbreaking summit in Washington D.C. focused on bringing awareness to mental health challenges and ending stigma. Non-profit organization Give an Hour launched its new campaign, Change Direction, at the summit to bring attention to the signs of someone working through a mental health challenge, and encourage those in attendance to be aware of what it looks like when a person is in need.

The signs the organization is urging America to learn about are personality change, agitation, withdrawal, poor self-care and hopelessness. To get detailed information about these signs and see a clip of Mrs. Obama's message to you, please visit www.ChangeDirection.org now.

Each Mind Matters encourages anyone to reach out if you think you or a friend is dealing with a mental health challenge. Visit SuicidelsPreventable.org to learn the warning signs for suicide and find local resources in your county. If you or someone you know may be at risk, call the National Suicide Prevention Lifeline at 1-800-273-8255 for immediate help. Answered locally by trained crisis center staff, this resource is available 365 days a year, 24 hours a day.

Read complete story here: <http://tinyurl.com/qyr2sk6>

Your Membership is Important

- For only \$35 a year you are a member of NAMI Stanislaus, NAMI California and NAMI National. An “Open Door” rate of \$3 is available for members with limited financial resources. Your membership helps ensure a better tomorrow for the nearly 60 million Americans living with mental illness and their families. It helps advocate for treatment and services at local, state and national levels. NAMI memberships are an expression of support – they are how we demonstrate our size and power. It is a very powerful statement to legislative bodies to know that NAMI has thousands of potential voters. Your voice will help shape funding and policy decisions that affect individuals and families affected by mental illness. **It is important to vote!** Legislators and politicians make laws and determine the amount of spending for mental health care. Much of this funding is directed towards Medicaid, Medicare, Social Security income and Social Security Disability Insurance programs. Legislators influence funding for research.
- Locally, it provides the resources to send out a monthly newsletter, purchase brochures for outreach, and pay stipends to people who volunteer.
- It helps promote education in schools and colleges so students can receive early treatment. Researchers supported by the National Institute of Mental Health have found that half of all lifetime cases of mental illness begin by age 14, and three quarters have begun by age 24. Early intervention is important – it reduces the years of trauma when treated early.
- Your membership helps provide education and support for persons with mental health issues and their families.
- Your membership is a vote at the Local Affiliate, National and State level. An affiliate’s membership determines the number of votes it has when electing officers at all levels.
- Emailed Newsletters: Although it appears there are no expenses to email our newsletter, there is a fee of almost \$400 a year for Constant Contact. Emailing to more than 100 addresses is considered spamming and blocked by a service provider. We also pay a small stipend for a technical person to generate the mailed and online newsletter, and manage the NAMI Stanislaus Facebook, and website.
- Regarding online vs. local membership dues: If you donate online they will send NAMI Stanislaus \$15 of the amount you donate. It is not necessary to send your dues to **both** NAMI National and to us.

Membership is an important part of what makes NAMI strong. By joining NAMI... you become a voice.



Oakdale Leader Article

Allison Clark, Judy Kropp and Joyce Hickman were interviewed and featured in the Oakdale Leader newspaper. Many thanks to the reporter, Teresa Hammond, who helped NAMI tell the people of Oakdale about our services.

Oakdale: Family Support Group (1st **Wednesday**, at 5:30-7:00 p.m.), Family Support Network, 1405 West F St (enter on Oak), Call Judy 209-480-0387

Oakdale: Connections (Peer Support) (1st and 3rd **Tuesdays** 5:0 p.m. – 6:00 p.m.) Allison Clark, leader; (209-848-2161) at the Oakdale public library on 151 S. First Street. Connections is for individuals with lived experience of mental illness.

Thank You's

Memberships

Marie Andrews
Lucinda Chiszar
Vanessa & Paul Czopek
Carol Jo Hargreaves & Larry Schneider
Ruthanne Hernandez
Fran Kenyon
Don & Judy Kropp
Gary Lohman
Carmen Maldonado
Sarieng Rosales
Vicetta Lee Utley

Donations

Jamie Fabela
Danial & Judith Hedstrom, in Memory of Annan Patrick Byrne
Robert & Stephanie Madearos, in Memory of Joanna Padlo
Robert & Stephanie Madearos, in Memory of Michelle Gruber

Online Memberships

Melinda Barcellos
Sandra Proctor
Elisabeth Sesser
Virginia Thorson
Bob & Stephanie Madearos