Mark Your Calendar:

Board Meeting – Wednesday, May 11th at 3:00 p.m.

General Meeting – Movie, May 18th at 6:30 p.m., Jana Lynn
Community Room, Modesto (Title will be emailed or you can call
the office to ask the title: (209) 558-4555.)

Upcoming events

May 7   Annual NAMIWalk - Sacramento
May 24  Fundraiser at Round Table Pizza
July 6-9 NAMI National Convention in Denver
August 26-27 NAMI California Conf. in Burlingame

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

NAMIWalk in Sacramento
Saturday, May 7th, William Land Park

NAMI Stanislaus is one of several Northern California NAMI affiliates
who will participate in our annual NAMIWalk.

Not only does this walk provide the largest single collection of money
for our Affiliate, it is an important stigma and discrimination message.
Stigma often prevents people from seeking help and treatment. One in
5 Americans experience mental illness each year. Awareness is
important in obtaining support from legislators, law enforcement and
the public.

PLEASE JOIN US IN SACRAMENTO or SUPPORT
ONE OR MORE OF OUR WALK TEAMS:

Joyce’s Jolly Joggers, Joyce Plis-Hickman, Team Captain
Live the Life You Dream Team, Marnye Henry & Chris Brady
Mindful Walkers, Jack Jacques, Team Captain
NAMI On Campus Team at CSUS
Padlo’s Pacers, Lynn Padlo, Team Captain
Warriors of Hope, Brandon Dinh, Team Captain

Sign up online at http://www.namimil.org/northerncalifornia and look
for our local teams to join or donate. Chris Brady and Marnye Henry
are Walk Chairpersons for NAMI Stanislaus. For information call (209)
409-6006, the office at (209) 558-4555 or email Marnye at
Marnyehenry@gmail.com.
Fundraiser at Round Table Pizza

Join us for an evening of fun at the Round Table Pizza. Party-up with your NAMI friends and supporters.

Tuesday, May 24th
5:00 to 9:00 p.m.
2441 Claribel Road, Riverbank
Crossroads Shopping Center

- Round Table Pizza will donate 20% of the evenings take.
- Must present flyer at time of purchase (request flyer from NAMI office, or request an emailed copy from Joyce at plis2@att.net).
- May order within 5-mile radius of restaurant for delivery (must present flyer to driver).
- Salad bar with pizza buffet will be available or order from their menu.
- Community Room reserved for our NAMI guests.
- Raffle Prize!

Bring your friends, relations, and guests for an evening of fun. Come early – stay late – enjoy the food and festivity!!

If you have questions, please contact Allison at (209) 848-2161.

Family Support Groups

A new Family Support Group began in Patterson on April 7th. The meeting was attended by 10 family members of a person living with a mental illness. Family Support Groups are a safe place to meet with other people who are experiencing many of the same challenges that you are. They are facilitated by NAMI-trained facilitators that have the lived experience of a loved one living with a mental illness.

We want to encourage you to attend one of the meetings that we offer in Modesto, Oakdale, Patterson & Turlock. These meeting are on the monthly calendar.

For information contact Dar at (209) 656-8855.

Thank You’s

Memberships
Julie Bernardo
Harriet Carter
Gil Hyder
Judy & Don Kropp
Beverly Leal
Gary Lohman
Harinder & Manjit Nagi
Shelley Stevens

Donations
Jamie Fabela
Family of Mabel Kraft (in memory of Eugene Kraft)
C.E. & Jacqueline Rowe (NAMIWalk)

Thank you! Your support of NAMI Stanislaus and our programs is greatly appreciated!
NAMI Stanislaus 2015 Annual Report Success Story

NAMI has been fortunate to have many individuals trained for speaking, leading groups, and teaching classes, and this lady, Nancy, has been one of them this year. Despite years of symptoms of bipolar disorder, she was able to graduate from college, get her RN license and become one of our NAMI leaders. She had a long history of depression and in the process lost her husband and children because she could not care for them. She was raised by her father and stepmother because her real mother died when she was 4. It wasn’t until she found out that her mom had committed suicide that the light bulb went on; she sought help from a psychiatrist and was diagnosed with Bipolar. During those dark days, she was hospitalized and had a total of twenty-seven shock therapy treatments, which helped her a lot. She had not had a relapse for ten years, when a year ago, she had a relapse and was hospitalized. After that she, she came to a NAMI support group, and the NAMI Peer to Peer Class where she got education and support. She has kept to her medication routine, volunteers at her church pantry and has reconnected with her children and grandchildren. She dreams of living in a cabin in the Smokey Mountains and making quilts.

Message from Our Family-to-Family and Support Group Facilitator/Organizer, Darlene Thomas

I want to say "Hello," to all of you with loved ones with a mental illness, or peculiarity. I’ve found so much information and compassion attending the family support group in Turlock. As I worked in a mental health department and became aware of NAMI in the 1980’s . . . recommended NAMI to clients of the department and their families. Now I find myself to be benefiting from the existence of, first the Family-to-Family class and now the support group, I have a granddaughter who has a mental illness, the information first learned/gained in class, and being supported as well as supporting others in the support group that meets in Turlock (Good Shepherd Lutheran Church, Cooper House) 2nd and 4th Tuesday of the month at 6:30. I (actually both my husband and I are very close to our granddaughter) have been greatly enriched by being able to listen, vent, offer options, give and receive at the meetings. And, when discussing the illness with our loved one being better able to "hear" her, and through our involvement she has found we better understand and have gained some experience into what is actually going on in her life. Also, we are better able to support her parents and siblings as we all are walking down the path, hopefully, to recovery with her. And, we know that recovery has different views and accept that with mental illness it is not necessarily one day at a time, but the next five minutes.

Thank you Dar (our facilitator), Lynn Padlo for her courage and leadership to enable and grow NAMI in Stanislaus County.
One of our goals in NAMI is to support, advocate and educate families and peers about mental illness and the need for better services to more people. The program, NAMI SMARTS, is designed to help people tell their stories in order to do just that goal. Most of all, it personalizes the mission we all have.

Our affiliate gathered on April 19th in the Martin Conference Room with our Stanislaus affiliate members, and 3 other people from 2 other affiliates, Amador and San Joaquin. There were also concerned citizens in the class as well as BHRS staff. It was led by Bettie Reinhardt and Marcel Harris from NAMI CALIFORNIA staff.

Members were given tips on writing their personal stories in order to help present a positive, succinct approach to advocating for mental health services. The 7 main tips were:

1. Introduce yourself, briefly.
2. What happened?
3. What helped?
4. How is your situation different now?
5. What is the need or problem?
6. What will help others?
7. “Ask” or what do you want to achieve.

I had written my story about my daughter’s journey in mental illness over twenty times, but this process led by NAMI CA was very helpful for me and others to present to legislators, other government leaders and county leaders, too. So, in small groups, we practiced reading our stories and gave feedback.

After lunch, we had two BHRS staff explain the stakeholder process in which the county and family members and other community leaders meet about five times a year to discuss programs using MHSA monies to help the mentally ill. Dan Rosas and Kirsten Jasek-Rysdahl, were very helpful, prepared and also listened to us about our concerns when later we broke into two, smaller groups to voice our concerns. Everyone had a chance to share in this process.

I will advertise these stakeholder meetings in our newsletter as they are open to the public. However, only selected people are able to vote on issues, but the community is welcome to come to listen, give opinions in small groups, and be heard. NAMI has been helped for nine years now with funds for IN Our Own Voice, which has helped many families, students, and individuals, and we are grateful for this. Thanks to all who came to this meeting and to BHRS for helping NAMI prepare for this.

Lynn Padlo, NAMI Stanislaus Director
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<td>New Patterson Family Support Group 6:30-8:00 p.m. Apricot Valley School, 1320 Henley Park Way (1st &amp; 3rd Thurs.) Call Dar 656-8855</td>
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<td>Movie Night 500 North 9th St, Modesto, 6:30 p.m. Side by Side: A Journey with Depression: A funny Look at Serious Survival – written &amp; performed by Brian Wetzel (We'll have hot dogs, popcorn &amp; cookies during movie.)</td>
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**Other Groups**

- Recovery Int. Fridays, 7-8:30 p.m. Dave at 551-3141
- DBSA Ripon 2nd & 4th Tuesdays, 6:30 p.m. Holly 209-996-5388
- DBSA Modesto Fatemeh, 271-9429 Donald, 285-6449

**CSUS Connection**

- Recovery Int. Fridays, 7-8:30 p.m. Dave at 551-3141
- DBSA Ripon 2nd & 4th Tuesdays, 6:30 p.m. Holly 209-996-5388
- DBSA Modesto Fatemeh, 271-9429 Donald, 285-6449

**Contact Information**

- For Info. call the NAMI office at Jana Lynn Plaza 500 N. 9th St Modesto, CA 209-558-4555
Stanislaus Affiliate Membership/Donation

NAMI Stanislaus dues are $35.00 per year. $10.00 goes to NAMI California and $10.00 to NAMI National. $15.00 is retained by NAMI Stanislaus to pay for the training of our teachers, programs, purchases of educational material, including the brochures we give for free to the public, office supplies, and postage, as well as publication and mailing of our newsletter. For those unable to pay the $35.00/year dues the Limited Income amount is $3.00. Membership is important so please join at whatever level you can afford. If you have any questions about your membership please call the NAMI Office at 209-558-4555.

Checks are to be made to NAMI Stanislaus. Please mail to:
NAMI Stanislaus
P.O. Box 4120
Modesto, CA 95352-4120

Name______________________________________________
Address______________________________________________
______________________________________________
Home Telephone_______________________________________
Work Telephone_______________________________________
Email______________________________________________
In Memory of________________________________________

$3 Open Door (Limited Income)
$35 Standard/Family
No Membership, Donation Only
$_______ Other
Newsletter Only