



## President's Corner

By Bill Chew

It is amazing the high percentage of recent students in the Family-to-Family courses whose family members have been diagnosed with Bipolar Disorder. This is my first President's corner, and I will be reaching out to those whose loved one is Bipolar. We found sometime ago the magazine "bp Magazine" and gave our daughter, who is Bipolar, a subscription. She finds jewels in each issue that helps her understand her malady and gives her suggestions that are helpful.

NAMI Huntsville subscribes to this magazine. We have all the issues in our library - from the very first issue to the present one. They are there for your use.

The winter 2008 issue has some very interesting articles. Canada's former first Lady Margaret Trudeau reaches out: A family finds the "new normal," Repairing broken relationships, and the calm of meditation. These are only on the front cover! Inside in the index, there is also: Scenes from a marriage, Mind over mood, Coping as a team. In every issue there are sections with the following titles, Behind the Scenes, Letters, Newline, Research Line, Industry News, Our Kids, What is Bipolar? My Story, Notes from a Newbie, Books, For Myself, and On My Mind.

As you can tell, this is not a "normal" blue plate magazine, but one that has pertinent, timely, and USEFUL information. It is a resource that I recommend highly. Jessica's 1-year renewal is \$19.95, which is a bargain. If you want to look at it before you decide to subscribe, or if you just want to read it, come to the NAMIH Library and take a look. You can obtain subscription information there, too.

Again, with the large number of new Bipolar Disorder diagnoses, this magazine is a helpful and informative resource for you.

- Bill

## February

## Events Calendar

All NAMI Huntsville Meetings are held in  
The United Way Building  
701 Andrew Jackson Way, Huntsville,  
Unless otherwise announced.

### Tuesday, February 5

7:00pm - Support Group  
Facilitator: Daniel LeBas

### Thursday, February 14

St. Valentine's Day  
Remember your loved ones



### Monday, February 18

President's Day

### Tuesday, February 19

6:00pm - Board Meeting  
7:00pm - Education Program  
Speaker: Judge Hall

### Fri - Sat, February 22 - 23

NAMI AL Leadership Conference  
Montgomery

### Tuesday, March 4

7:00pm - Support Group  
Facilitator: Wood DeLeuil

### Tuesday, March 18

6:00pm - Board Meeting  
7:00pm - Education Program

### Every Thursday

6:00pm - Bipolar DBSA\* Support Group  
In the United Way Bldg.

Contact: David Hepler - 256.539.1411  
\*Depression and Bipolar Support Alliance affiliate

## Meet Your 2008 Board of Directors

These are the capable folks who serve you:

### **Dr. Bill Chew, President**

Professionally, Bill is a chemist. He develops propulsion systems for the Army. He has served the NAMIH Board for the past four years as a Member-at-Large and now has been “promoted” to the presidency.

In past years Bill served as Education Committee Chair. This committee oversees the Family-to-Family and Provider Education courses. He and his wife, Amy, are trained F2F teachers and have taught the 12-week course in past years. They also lead the Marriage Encounter program for their church.

Last year Bill served as Coordinator of the Support Group Facilitators scheduling them for Support Group meetings the first Tuesday of each month.

Interests: music, computer games, birds, gardening.

### **Howard Y. Fry, 1<sup>st</sup> Vice-president**

Professionally: Howard is System Engineering Program Manager for Ground-based Missile Defense, Northrop Grumman.

Howard was Rummage Sale Coordinator for 2007. Previously he has served as President, Treasurer, and Education Program Coordinator.

Born and reared in New Orleans, married to Sara, they have two daughters, Anna Fry Smith, Kristey Fry, and a grandson Rowan Smith.

Interests: Playing drums at church, horseback riding and fishing.

### **Jacqueline Wilson, RN, 2nd VP**

Professionally, Jackie’s credentials are, BSN, RNC, she has worked as Medical Administrator for the Metro Jails. She has been a Certified Mental Health Psychiatric Nurse for 30 years in this community. She is Vice-president of the Alabama State Nursing Association of North Alabama, Clinical Instructor for Psychiatric Nursing at UAH and presently Jacqueline is Staff Development Coordinator for Brookshire, Long Term Care.

Last year Jacqueline served as Membership Chair and Chair of the African American Outreach

Committee (AAFOP). She is the first recipient of the Ruth Karr Award for her work with AAFOP. This year, she will serve as Program Chair for 2008 as well as continue to Chair AAFOP.

Her Interests: Advocating for the Mentally Ill; consulting for other Alabama Correctional Facilities for management of psychiatric programs for the incarcerated mentally ill; assisting in organizing and serving on the Mental Health Court of Madison County.

### **Jan McCurdy, Secretary**

Professionally, Jan is Facility Manager for Our Place and an Our Place Advisory Board Member.

This year Jan is serving his second term as Secretary. He has served as a Member-at-Large for the past two years and now begins a second term on the Board.

Jan is a member of the Community Awareness Committee. He volunteers on-call for the NAMIH Office. He also assists with NAMIH Rummage Sales working where needed every day of the sale.

Interests: reading, writing poetry.

### **Joseph Keweza, Treasurer**

Joe is employed by CAS, Inc. as Manager of the Automated Logistics Department. Joe is also starting his second year as President of CAS Cares, Inc. which is an employee based philanthropic organization that supports Huntsville and the surrounding area.

He is continuing his second year as Treasurer and beginning his third year with the NAMI Huntsville Board.

He lives in Huntsville with his wife, Jean. They have three adult children and five grandchildren.

Joe is active in the Boy Scouts, having previously been a Den Leader, a Scoutmaster and currently a Pack Committee member. Counting his years as a Cub Scout, he has 25 years of scouting experience.

His hobbies include computers and yard work.

### **Dr. Annie Saylor, President Ex-Officio**

Professionally Annie is Executive V.P. of Simulation Technologies, Inc.

*(Cont'd. next page see “Meet Board”)*

*(Meet Board, cont'd.)*

She has served as NAMI Huntsville President for the last two years and as treasurer for two years prior. She has been a NAMI volunteer for 20 years, and is past local, state, and national NAMI president.

She has a Sister with schizophrenia, her mother has Parkinson's.

Interests: Reading, Music, Computers. She is a Community Columnist for the *Huntsville Times*.

### **Dr. Pippa Abston, M. D., At Large**

Pippa is a general pediatrician on the faculty of UAB in Huntsville; she takes care of children at the UAB Pediatric Clinic as well as teaching medical students and residents. She is on the Alabama Chapter of the American Academy of Pediatrics Mental Health Committee, and is a founding member of the national organization, Society for Equity in Child Health. She has a strong professional interest in child mental health and is working with other pediatricians in the state to improve the mental health care situation for children.

Pippa is teaching her first NAMI Family to Family course this winter, with Mike Gallaher. She hopes to help get a course started here for parents of young children with mental illnesses.

She is married to Barry Abston, an attorney, and they have two teenagers, a Newfoundland, and two beagle puppies.

Her hobbies are writing poetry, reading, walking, and cooking. She is learning how to speak Spanish.

### **Mike Gallaher, At Large**

Mike moved to Huntsville from his home of Memphis in 1983 to begin his career as an engineer at NASA, where he currently works in simulation software.

He has been married to Dana, who lives with bipolar disorder, since 1997, and has three stepchildren.

New to the Board last year he has served as NAMIH Web Manager at: [www.huntsvillenami.org](http://www.huntsvillenami.org) Presently Mike is teaching the winter F2F class in partnership with Pippa Abston.

His interests include synthesizers, games, author Harry Stephen Keeler, and creative writing.

## **Check Out the New Books**



The NAMIH library recently added the following five books to its collection:

- *Crazy: A Father's Search Through America's Mental Health Madness* by Pete Earley, 2006;
- *Is It Me or My Meds?: Living with Antidepressants* by David A. Karp, 2006;
- *Mending Wounded Minds: Seeking Help for a Mentally Ill Child* by Beth Henry, 2004;
- *Fifty Signs of Mental Illness: A Guide to Understanding Mental Health* by James Hicks Whitney, M.D., 2005; and . . .
- *Speaking of Sadness: Depression, Disconnection, and the Meanings of Illness* by David A. Karp, 1996.

All of these books and many others may be checked out from the NAMIH library on weekdays, 9-3:00.

### ***Speaking of Sadness: Depression, Disconnection, and the Meanings of Illness***

**by David A. Karp**  
*Reviewed by Eileen Sessions*

Why does someone with a serious mental illness resist taking his meds? The answer to this and other questions concerning the thoughts and viewpoints of those with a serious mental illness, specifically depression, is discussed in this book.

David Karp, the author, is a professor of sociology at Boston College. In this book he interviews fifty people who have been diagnosed with depression. He lets them speak for themselves in describing how their lives, feelings and attitudes have been affected by their illness. We, as family members or professionals, can better relate to those who suffer from depression, if we consider this illness from their perspective.

The author, who has suffered from depression for nearly twenty years himself, admits that though he takes medication, he takes it "with great ambivalence." He is afraid if he stops taking it, he might get worse" and he doesn't want to chance that. *(Cont'd on last page, see "Books")*



*("Books", Cont'd.)*

Karp states that this book is not focused on the causes and cure of depression. It was written to help others experiencing the symptoms of depression; professionals who are treating them; and family members and friends of those with this illness.

Other topics covered in this book describe the symptoms of depression, the stages of recognition and acceptance of the illness, coping and adapting strategies, the need of family and friends to set boundaries, and the link between depression and modern society.

This book may be checked out from the NAMIH library on weekdays from 9-3:00.



**NAMIH # 86962**



## Join NAMI Huntsville

Become a partner. Help NAMIH realize our goals to support, educate and advocate on behalf of individuals with mental illness and their families.

### MEMBERSHIP FORM

NAME: \_\_\_\_\_

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**Mail Check to: NAMIH, 701 Andrew Jackson Way  
Huntsville, AL 35801**

## *G R A S S R O O T S*

### **Official Newsletter of NAMI Huntsville**

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256.534.2628

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**Editor:** Nancy Dudney

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Submit to: [hsvnami@hiwaay.net](mailto:hsvnami@hiwaay.net)

*Register for the next  
Family-to-Family Course  
Call NAMIH at 534-2628.*

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