



NAMI

National Alliance on Mental Illness

Stanislaus

JANUARY 2018

SPECIAL POINTS OF INTEREST

- Kaiser Grant
- NAMI Outreach Events Update

REMINDERS:

January 3rd — NAMI Board Meeting, Suite A 6:30pm. Please join us.
January 17th Speaker Meeting "Love Knows No Boundaries"

We are accepting applications for officer and director positions on our Board of Directors

In January the NAMI office will be moving from Suite D into Suite A
Please call Dar at (209) 656-8855 if you are interested in volunteering

A GENTLE REMINDER Wednesday January 17, 2018 at 6:30 p.m.; "Love Knows no Gender". John Aguirre of the LGBTQ Collaborative will speak on ; "Mental Health Within the LGBTQ Community". Join us for this thought provoking topic and our first Speaker Meeting of the new year . Looking forward to seeing you here at the Jana Lynn Room.

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HAPPY NEW YEAR

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NAMI Stanislaus would like to extend our sincere appreciation to **Kaiser Permanente** for so generously awarding NAMI Stanislaus with a \$5,000 grant. **Kaiser Permanente's** grant is to promote, Ending the Stigma on Mental Illness and NAMI Stanislaus is excited to participate in **Kaiser's** efforts. This grant was provided for a project to "STOP the STIGMA on MENTAL ILLNESS". We would like to encourage our members to submit suggestions/ideas for outreach events either in the suggestion box, by mail, or drop off in office. Once we decide on the events and they are scheduled, we will need volunteers. We hope all of you will be willing to participate in this worthwhile effort.

Shelley Stevens

"If these stones can stand together without any help other than nature , just imagine what a room of dedicated NAMI members can accomplish unit-edly ".



HAPPY NEW YEAR 2018 to all our members, consumers , supporters and volunteers. Have you made any resolutions yet this year ? Ready to diet off

those few extra pounds , promise to call loved ones more this year, do more soul searching or walk for health and happiness ??? You are not alone millions seek a new challenge to a new year. Unfortunately , according to statistics, by February most of us have forgotten what we resolved to do! This year jump at the chance to help your friends and neighbors get help for their mental health issues and volunteer with the dedicated team at NAMI Stanislaus. We WILL find a place for YOU

Allison Clark

NAMI Outreach Update

On November 22, 2017 with the co-operation of Mr. Perfecto Munoz, director of the West Modesto Community Collaborative at the King Kennedy Center, Dar Thomas, Kami and Cordelia Essers and myself, packed ham and cheese sandwiches, a bag of chips, granola bar, banana and a bottle of water for a sack lunch for more than 50. And they came! Some holding the announcement, some by word of mouth and others by following the procession of those in need. Dar and I had the pleasure of talking with some very appreciative persons. Many wanting to share stories while others listened to what NAMI had to offer. The experience was rewarding and heart-warming having been able to reach out to so many that had so few opportunities. A big "thank you " to our own Marnye Henry for suggesting this location for this outreach event. **Allison Clark**

December 9, 2017 the Jana Lynn Conference Room was ablaze with the holiday colors, decorations and table adornments, as well as a "welcome table" glowing from the lights of a color changing tree and adorable moving dolls in their red and white pajamas. The scene was magical as the space filled with holiday revelers, toting pot-luck goodies, greeting new and old friends as they enjoyed "NAMI Stanislaus" Holiday Celebration and Potluck 2017". The ham, cooked by our own Diane Domeier, beverages were provided by NAMI, while two tables were overflowing with delicious side dishes. One entire table held the desserts! The conversations were lively, lots of laughter filled the room and no one went away hungry. It was a perfect way to begin the holiday season HO! HO! HO! **Allison Clark**

On December 13, 2017, having recently built up a collaboration with Perfecto Munoz, director of the West Modesto Community Collaborative at the King Kennedy Center, we were invited to attend their monthly community meeting and pot luck. Dar Thomas, Tammy Reynolds, Shelley Stevens and Allison Clark, all members of the board of directors, were present for the afternoon function. Although the attendance was light there were 2 other organizations represented that spoke about their agencies; "The Haven Women's Center" and "Health Center of San Joaquin". Dar spoke to the group about NAMI Stanislaus and what we had to offer. The variety of food was just enough to feed everyone as it was all topped off with a raffle. We all felt like winners coming away from the experience.

Allison Clark

I would like to thank all my NAMI friends that wished me well, the lovely plant and your prayers during my recent illness and hospitalization. I am on a full road to recovery, slowly, as I feel stronger every day.

Allison Clark

11,000+ Signatures Sent to NETFLIX

Thanks to YOU, we exceeded our goal and received more than 11,362 unique petition signatures. Our Health California delivered the petition and signatures to Netflix CEO Reed Hastings, Chief Marketing Officer Kelly Bennett, and Chief Communications Officer Jonathan Friedland last week in hopes that our voices will be heard and life saving suicide crisis information will be displayed for every future episode of *13 Reasons Why*.

NAMI California

Thank you for your contribution

Membership

**Rebecca Clover
Sheryl Silva
Diane Higginbotham
Dean & Cheryl Medek
Kathy Adams
Tammy Reynolds
Jerry Freeman
William C. Wood
Sharon & David Froba**

**Together We
Support Our
Community**

Donations

**Richard & Melissa Feemster
Heide Arno
Rebecca Clover
Shirley Morgan
Jami Fabela**



January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year	2	3 Board Meeting 6:30pm Possibilities Room	4	5	6
7	8 Modesto Family Support Group & Connection 6:30pm	9 Turlock Connection. 6:30pm Turlock CSUS Connection 6:00pm	10	11	12	13
14	15	16	17 Speaker Mtg. 6:30pm Jana Lynn Room	18	19	20
21	22 Modesto Family Support Group & Connection 6:30pm	23 Turlock Connection 6:30pm Turlock CSUS Connection 6:00pm	24	25	26	27
28	29	30	31			

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

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

Turlock Connection Support Group
2nd & 4th Tuesdays 6:30-8pm.
 Cooper House, 1123 Cooper Ave. Across
 from the Turlock Library
 Call Dar (209) 656-8855

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 _____ \$5 Open Door (Limited Income)
 Address _____ \$40 Individual
 _____ \$60 Household
 Home Telephone _____ No membership, Donation
 Work Telephone _____ \$ _____ Other
 Email _____ Newsletter only
 In Memory of _____

Turlock CSUS Connection Support Group
 CSUS Connection Support Group
 One University Circle
 Room 175 in the Library
2nd & 4th Tuesday
 6-7:30pm
 Call Marnye (209) 409-6006