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BBQ/Potluck Update

SPECIAL POINTS OF INTEREST

- In memory of Dr. Kinnard
- Guest speaker: Psychotropic medications
- NAMI on Campus In High Schools Update
- NAMI Outreach Events Update
- NAMI BBQ/Potluck & Fun Day Update

NOVEMBER 2017

REMINDEERS:

November 1st— NAMI Board Meeting, Suite A 6:30pm. Please join us.
We are accepting applications for officer and director positions on our Board of Directors

Nov. 12th-1pm Public Forum on Mental Diseases, speakers on Bipolar & Schizophrenia Sutter Modesto Medical Center, Rm. 61. Presented by Dr. Paul Golden

November 15th Speaker Meeting—
We are looking for volunteers to help with events and outreach.
Please call Dar at (209) 656-8855 if you are interested in volunteering

DECEMBER 9TH— HOLIDAY POTLUCK

Wednesday, November 15th Speaker Meeting

For our last speaker meeting of the year, this is “Everything you always wanted to know about psychotropic medications but were afraid to ask”.

We are proud to have pharmacist Ken Cosner speak about psychotropic medications to help answer your questions and concerns about yours, or a loved ones medication line up. Mr. Cosner has years of experience as an independent pharmacist in Oakdale. He will lecture for the first hour (6:30 p.m. - 7:30 p.m.), then we are expecting a large Q & A response. So we are urging everyone to bring a list of your current medications and questions you wish to ask. We hope you will join us for this "hot topic lecture" at the Jana Lynn Conference Room, 500 N. 9th Street, Modesto. See you there !!!

Allison Clark

Protect Your Physical Health

(continued from October Newsletter)

Recharge Yourself:

When you’re a caregiver of someone with a condition like mental illness, it can be incredibly hard to find time for yourself, and even when you do, you may feel distracted by thinking about what you “should” be doing instead. But learning to make time for yourself without feeling you’re neglecting others—the person with the illness as well as the rest of your family—is critical.

Any amount of time you take for yourself is important. Being out of “caregiver mode” for as little as five minutes in the middle of a day packed with obligations can be a meaningful reminder of who you are in a larger sense. It can help keep you from becoming consumed by your responsibilities. Start small: think about activities you enjoyed before becoming a caregiver and try to work them back into your life. If you used to enjoy days out with friends, try to schedule a standing monthly lunch with them. It becomes part of your routine and no one has to work extra to make it happen each month.

The point is not what you do or how often you do it, but that you do take the time to care for yourself. It’s impossible to take good care of anyone else if you’re not taking care of yourself first. Practice Good Mental Habits .......... AVOID GUILT

NAMI National
Dr. Kim Kennard 1964-2017

As the song states in “Getting to Know You” (The King and I), the teacher sings, “that when you become a teacher, by your students you’ll be taught.” It reminds me of the career and life of Dr. Kim Kennard. She mentored so many students and always said she learned from them! Her passion was helping the mentally ill and disenfranchised students and gave them a ‘home’ at MJC. She partnered with NAMI in 2009, by offering her students volunteering opportunities to work and volunteer for NAMI Stanislaus. In those many years, we were honored to have at least 15 of her students help us. Some of them became speakers in our programs, teachers in our classes, and officers on the board. Also, she helped form a NAMI on CAMPUS Club at MJC and many students gained leadership skills during that time. When she was chair of the Stanislaus Mental Health Board, she always recognized NAMI and encouraged all of her students to join. In 2015, NAMI honored her with an appreciation award, for which she was recognized as championing those students who needed support. She will be missed by many and was shown much love by them at her memorial service on Oct. 6th in Ceres. NAMI extends our heartfelt sympathy, thoughts and prayers to her family.

Award to Kim Kinnard — January 2015

IN SUPPORT OF THE NATIONAL ALLIANCE ON MENTAL ILLNESS STANISLAUS

Thank you for facilitating the establishment of NAMI on Campus, and for providing volunteer opportunities for students to work with the Stanislaus Chapter of NAMI. You have provided opportunities for people to tell their lived experiences through presentations like In Our Own Voice, and you have helped NAMI fulfill its mission to provide education to our community, and support for persons and families of those with mental health issues.

Lynn Padlo, Education Coordinator

NAMI ON CAMPUS HIGH SCHOOL TRAINING UPDATE

NAMI has recent statistics published that 20% of youth ages 13-18 live with a mental health condition. Also, they state that suicide is the 2nd leading cause of death ages 10-24. This is the reason NAMI is helping high schools form a club on their campuses in 2017. Their hope to have it bring awareness about mental health challenges and remove the stigma about mental illness. On Sept. 27th, 7 different high schools in Stanislaus County met in Patterson for a one-day training on doing just that. The schools that attended were Ceres High, Central Valley High, Hughson High, Enochs High, Turlock High, Waterford High and Patterson High. They all had advisors attend as well as several other school personnel. Four NAMI affiliate members attended the training.

Attending from NAMI Stanislaus were Darlene Thomas, President, Lynn Padlo, Education Coordinator, Rhonda Allen and Julie Bernardo Ending the Silence speakers. The training was led by Erik Villalobos, NAMI CALIFORNIA and Margarita Garcia, Dept. of Education. Each school was given a toolkit to help them form and lead their club. The young people did activities, team building, and some creative experiences such as doing a skit about mental health issues, creating a poster for Mental Health Month and some other club-forming activities. We want to thank Ken Fitzgerald, Stanislaus County of Education leader, as he was the contact person who invited many schools to this event. The group also witnessed an Ending the Silence presentation given by NAMI, which several people in the training were quite impressed with. NAMI STANISLAUS plans to partner with these clubs once they are chartered and help them with resources, include them in our activities and support them in any way that we can. It was a very eventful day and we look forward to the progress of these clubs in our county.

Lynn Padlo, Education Coordinator
Meet & Greet/Appreciation Dinner

NAMI Stanislaus “Meet & Greet”

On Saturday, September 23rd, 2017, the long time dream of our President, Dar Thomas, came true. NAMI teachers, facilitators, coordinators, speakers and volunteers came together from several facets of our organization to a “Meet and Greet”. Everyone enjoyed a fantastic homemade lasagna, made possible by our own Lisa Jackson, homemade coleslaw made by Allison Clark, garlic bread by Tammy Reynolds, and homemade M&M cookies made by Dar Thomas. “Thank You, Lisa, Allison, Tammy and Dar!”. Many met each other for the first time and learned about the role they have within NAMI Stanislaus. The Jana Lynn Conference Room was abuzz with lively conversations and activity as approximately 20 of our membership received gifts of thanks and/or a certificate presented by Dar from the NAMI Stanislaus Board of Directors. It was an enjoyable evening of getting to put a “face to a name”, as we left with promises of “getting together again real soon”.

Allison Clark

Stanislaus Boys & Girls Club Event

October 18th, 2017, Somerset Middle School in Modesto hosted the first Stanislaus County Boys and Girls Club, Disabilities Advocacy Panel”, with resource tables from several county agencies to speak with the families. NAMI was invited to attend by Eric Alvarez, Club Director, and speaker sharing his own struggle growing up with Tourettes Syndrome. The turnout was light, however, interest in all that were there was to see and hear. NAMI Stanislaus now has a better knowledge of the services that the Boys and Girls Club provides and the other organizations as well. We also had the opportunity to share our services with them. A panel of four community professionals, including our own Lynn Padlo, spoke to the crowd about overcoming adversity, stories of positivity, what inspired them, understanding, encouragement and education related to their own or a loved one’s illness. Dar and I came to work the table while Tammy and Shelley were our support. NAMI presented a good showing, leaving us with hopes of being invited to their next celebration.

Allison Clark

Thank You For Your Contribution

Lynelle Haynes
Joyce Hickman
Mary Rodgers

Sharon Smith
Dave Bartlett

Together We Support Our Community.
## November 2017

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### Family Support Group in Modesto
Jana Lynn Plaza<br>6:30-8 p.m.<br>2nd & 4th Mondays<br>500 N. 9th St. Modesto<br>Call Dar (209) 656-8855

### Modesto Connection Support Group
Jana Lynn Plaza, 500 N. 9th St.<br>6:30-8 p.m. Jana Lynn Room<br>2nd and 4th Mondays<br>Call (209) 656-8855 or 558-4555

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

### Turlock CSUS Connection Support Group
CSUS Connection Support Group<br>One University Circle<br>Room 175 in the Library<br>2nd & 4th Tuesday<br>6-7:30 pm<br>Call Marnye (209) 409-6006
NAMI Stanislaus Family Membership dues are $60, Individual dues are $40. 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 ________________________________ ___ $5 Open Door (Limited Income)
Address ________________________________ ___ $40 Individual
_______________________________________ ___ $60 Family
Home Telephone _____________________________ ___ No membership, Donation Only
Work Telephone ____________________________ $____ Other
Email _________________________________ ___ Newsletter only
In Memory of ________________________________

Davis Park in Modesto was the sight of the NAMI Stanislaus annual BBQ/Potluck and end of year gathering. The cooler October weather seemed to add to our attendance, as NAMI members and their families, friends of NAMI, some new and familiar faces came to enjoy the outing. Bingo games with ticket for prize drawings was a big hit. There were several chances to win prizes at the end of the day, with donated gift cards from McDonald's, Grocery Outlet, and 1lb. of Starbucks coffee. Table settings were donated again by Pop’s in Turlock.

But the unmistakable smell of BBQ’d chicken in the air, and a table filled with amazing potluck salads, side dishes and desserts filled everyone to capacity. No one went away hungry! Many thanks to Eva, Edgar, Kami, Cordelia, Diane, AJ & Janet for helping. To Lisa for making the adorable Fall table decorations (and a killer potato salad) and to Rick for working the grill again this year. I don’t know about you, but I’m already looking forward to next year’s picnic.

Chef Rick was back!

Allison Clark