



Central Iowa

FROM THE DIRECTOR: Special Edition

Following is the speech I gave at the United Way of Story County Endowment Celebration, where the 2011 endowment fund project was announced: a six-month pilot project establishing a mental health wellness center. NAMI will work with United Way to pilot the program.

When I became executive director of NAMI Central Iowa in 2007, I barely had my name on the door before people began approaching me with their visions for a wellness center. I asked for some time to get my feet

on the ground first, but I began to talk about it to anyone who asked what our community needed in terms of providing support for persons living with mental illness. I told them that we needed a place that persons living with mental illness could come to when they were feeling lonely, anxious, or isolated because of their illness. I told them that we needed a place where people could access support groups, as well as activities that promote holistic recovery, such as

For more information on the Wellness Center or any other NAMI services, contact the director, Deb Niehof, at 515-292-9400, or namiofci@gmail.com.

Office hours:

9-12 a.m. Monday-Wednesday;
1-4 p.m. on Thursday and Friday.

Office address:

130 S. Sheldon #306, Ames, IA 50014

Website: namiofci.org

Wellness Center Pilot

Project Begins in August

NAMI Central Iowa and United Way of Story County will work together to establish a 6-month pilot project wellness center for persons living with mental illness in Story County. Funding for the project, which is being provided by the United Way endowment fund, will cover a part-time coordinator and rent for space at Trinity Christian Reformed Church, where the Fellowship Hall, kitchen, and an office will be available for the center on weekday afternoons. Educational classes, support groups, activities that promote holistic recovery, and social opportunities will be among the programs offered at the center, which will open in August.

art groups, writing groups, book clubs, and game groups. We also needed a place where persons living with mental illness could take leadership, and use their talents and lived experience to support their peers.

(continued on next page)



Deb Niehof and husband Tom enjoy Italy

FROM THE DIRECTOR

(continued from page 1)

One of the persons that heard those dreams was Frankee Oleson, former President and CEO of United Way of Story County, and she responded by putting together a mental health task force to investigate the possibilities of opening such a center in Ames. We met and talked and dreamed and planned, but always ran into the issue of the finances needed to get a center up and running. Jean Kresse continued to meet with the group, and it was this vision that she brought to the Endowment Committee of United Way of Story County. We at NAMI Central Iowa are thrilled that you at United Way of Story County see this project as an important piece of mental health care in our community, and that you are willing to provide the financial support for a six month pilot project that will give us information to bring to future funders, as well as a place to call home for many people living with mental illness. On a personal note, my own daughter benefitted from participating in a center like this in the early days of her recovery from bipolar disorder, so I have seen the positive impact of such a center first-hand. Again, I thank you from the bottom of my heart!

(Editor's Note: Linda Sawyer will be the coordinator for the Wellness Center.)

PEIR CORNER

(PEIR = PErson(s) In Recovery)

Know Thyself

Many of us are persons in recovery--whether from mental illness, alcoholism, chronic physical illness, or some other challenging situation. While each recovery journey is unique, we all hope to minimize our chance of relapse. Learning our individual early warning signs of possible relapse is a necessary step for maintaining wellness.

There are several ways to try to discover the early warning signs. Looking back to what was happening in our lives before each episode may provide methods of remaining well, whether by acting in certain ways or avoiding certain actions. Another tool is to try to remember what we were like before the onset of our illness and use that information to help us prioritize what we need to do to maintain our wellness. Friends and family members may be able to help us with these tasks, filling in the blanks in our memories and providing a different point of view of events. I am asking my husband, daughters and former co-workers to assist me in my information gathering.

If you or someone you support is interested in learning more about how knowing yourself, present and past, can help avoid relapses, I recommend taking WRAP (Wellness Recovery Action Plan) training or NAMI's Peer-to-Peer Course. WRAP training is offered through the Richmond Center. For Peer-to-Peer, contact NAMI-CI to put your name on the list for the next course.

~Linda Sawyer



NAMI Central Iowa Summer Calendar

June						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



June

15-16: Caregiver Conference
(Gilbert, Iowa)

21: Monthly Meeting: Joyce Davidson,
“Preparing your Children for College: How to Deal with Mental Illness in Themselves or Others” (7PM, Collegiate Presbyterian Church)

July

6-9: NAMI National Convention
(Chicago)

19: Monthly Meeting:
Convention Report and Ice Cream Social (7PM, Trinity Christian Reformed Church)



August

5-6: NAMI-CI Garage Sale

9-11: Iowa Empowerment Conference (Des Moines)

Fall 2011—Save the Date

October 1: NAMI Iowa Walk
(West Des Moines)

October 11-12: Mental Health Conference
(Scheman Building, Ames)

(For details on these events, see pp.4-5 or the website, namiofci.org.)

NAMI Garage Sale – Helpers Needed

Plans are under way for this year’s garage sale – an annual event that typically brings in almost \$2,000 for NAMI programs. **The sale will be held at St. Andrew’s Lutheran Church, 209 Colorado Avenue, on Friday, August 5, from 4-7 PM, and on Saturday, August 6, from 8 AM -1 PM. Items for the sale will be accepted at the church Tuesday through Thursday of that week from 9-3.** Items that are appreciated are children’s clothing, books, linens, garden items, plants, kitchen items, small furniture, tools, and miscellaneous. We will not be accepting adult clothing or dehumidifiers.

Helpers are needed the week of the sale to price and set up, work the sale, and clean up after the sale. **If you can help in any way, please contact Fran Berger (233-3492)** who has graciously agreed to chair the sale again this year. We have applied for a grant from Thrivent Financial for Lutherans to support this activity; we have received generous grants from them in past years.

Calendar Event Details

Caregiver Conference

Story County Community Services will sponsor a caregiver conference called "Caring for Self & Others: Practicing Gentle Teaching & Healing Touch." The conference is designed for professional, certified, and family caregivers who are involved in working with persons of all ages and stages of well-being. It will run from 8:00 AM -4:00 PM and will be offered twice; participants should choose between **June 15 or June 16. Registration is due by June 6, 2011.** A check for \$15.00 made out to NAMI should be mailed to Gilbert Lutheran Church, 135 School Street, Gilbert, IA 50105. For more information contact Joanne Pfeiffer at 515-292-4735.

Reach to Recovery:

Iowa Empowerment Conference 2011

Airport Holiday Inn, 6111 Fleur Drive, Des Moines
August 9-11

Contact Deb Williams, [641-753-7414](tel:641-753-7414) or
dwilliams906@hotmail.com.

2011 Walk Day

Mark your calendar now and plan to attend the NAMI IOWA 2011 NAMIWALK. The new site of this event will be in West Des Moines, easily accessible from I-35. A fall October morning will find us walking around a picturesque lake in lush rolling hills. A focus will be on increased corporate exposure as evidenced by our partnership with Farm Bureau, walking on their beautiful corporate campus. Stay tuned for more details on the walk as we get closer to fall. We hope you will join us.

When: **Saturday, October 1**

Where: **Farm Bureau Lake, West Des Moines**

Distance: **5K (3.1 mi)**

Check-in: **8:30 am**

Walk: **10:00 am**

July Meeting: Convention Report and Ice Cream Social This summer, five members of NAMI Central Iowa will ride the Megabus to Chicago to participate in the NAMI National Convention. They look forward to learning about current research, networking with others, and gaining new insights to bring back to enrich the programs of NAMI Central Iowa. They will share their experience on **July 19 at 7:00 at Trinity Church (3626 Ontario Street, Ames)**, followed by an ice cream social, where the new wellness center coordinator, Linda Sawyer, will be introduced. Come, learn, and celebrate with us!

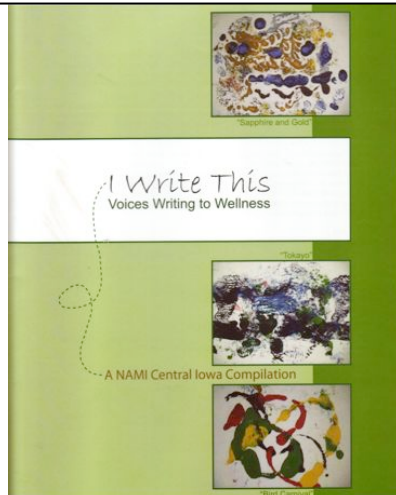
Highlights from the 2nd Annual Recovery Through the Arts Program (April 19, 2011)

Accepting Kindness

I have found kindness
In the sincere smile of a stranger
The warm embrace of a friend
In the eyes of the one I offended
The acceptance of my spouse
In the person who truly listens and
The one who honestly shares.

I will accept kindness from others
I can offer kindness easily.
But I still try to master
Being kind to me.
Why is it so hard to forgive
Myself and reject my guilt?
--Linda Sawyer

This poem, along with other poems, narratives, and pieces of creative writing that came from the Writing to Wellness group, is published in the anthology shown below. To see a copy, contact the NAMI-CI office at 292-9400 or namiofci@gmail.com.



We had a great turnout at the Ames Public Library for our program, which included art displays, readings, and art therapy demonstrations.



Attendees demonstrate the making of tile prints.



NAMI Central Iowa
 130 S. Sheldon, Room 306
 Ames, IA 50014

June 2011 Newsletter

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with [support](#), [education](#), and [advocacy](#).

NAMI-CI is a [United Way](#) partner agency and is an affiliate of [NAMI Iowa](#) and of NAMI, the [National Alliance on Mental Illness](#).



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Becoming a member of NAMI-CI is easy.
 Just complete this form and mail with appropriate dues to:

NAMI-CI
 130 S. Sheldon #306
 Ames, IA 50014

Membership Dues

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 2.00
<input type="checkbox"/> Extra donation	\$ _____

*Includes \$15 Local/\$10 State/\$10 National

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