

NAMI Lexington

Office Address:

498 Georgetown
Street, Suite 201
Lexington, KY
40508

Office Hours:

12:00pm-5:00pm

Office Phone:

(859) 272-7891

Email:

NAMILEX@alltel.net

Website:

[http://
lexington.nami.org](http://lexington.nami.org)

Consumer/Family Support Groups:

NAMI Lexington

Every Sunday

The Faye Morton
Consumer & Family
Center
Eastern State Hospital
677 West 4th Street
Lexington, KY
2:30pm-4:00pm

NAMI Winchester

1st & 3rd Mondays

Victory Heights
Achievement Center
150 Maryland Avenue
Winchester, KY
7:00pm-8:30pm
(859) 744-6985

NAMI Lincoln/ Garrard

3rd Tuesdays

Frontier Rehabilitation
Stanford, KY
5:00pm
(606)365-4197

NAMI Lexington

National Alliance on Mental Illness



Celebrate Summer!



Valerie R. Mudd, Editor

July/August 2008

WORK >>> IN >>> PROGRESS.....

Thinking about this phrase the other day gave me pause to think, it could be interpreted in a couple of ways. The way I used it was in response to a question about how some projects were going – an “evolutionary qualifier”. Then I started playing around with the response and realized that it addressed the question, really, on a myriad of levels.

I was thinking about the NAMI Lexington TEAM and how we are “working *on progress*”, in the areas of Support, Education and Advocacy...we are working to revolutionize concepts, notions and perceptions around all things “Mental Health”. While I have your attention and while we are discussing the NAMI Lexington TEAM, I just have to take a moment to recognize their outstanding work ethic and dedication to our Mission and our Members. I want you to realize the *progressive* nature with which we are able to empower our Team members. NAMI Lexington employs two Certified Peer Specialists (3 Consumers total, out of a Team of seven) - that is more than many large agencies – and something we determined we must do to be a standard bearer for *progress* in the service of our Consumer members and in keeping with our belief in the principles of the Recovery Model. Our employment is truly “supported” and flexible; the concessions we work with result in increased productivity and *progress* for all to enjoy and benefit from!

Then I thought about it as... “work: in progress”. When I think about all the projects, classes, groups, major events and business produced, well frankly, I just marvel. If you have ever visited the NAMI Lexington office on a day when all of the Team is assembled “in house” to work on a project goal (a *progress goal*) - by the time you throw in several of our dynamic, dedicated volunteers – you have a standing-room-only-beehive-*progress-fest*!!!! The energy is synergy... created on the basis of unconditional acceptance, positive regard, respect and admiration for all contributions and contributors. To be able to “Dwell in Possibility”, to really make an organization a “Work in Progress” we must all accept each other and our Mission as just that – Works of our dedicated Spirits In and Toward Progress - on both the individual and collective level.

Peace – Kelly G

Reminder...I'm goin' North to Alaska...see ya July 7th!!!!



Independence Day Party!

On **Sunday, July 6, 2008**, NAMI Lexington will be hosting our annual **4th of July Party**. We will have a cakewalk, lots of good food (BBQ), fun and lots of good friendships. Ella will be there as usual with her host of fun and games. We Hope to see YOU there!



NAMI NEWS!

- **Help us welcome 4 new NAMI Lexington Board members, Harold Jarboe, Ryan Fleming, Karen Ward & Gina Burns!**
- **The NAMI KY State Conference will be held July 18th & 19th at the Marriott East in Louisville. Go to <http://ky.nami.org> or call 1-800-257-5081 for more information.**

Outreach Report - June 2008

Yolonda K. Clay, M.S. Outreach Coordinator

JUNE

- MAC DIVA, Yolonda Clay attended the Migrant Network Coalition Meeting the first Monday in June at the Cardinal Valley Center.
- NAMI's Gourmet Social kicked off the Walk on Thursday, June 12 at the Bluegrass Regional MHMR Board room and upcoming Walk Kickoff Gala being held there on August 8.
- A survey is being conducted to see if interest exists for a Facilitator Training for Faith-Based Support Groups that will be modeled after NAMI San Antonio, TX. Interested persons need to contact the NAMI Lexington office at 859-272-7891.
- The Adolescent Support Group has been placed on hold at this time.

Upcoming Events

JULY

- *In Our Own Voice* Presentation at The Ridge presented by Kathy Schneider & Lisa Miller.

AUGUST

- Women's Retreat at Marantha Baptist Church - Yolonda Clay will be presenting her workshop "Untangling the Knots" based on the 12-step program.

Shopping at Kroger and Supporting NAMI Lexington!

Do you shop at Kroger on a regular basis? If yes, then you can support NAMI! You can purchase a \$5 Kroger gift (debit) card from the NAMI Lexington office. Did you know that if you put \$100 on your NAMI Lexington Kroger Gift Card and fill your gas tank with it, that NAMI Lexington will get \$4? If you use your Kroger Gift Card to purchase prescriptions at Kroger, NAMI Lexington will receive **4%** of that amount, too! You can use your card to purchase groceries, fill your gas tank, buy prescriptions, buy flowers...you get the idea! This year NAMI Lexington has received **\$954.87!** Thank You to everyone who takes the time to participate and if you'd like your own Kroger Gift Card please call the office 859-272-7891.

Membership

Your membership & donations help NAMI Lexington to:

- Support Consumers & Family Members through support groups and community resources.
- Provide a bi-monthly newsletter to more than 1,500 families and professionals.
- Provide FREE NAMI Family-to-Family 12 Week Education Classes
- Provide a resource center and lending library
- Expand our Multicultural Outreach
- Advocacy to improve the lives of people living with mental illnesses
- Public awareness and educational activities



Go Paperless! Save the Trees! Go Green!

If you would like to receive all your correspondence from us via email, just call our office at (859) 272-7891 or email Angelina at angelinab@alltel.net.

Don't forget to log on to <http://lexington.nami.org> for the latest information about NAMI Lexington!



October 11, 2008 12:00pm
The Beautiful Kentucky Horse Park

Gourmet Social

On **Friday, June 12th**, NAMI Lexington had the first Walk event, for 2008, the NAMIWALKS Gourmet Social. We had approximately **100** people in attendance! During the program, we had testimonies from other affiliates across the State as to how the Walk has helped them in their area and Joe Toy spoke to the group about the importance of the Walk.

Thanks to all who attended!

Get Your NAMIWALKS Teams Online!

The NAMIWALK is quickly approaching on **Saturday, October 11, 2008!** Do you have your Walk team registered online yet? If you have any questions as to how to get your team online you may contact Phill Gunning, our Walk Manager, at (859) 539-1918 or email him at namiwalks@alltel.net or you may contact Valerie Mudd, Webmaster, at blind.justice@insightbb.com. Either of them will be glad to assist you in the registration process.

Save the Date!

08-08-08!!

“Kick Off the Walk & Roll at the Cabaret”

On **August 8, 2008, from 7:00pm-11:00pm** NAMI Lexington will be hosting our Kick Off event for the **2008 NAMIWALK**. It will be at the Bluegrass Regional MH/MR Board Courtyard in Lexington. Guests will be entertained by “The Bats.” **The BATS have netted a genre that can be best described as cabaret meets rock and roll...and everything in between! In total the “Bats experience” is unique, smart, fun, lively, refreshing and most of all entertaining.** In addition to great entertainment, we will have great food and “leaded” and “unleaded” drinks from our favorite caterer, The Saute' Café.

Formal invitations will arrive in the mail very soon.

Don't forget to RSVP to our office at (859) 272-7891.

We hope all of you will join us for this great event to Kick Off our Walk!!

NAMIWALKS MILE MARKERS

Bonnie Cook, Executive Director of the Kentucky Psychiatric Medical Association (KPMA), has “stepped up” to be the Mile Marker Chair! Rob Love, President of NAMI Winchester, has agreed to help her. Mile markers are **\$250** a piece and are posted along the Walk route and can have your name or your business name on them. Purchasing a mile markers can provide an opportunity for psychiatrists, therapists, local businesses or individuals to support our Walk. If you are interested or you know someone who is,

Contact Bonnie at (502) 695-4843 or Rob at (859) 280-3577.

NAMI Lexington (KY), Inc.

498 Georgetown Street Suite 201

Lexington, KY 40508

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RETURN SERVICE REQUESTED

Together We Can Make A Difference

By joining NAMI Lexington, you also become a member of NAMI Kentucky and NAMI National. Please return this membership dues/donation form with your check to:

NAMI Lexington (KY), 498 Georgetown Street Suite 201, Lexington, KY 40508

MEMBERSHIP DUES

CHECK ONE:

_____ Student-\$10.00

_____ Individual-\$20.00

_____ Family-\$35.00

_____ Professional-\$50

_____ Organization-\$100.00

_____ Corporate-\$250.00

_____ Open Door-Those With limited means/fixed income are invited to join at a reduced rate (minimum of \$3.00)

If you change your address, please let us know so that we may change your information in our database.

NAME(S) _____

MAILING ADDRESS _____

CITY, STATE & ZIP CODE _____

TELEPHONE _____ E-MAIL ADDRESS _____ DATE _____

DONATIONS

If you wish to make a donation, please list the amount here and make check or money order payable to NAMI Lexington and send it to the address listed above.

Amount of Donation \$ _____

You may also make a donation ONLINE only with a Visa or MasterCard ! <http://lexington.nami.org> under Membership.