



NAMI

Stanislaus

National Alliance on Mental Illness

JULY 2017

SPECIAL POINTS OF INTEREST:

- Sign up for our online newsletter to get all the news..
- Check out the recent support group changes before heading to a group.
- Suggestion Box

IN THIS ISSUE

Speaker Meeting	2
Executive Director's Report	2
Thank You For Your Contribution	2
Appreciation of Lynn Padlo	3
Calendar	4
Our new addition to NAMI Stanislaus	5
Membership application	5

Mark Your Calendar

Reminders:

July 1st—membership fees have changed
 Family Membership \$60
 Individual Membership \$40
 Open Door Membership \$5

July 6th— NAMI Board Meeting, Suite A 6:30pm
 500 N. 9th St. Modesto, CA 95350

July 19th Speaker Meeting—Our guest speaker this month will be Dr. Barbara Johnson from Valley Mountain Regional Center. More information on the topic on page 2.

Did You Know?

Suggestion Box

Starting in July we will have a Suggestion Box at each Board Meeting and in the NAMI office. We are looking for suggestions on how we can better meet the needs of people. Please write your suggestions down & drop them in the Suggestion Box or at the NAMI office. The NAMI office is open Monday-Friday 8-11am and Monday, Wednesday and Thursday 3-6pm. We are hoping that you will take a few minutes and let us know how we can better serve you.

Complaint Form Access

There will be NAMI Stanislaus complaint forms in the office if you have a complaint that you would like to submit to the NAMI Stanislaus Board of Directors. After you fill out the form, please attach the necessary documentation for your complaint and place it in the envelope that is provided for the complaint form. Please mail it to NAMI Stanislaus, P.O. Box 4120 Modesto, CA 95352. All complaints will be addressed & you will be notified with the results of our findings.

July 1st new officers will take office for 2017-2018

Do You Want to be Heard by the Board of NAMI Stanislaus??

If you have an item that you would like brought to the boards attention, you will need to email an Agenda Request Form 5 business days before the meeting. Please email Dar at dar3rocks@sbcglobal.net to receive the Agenda Request Form.

Valley Mountain Regional Center

Join us Wednesday July 19, 2017 at 6:30 - 8:00 P.M. to hear Dr. Barbara Johnson, Clinical Psychologist for Valley Mountain Regional Center (VMRC), explain how autism now fits into the mental health spectrum, some history of VMRC and how NAMI Stanislaus is a good fit to partner with their needs . This should prove to be a powerful topic, so be sure to mark your calendars for this "speaker meeting".

Allison Clark

Executive Directors Report

This has been a very busy year for NAMI STANISLAUS. We have a new board, have some new speakers/presenters and have been involved in a lot of advocacy to help the seriously mentally ill. Thanks for all the leaders of our affiliate. Thanks to all the advocates who are trying to help the seriously mentally ill in our community through passing Laura's Law (Assisted Outreach Treatment). **Keep posted on the outcome of this proposal.**

I am retiring from NAMI as Executive Director. I have been active since 2005 in helping instigate many

education programs in our county. I came in and had a mentor, Joyce Plis, who was responsible for our affiliate's growth. I have been president, and then program coordinator these eight years. I have made life-long friends in the NAMI family. I enjoyed working with our county mental health in many ways as they have supported our education programs such as *In Our Own Voice, Ending the Silence, Parents and Teachers as Allies* and *Provider*. Recently, I received a thank you from a teacher at MJC after hearing two of our IOOV presenters. ***"You were right! The speakers were incredible and truly***

made for an interesting and very informative evening. Thank you and your team".

So, I will continue to be a resource for the PEI programs, CIT training and Provider class. I also will still lead a family support group, which is so needed.

I will continue to be a volunteer and resource for NAMI Stanislaus and I'm looking forward to a new chapter in my life.

I enjoy working! As Kahlil Gibran states in **The Prophet: WORK IS LOVE MADE VISIBLE and I have loved my work.**

Thank you for your support these many years.

Lynn Padlo

Thank You For Your Contribution

Memberships

- Darlene Thomas
- Marnye Henry
- Roberta Runner
- Lelia Barzan
- Alyssa Dye
- Charlene Worley
- Daniel Wendall
- Shelley Stevens
- Carol Benak

Together we
support our
Community.

Donations

Jamie Fabela
Ruth Reed
Melissa Feemster
Melinda Lansberry (With a PG&E match)
Daniel Wendall

Lynn Padlo is retiring as Executive Director as of June 30, 2017 and fortunately, she will still be working with NAMI. Lynn has been an integral part of NAMI Stanislaus. I came to NAMI Stanislaus about seven years ago when I discovered one of my daughters was living with a mental illness. Lynn was the first person that I met at a family support group here in Turlock. She encouraged me to be trained to facilitate a family support group, which I did shortly thereafter. Joanne Porto and myself then started a Family Support Group here in Turlock. During this time Lynn encouraged me to take the NAMI Family to Family Class which I did. After I graduated she encouraged Joanne and I to become Family to Family teachers. About five years later we're still teaching Family to Family in Turlock. And this is how I became involved with NAMI. The more I learned the more I wanted to learn. I will forever be grateful to Lynn for encouraging me to get involved with NAMI. Not only have I been helped to understand more about mental illness, I've been able to share that knowledge and experience with the hundreds of people that I've come in contact with while I've been volunteering. I can't tell you how fulfilling it is to meet people the first night of the Family to Family class and watch them gradually begin to understand the mental illness that their loved one is living with. 12 weeks later when they graduate, they are smiling and happy, as they now have a new understanding for their loved hope. It's like watching a rose bud slowly open up .

Thank you, Lynn, for all that you've given to so many people through NAMI Stanislaus, and I look forward to continue working with you.

Dar

NAMI Stanislaus President

To say Lynn Padlo will be missed is an understatement. I had hoped she would stay on as our Executive Director for a while longer; even though her retirement is much deserved. Her knowledge of NAMI Stanislaus, its programs, and the resources available in our community are irreplaceable. She is one of those rare people that gives without reservation. Lynn's gentleness and genuine love of people is felt by everyone. She has proved it doesn't take a loud voice to accomplish tremendous things. Lynn is truly the rock star of NAMI Stanislaus. I'm pleased she will continue to be part of NAMI even if it is in a more limited way. We all have a lot to learn from Lynn.

Now it's time for Lynn to slow down and smell the roses..... If the grandkids will let her.

Good Luck Lynn,

Tammy Reynolds



July 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3	4	5 Board Meeting 6:30pm. 500 N. 9th St. Modesto, Suite A	6	7	8
9	10 Modesto Family & Connection Support Groups 6:30pm	11 Turlock Connection Support Group 6:30pm	12	13	14	15
16	17	18	19 Speaker Meeting VMRC 6:30pm	20	21	22
23	24	25 Turlock Connection Support Group 6:30pm	26	27	28	29
30	31					

POSTPONED UNTIL SEPTEMBER

Modesto Day Family Support Group

First United Methodist Church
850 16th St. (across from the
Stanislaus County Library)
10:30 a.m. – Noon

Meets the last Tuesday of each month

(Please ring buzzer at the door)
Call Lynn (209) 404-6015

Family Support Group in Modesto

Jana Lynn Plaza 6:30-8 p.m.
2nd Mondays & 4th Mondays

Connection Support Group Turlock

2nd & 4th Tuesdays from 6:30-8pm.
Cooper House, 1123 Cooper Ave., next
to the Good Shepherd Lutheran Church
on Minaret & Cooper Ave.
across from the Turlock Library
Call Dar (209) 656-8855

Connection Support Group Modesto

Jana Lynn Plaza, 500 N. 9th St.
6:30-8 p.m. In the Jana Lynn Room
2nd and 4th Mondays

POSTPONED UNTIL AUG. 8TH

**Turlock Connection Support
Group**

CSUS Connection Support Group
One University Circle
Room 175 in the Library
**2nd & 4th Tuesday of each
month**

I'd like to introduce everyone to NAMI STANISLAUS' newest help mate, "BEAULAH". Our very own folding wagon for those times you might need a hand getting from place to place with more equipment and supplies that can be carried in one load. "BEAULAH" will be stored in our storage building and requires a sign out for use.

Allison Clark
Outreach Event Coordinator



NAMI Stanislaus Household Membership dues are \$60, Individual dues are \$40. The monies that Nami Stanislaus Affiliate receives from each category is 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. We offer our Open Door dues of \$5 if you have limited income. 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 _____

___ \$5 Open Door (Limited Income)
___ \$40 Individual
___ \$60 Household
___ No membership, Donation
___ \$_____ Other
___ Newsletter only

Advocate Magazine

NAMI's Advocate magazine is published 3 times a year and is a NAMI member benefit. In every issue, we cover a variety of topics relating to mental health, from research to pop culture to personal stories. If you'd like to start receiving the Advocate, become a NAMI member today.

NAMI NEW MEMBERSHIP STRUCTURE As of July 2017

Membership Type/Amount	NAMI split	State Split	Affiliate split
Household \$60.00	\$20.00	\$20.00	\$20.00
Individual \$40.00	\$10.00	\$15.00	\$15.00
Open Door \$5.00	\$1.00	\$2.00	\$2.00