

NAMI Lexington

**Black & Williams
Neighborhood Center
Suite 201
498 Georgetown Street
Lexington, KY
40508
Office Hours:
12:00pm-5:00pm**

Office # (859) 272-7891

Email Us At
NAMILEX@alltel.net

Visit Our Website:
<http://lexington.nami.org>

Consumer/Family Support Groups:

1st thru 4th Sundays

**Adolescent Support
2nd Sundays**

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
Winchester, KY
7:00pm-8:30pm
(859) 744-6985

NAMI Lincoln/Garrard

3rd Tuesdays

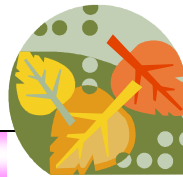
Frontier Rehabilitation
Stanford, KY
5:00pm
(606)365-4197

NAMI Richmond

3rd Thursdays

Madison County Library
Richmond, KY
6:30pm-8pm
(859) 544-7131

NAMI Lexington National Alliance on Mental Illness



Valerie R. Mudd, Editor

October/November 2006

WALKTOBER, 7th, 2006 NAMIWALKS for the Mind of America STEPS... in the Right Direction

When I think about the possibilities the WALK presents for all of the participating NAMI affiliates across the Commonwealth, I think about "steps"...I visualize footprints marching in FORWARD motion. Our goal of 3000 walkers would make for some 6000 forward moving "steps"...not counting the strollers, wheelchairs and, of course, our wonderful four-legged walkers...all moving in unison, forward, toward a common goal. I think about the fresh, new, budding affiliates - surfacing up from the grassroots, slowly building momentum and promise...and struggling, somewhat, like any new growth.

I remember the days, a mere 4 years ago, when NAMI Lexington was struggling forward; with a paltry sum of \$69.00 in the bank and the heart of a champion, we started taking... "steps" - to increase our visibility, "steps" - to increase our viability, "steps" - to network into the fabric of our service Community, "steps" - toward sustainability, "steps" - toward the future we wanted to create for ourselves, our State and our Mission. The WALK affords any affiliate wishing to participate, the chance to "step" into the future they visualize. It creates a financial opportunity to begin to "pick up the pace"; it creates a starting line.

Please "step" up to that starting line with us on Saturday, October 7th at 1 P.M... Take the opportunity to create a TEAM, create a T-Shirt... make a stand and then hit a stride toward the higher mark we all want to see mental health in Kentucky achieve. NO more F's!!!!

"Step" out and leave some footprints!!! WALK ON.

~Kelly Gunning, Executive Director

October 7th!
Registration
At Noon
Walk at
1:00pm



October 7th!
Registration
At Noon
Walk at
1:00pm

Walk Time is Quickly Approaching!

Do you have your team formed? Do you have your team registered online?

Forming a team is easy. All you have to do is have two or more people who want to walk then register your team on the NAMI website at <http://www.nami.org>. If you want to walk as an individual, you still need to register on the NAMI website. If you need help registering, please contact our office at (859) 272-7891 or email Phill Gunning, our Walk Coordinator, at namiwalks@alltel.net. By registering online, you get a web page for your team and your own personal webpage for the Walk. Sponsors can go to your website and donate by using a credit card. All you have to do is distribute the website address to your potential donors. Sounds easy, right? **Let's Walk & Roll!!!**

Mile markers are still available for the Walk for \$250.00. If you would like to dedicate a mile marker to a family member or be a sponsor featured on a mile marker, please contact our office at (859) 272-7891 or namiwalks@alltel.net

What to Expect on Walk Day!!

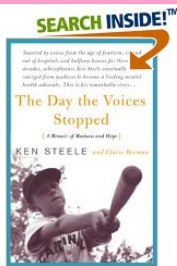
October 7, 2006!

Refreshments, Soft Drinks, Popcorn
Music, Face Painting, Balloons
Free Walk T-shirts
Friends, FUN, Laughter
A Sense of Empowerment!

October 7th!
Registration
At Noon
Walk at
1:00pm



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Book of the Month

The Day the Voices Stopped By Ken Steele

For 32 years, Ken Steele lived with the devastating symptoms of schizophrenia, tortured by inner voices commanding him to kill himself, ravaged by the delusions of paranoia, barely surviving on the ragged edges of society. In this inspiring story, Steele tells the story of his hard-won recovery from schizophrenia and how activism & advocacy helped him regain his sanity & go on to give hope & support to so many others like him.

Two Family-to-Family Classes Begin This Fall

NAMI Lexington will be having TWO Family-to-Family classes beginning this fall. These FREE classes teach family members about mental illness. The 1st class will begin on **Monday, September 11th** at **The Faye Morton Consumer & Family Center** in the basement of the Wendell Building at Eastern State Hospital. It will run for 12 weeks from 7:00pm-9:30pm on Mondays. This class will be taught by Ray and Madonna Chancellor.

The 2nd class will begin on **Saturday, September 23rd** in **Nicholasville**. It will run for 12 weeks from 9:00am-11:30am on Saturdays. This class will be taught by Yolonda Kelsor & Flo Stumph.

These classes are filling up quickly, so call and register now for these life changing classes! Contact our office at (859) 272-7891.

Family-to-Family and NAMI C.A.R.E. Support Group Facilitator Training

There has been an overwhelming response to the training for support group facilitators! On September 15th-17th NAMI KY will be training 36 people in Lexington. Thank you SO much for volunteering to facilitate our support groups! If you are interested in training to be a facilitator, please contact Madeline at NAMI KY, 1-800-257-5081 and she will sign you up for a future training!

****Don't forget to renew your membership with NAMI! Membership is so important to the legislators in Frankfort. They want to know how many members we have. The more members that we have, the more the legislators will listen to our issues!****

"Cars For a Cause" Car Show Fund Raiser for NAMI Stanford



**Sunday, October 1st
Downtown Stanford
On Main Street
1:00pm-5:00pm**



**50/50 Drawing
Top 50, Best Ford, GM, MOPAR, Best of Show, Top Two Motorcycles
100 Dash Plaques for the 1st 100 Entries
Food Vendors Available
For More Information, Call: Debbie Rowe (606) 365-9920
vaughtdeb@yahoo.com**

IMPORTANT!
Starting
September 3rd
ALL SUPPORT
GROUPS WILL
MEET AT
THE FAYE
MORTON
CONSUMER &
FAMILY CENTER

Dates to Remember:

Saturday, September

9th
NAMI Somerset Walk
9:00am
NAMI Louisville Walk
9:00am
Roots & Heritage
Festival
Noon-8:00pm

Monday, September

11th
Family-to-Family Class Begins
Faye Morton
Consumer & Family
Center
7:00pm-9:30pm

Tuesday, September

12th
NAMI Lexington Board of
Directors Meeting
Faye Morton
Consumer & Family
Center
6:00pm
Everyone Welcome!

Friday, September

15th-17th
Family-to-Family & NAMI
C.A.R.E. Support Group
Facilitator Training
Lexington

Saturday, September

23rd
Family-to-Family Class Begins
Nicholasville
9:00am-11:30am
Call for more details.

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 \$ _____