Managing Your Well Being During This Infectious Disease Outbreak

Coronavirus (COVID 19): just the name implies a sickness beyond our imagination. Panic and a loss of our regular social and daily activities, fear and isolation. Our government is asking us to:
• "Stay in place and not leave your home unless you absolutely must." It will mean a different rhythm of life. A chance to be in touch with people we love in more creative ways. Be in touch regularly on social media, e-mail, or by phone. Look after yourself by creating a new daily routine by reading, watching movies, exercise or trying new relaxing techniques and meditating. Stretch your knowledge by Googling things you’ve always wondered about. Break out all those old records, tapes and CD’s and dance around the house like nobody is watching!
• Most of all be sure your prescription medications are available to you. Many pharmacies now deliver as do most restaurants and grocery stores.
• Staying calm and not listening all day to media alerts may help to keep you grounded.

Allison Clark

Upcoming Elections for NAMI Stanislaus
Board of Directors
If you are interested in applying for a position on the NAMI Stanislaus Board of Directors as an officer or a director, please call Dar at (209) 656-8855 for an application. The deadline is April 30, 2020.
Paul McCartney Writing About John Lennon

Reflecting on the period of his life when he (John) wrote "HELP". John reportedly said; "I was fat and depressed and I was crying out for help."
In 2015, Paul McCartney shared his take on the song, "HELP", and Lennon's mental health. He didn't say; "I'm now fat and I'm feeling miserable". He said; "When I was younger, so much younger than today." In other words he blustered his way through. We all felt the same way. But looking back on it, John was always looking for help. He had a paranoia that people died when he was around. His father left home when John was three, the uncle he lived with died soon after, then his mother passed away. I think John's whole life was a cry for help.
We all have a story to tell or even a song. We are not unique or alone ...... share who you are.

Autism Speaks

Every April, “Autism Speaks”, celebrates 'World Autism Month' beginning with United Nations sanctioned, 'World Autism Awareness Day', on April 2nd. Autism friendly events and educational activities take place throughout the month to increase understanding and acceptance, and foster world wide support.
The National Alliance on Mental Illness, NAMI International, has taken up the banner in support of Autism Awareness.

A BLAST FROM THE PAST

This was printed before in a NAMI newsletter a few years ago. It is worth being printed again ... we hope you agree.
Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument or your age that is to blame. You, and only you, are responsible for every decision and choice you make. PERIOD !!

DR. WAYNE W. DYER
01/08/2013

NAMI Support Groups Have Been Suspended

Due to the Corona virus NAMI Stanislaus has suspended our Connection and Family Support Groups until further notice.
We regret doing this as so many people depend on the support they receive from these groups but we do not want to put anyone’s health at risk in a time like this.
Dar Thomas
In Our Own Voice and Ending the Silence Programs
Are in Search of Presenters

NAMI’s Ending the Silence program is looking for young adult presenters who are willing to tell their personal story and lived experience about their mental health condition. ETS is a 50-minute presentation designed for middle and high school youth and focuses on education, recognizing the warning signs, and dispelling common myths about suicide and mental health conditions. Students also receive a resource card with information on resources available to them in the event that they or someone they know might need help for a mental health condition. Young adult presenters help students relate to and be inspired by the personal stories that they share.

Patti Romo, NAMI Stanislaus’ PEI Coordinator says "ETS presentations give teens a better understanding on mental health and resources. The interaction in ETS presentations lets them know they are not alone and should not have to fight the stigma in seeking mental health care."

The requirements to become a presenter for the Ending the Silence program are, able to speak in public and small group settings, have reliable transportation, can present during school hours and are over 18 and under 35 years of age.

NAMI In Our Own Voice is a one hour unique presentation in which two trained speakers share their compelling personal stories of living with mental health challenges and achieving recovery. Audiences range from individuals with mental health challenges, students of all ages, law enforcement officials and faith community members to veterans and service providers. While audiences benefit from the inspirational stories of the speakers, presenters increase their confidence and develop leadership skills while helping to inspire and motivate others.

Each presentation pays $55. If you are interested in applying, please email Patti Romo at patti_romo@yahoo.com. NAMI will provide the online and in person training for both of these programs.

HELP A HERO!
DONATE A CELLPHONE
If you have an old mobile phone, send it to; Cell Phones for Soldiers.
This nonprofit will repurpose or recycle phones to help fund programs that provide free communication tools to active military members.
Mail phones and their chargers to; Cell Phones for Soldiers, 5705 Commerce Blvd., Suite 100, Alpharetta, GA 30004.

Modesto Earth Day
Celebration Cancelled:
As a result of the ongoing situation with the Corona Virus, the city of Modesto is cancelling the Earth Day in the Park Festival scheduled for Saturday, April 18, 2020 in Graceada Park.
Our priority is yours and the public’s safety. This decision was not made lightly. Next year’s event is scheduled for Saturday, April 17, 2021. Please continue your recycling and conservation efforts as we work towards a sustainable planet.

Kindly, Vicki Rice
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 the 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 ____________________________

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Thank You For Your Contribution

**Membership**

Dennis & Ruth Sevilla
Darlene Maggi
Chris Brady & Marnye Henry
Jamie & Steven Fabela

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**Donations**

Jamie Fabela
Richard and Melissa Feemster
Facebook
Kaiser Permanente
Amazon Smile
Lawrence Garvey

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Together We Support Our Community
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**Modesto Connection Support Group**
Jana Lynn Plaza  
500 N. 9th St.  
2nd and 4th Mondays  
6:30-8:00 p.m. Jana Lynn Room  
Call Dar (209) 656-8855  
Double doors to your right as you enter the parking lot

**Modesto Family Support Group**
Jana Lynn Plaza  
500 N. 9th St. Modesto  
2nd & 4th Mondays  
6:30-8:00 p.m.  
Call Dar (209) 656-8855  
2nd door on your left as you enter the parking lot