SPECIAL POINTS OF INTEREST

- Please call Dar at (209) 656-8855 if you are interested in volunteering.

May 6th Board Meeting CANCELLED
The deadline for applications for NAMI Stanislaus Board of Directors has been extended to May 29, 2020

DO WE REALLY UNDERSTAND MEMORIAL DAY?

Many of us, from our childhood, believe Memorial Day harks the beginning of summer. Swimming, picnics, travel, school closings certainly all lean to that understanding however, Memorial Day is much more than that. Decoration Day, as it was known then, began in 1868, to commemorate all the men lost in the Civil War. Families spent the day at cemeteries placing flags and decorating the graves, hence the name Decoration Day. It became a Federal holiday in 1971 due to the Vietnam War, and then known as Memorial Day. Many of our soldiers could not be brought back home after Vietnam, so Decoration Day was dropped. The last Monday in May became officially Memorial Day. Names of all those service men lost in Vietnam are forever written on "The Wall", in Washington D.C.

So ..... what is Memorial Day for? All the fallen military in battle. Many confuse it with Veteran's Day which is for the living military, from all the wars, over all the years. So .... on Monday May 25th, remember a "Fallen Hero".  
Allison Clark

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NAMI Support Groups, Family to Family Classes, Ending the Silence and In Our Own Voice Update

NAMI is working diligently to offer support groups, classes, and speaker presentations on Zoom. Our Modesto Connection group will most likely be the first group to utilize Zoom. Because of the Covid-19, we have needed to postpone our support groups, Family to Family classes and mental health presentations. We will be working towards offering the classes on Zoom also. Because the class is now 8 weeks vs the previous 12 weeks, our teachers will be doing an online teacher update.

We are also working on offering our In Our Own Voice and Ending the Silence presentations via Zoom. We will keep you updated as we proceed. Please keep safe.  
Dar Thomas
MOTHERS DAY: AN ACT OF RECOGNITION
LONG OVER DUE
1908 Philadelphia, Pa., Miss Anna Jarvis, a school teacher, devoted to her mother, became totally grief stricken when she died in 1905. Guilt ridden because she couldn't get to do things for her mother before she passed, Anna gathered friends to her home, on the 2nd Sunday in May (the day she had died) and called it "Mother's Day". Her idea was welcomed and well received with support giving her the notion that this could become an annual event, as all attending would be recognized. Obsessed over her cause, she worked tirelessly in a one person letter writing campaign.
On May 8, 1914 President Woodrow Wilson signed a proclamation making the second Sunday in May "Mother's Day". What started as a religious observance, over the years, became a commercial mockery. Anna rallied against the cards, bouquets and trinkets with little success.
Although hardworking and determined her life did not have a happy ending. She died in 1948, penniless, childless, and alone. Today, nearly every country in the world honors their mothers.
Allison Clark

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
Address
Home Telephone
Work Telephone
Email
In Memory of

Thank You For Your Contribution
Membership
Kelli Thompson
Marie Andrews
Donations
Jamie Fabela
Richard and Melissa Feemster
Facebook

synectic
AVAYA
4640 Duckhorn Drive
Sacramento, CA 95834
To Order Additional Equipment
877-921-8821
Repair & Maintenance
877-899-5500
www.synectic.com

Together We Support Our Community
### May 2020 Calendar

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**California Health Corps To Fight COVID-19**

California Governor Gavin Newsom signed an executive order to expand the health care workforce and staff to fight COVID-19 with the [California Health Corps](#), a new major initiative that is calling for more medical personnel, which also includes behavioral health professionals (psychiatrists, psychologists, psychiatric nurse practitioners, LCSWs, LMFTs, LPCCs).

"As we face the unprecedented public health crisis from COVID-19, we need to ensure that all Californians get the care they need, and that includes addressing the toll this is taking on those with mental health conditions or those who will face behavioral health challenges as a result," said NAMI California’s CEO, Jessica Cruz. "We thank the Governor for including behavioral health in his plan to create Health Corps to help us address this crisis.”

- NAMI California