

## The Beacon

The Official Newsletter of NAMI Greater Orlando

September & October 2009

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## Building Community, Taking Action: Mental Illness Awareness Week October 4-10, 2009

See Below for Calendar of Local Events and Pages 2-4 for More MIAW News!

MIAW is here again! For the past 19 years, the United States has recognized the first week in October as **Mental Illness Awareness Week (MIAW)**. MIAW has become a tradition for NAMI and presents an opportunity for all three levels of our organization—national, state, and local—to work together within communities across the country to achieve the NAMI mission through outreach, education, and advocacy.

NAMI Greater Orlando will once again be partnering with other local mental health agencies to host special events all week long. We'll be continuing the tradition of kicking off MIAW with our annual **Consumer Picnic** in Barnett Park on Monday, October 5. On Wednesday, a great new event will be added to this year's roster: a

**Health Fair** open to the public featuring such organizations as the Veterans' Administration, the Legal Aid Society of the Orange County Bar Association, and Recovery Place. Fundraising events will include **Lakeside's Annual MIAW Luncheon** on Thursday at The Citrus Club – benefitting Dave's House, a permanent, supportive housing program – and the **CIT Golf Tournament** on Friday, raising funds for NAMI and Pathways Drop-In Center.

Join us for this jam-packed, fun-filled week! For more information on these and other MIAW events, contact the **NAMIGO Office** at (407) 253-1900 or visit our website: [www.namigo.org](http://www.namigo.org).

### 2009 MIAW CALENDAR OF EVENTS

SUN 10/4	MON 10/5	TUE 10/6	WED 10/7	THU 10/8	FRI 10/9	SAT 10/10
	<b>Consumer Picnic</b> Barnett Park, Pavilion 3 4801 W. Colonial Dr. Orlando, FL 32808 (11:00 a.m. - 2:30 p.m.)	<b>Value Options Lunch</b>  *Details To Be Announced*	<b>Health Fair</b> Embassy Suites 191 E. Pine St. Orlando, FL 32801 (5:00-7:30 p.m.)	<b>Lakeside's Annual MIAW Luncheon</b> Citrus Club 255 S. Orange Ave. Orlando, FL 32801 @ 12:00 p.m.  ~Invitation Only~	<b>CIT Golf Tournament</b> Metrowest Golf Club 2100 S. Hiawassee Rd. Orlando, FL 32835 @ 8:30 a.m.	<b>World Mental Health Day!</b>  <b>Film &amp; Panel: "More Than Sad: Teen Depression"</b> 521 SR-434 (next to South Seminole Hospital) Longwood, FL 32750 @ 2:00 p.m.

## July Quarterly Meeting Covers Social Security Benefits

On July 27, NAMI Greater Orlando hosted our third quarterly meeting of 2009. Held at St. Richard's Episcopal Church in Winter Park, the meeting featured guest speaker **Shea Fugate, Esq.**, a Social Security appeals attorney based in the Orlando area.

Ms. Fugate has been working in Disability Law for 20 years, over 14 of those years as an attorney. She opened her own practice in 1997 and dedicates all her efforts to Disability Law, including more complex Federal Court Litigation.

Approximately 50 people attended our informative session, one of the best turnouts for any NAMIGO quarterly meeting! Thank you to all those who participated and we look forward to hosting our Annual Meeting in December – stay tuned for details.

### Questions About Social Security Disability

#### Should I Apply?

Anyone who has been out of work for 12 consecutive months due to a medical condition, either physical or mental, should apply for benefits as soon as possible.

#### Will I Get Denied?

The Social Security Administration (SSA)'s own statistics show you are likely to be denied on the first two levels, but DON'T GIVE UP! If, or when, you are denied, immediately appeal the denial. You only have a limited time to appeal, and once the deadline passes, your claim is finished, and another application would have to be submitted. Since benefits are generally paid according to the application date, the amount of benefits

you may be able to receive could be affected.

#### Why Hire an Attorney?

There are thousands of rules, regulations, and laws governing Social Security Law, and it is important to have someone on your side who knows how these rules apply to each individual case. Furthermore, the SSA's own statistics show claimants who use an attorney are far more successful in winning their claims than those who don't.

For further information or help with a claim, contact:

*Law Office of Shea A. Fugate, P.A.*  
P.O. Box 940989  
Maitland, FL 32794  
Phone: (407) 539-0123  
Fax: (407) 539-0124  
E-mail: [sheafugate@att.net](mailto:sheafugate@att.net)

**DID YOU KNOW...?**

**...that, in the United States, more people die by suicide (50% more) each year than by homicide<sup>1</sup>?**

According to the 2007 State of Florida Statistics, suicide is the 9<sup>th</sup> leading cause of death for Floridians. To recognize Mental Illness Awareness Week and World Mental Health Day, NAMI will be partnering with the American Foundation for Suicide Prevention to present the film, **"More Than Sad: Teen Depression"** on Saturday, October 10. The 25-minute film will be shown at 2:00 p.m. in a classroom building next to South Seminole Hospital, and will be followed by a panel discussion.

If you or someone you know is feeling suicidal, call the **National Suicide Prevention Lifeline** at: **1-800-273-TALK (8255)** or 1-888-628-9454 (*en Español*).

<sup>1</sup>Centers for Disease Control, *National Vital Statistics Report*, 2006

## SPEAK UP!

By Peggy Symons, NAMIGO Member



On Monday, October 19 at 3:00 p.m. state legislators representing Central Florida will be holding a public forum at the Orange County Administration Building to carve out budget priorities for 2010. Florida is currently **ranked 48<sup>th</sup> in per capita spending on mental health** and the state could very well see further decline. This is the perfect time for NAMI to speak up for fair mental health funding.

Personal stories about difficulties accessing quality care, Medicaid, and medication issues are powerful and difficult to ignore. At last year's meeting, the room was filled with people voicing their concerns and speaking up for their needs, but there were only a few people who came forth to speak on behalf of individuals living with serious mental illness and their families – we were vastly underrepresented.

Many people believe they don't have the ability to address such issues in a public forum, but the NAMI cause is so compelling that we can discover personal power we never before realized. Writing down your testimony and reading it to the legislators at the upcoming forum can be a very effective and meaningful way to get involved. Each speaker is allowed three minutes, so **make sure you are heard!**

To be added to the speaker's agenda, contact **Cindy Brown** at the Legislative Delegation Office before 5:00 p.m. on Friday, October 9, 2009 at **(407) 836-7395** or by e-mail at: [cindy.brown@ocfl.net](mailto:cindy.brown@ocfl.net).

**Date: October 7th** **Time: 5:00—7:30pm**

Join us as we celebrate  
Mental Illness Awareness Week  
At NAMIGO'S first annual

# Health Fair\*

## **Learn about the Mental Health Services in Central Florida**

- American Foundation for Suicide Prevention
- Center for Professional Legal Services
- Central Florida Behavioral Hospital
- Crisis Intervention Team (CIT)
- Guardian Advocate Program
- Florida Clinical Trials
- Legal Aid Society of Orange County
- National Alliance on Mental Illness
- Recovery Place Club House (Adult & Child)
- Security Financial Management
- Sedona Club House
- University Behavioral Center
- Veteran's Administration
- **AND MORE...**

**Embassy Suites Downtown**  
**191 East Pine Street**  
**Orlando, 32801**  
**Parking**

- Free street parking after 5:30 p.m.
- Garage Parking on Pine Street

*(Tell attendant you are attending the NAMI event—Bring pink ticket to the Health Fair for free validation)*

**For more information contact:**

**NAMI Greater Orlando**

Phone: 407-253-1900

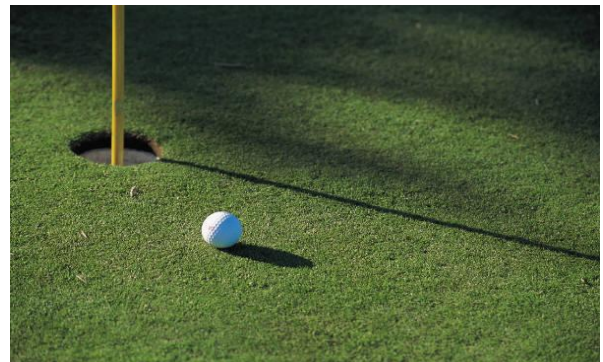
E-mail: [namigo@namigo.org](mailto:namigo@namigo.org)



**GOLF TOURNAMENT**

**FRIDAY, October 9, 2009**

**To Benefit:**



Registration @ 7:00 a.m.

**\*\*8:30am SHOTGUN START \*\***

*4-Person Scramble*

**\$100.00 per person (Must be paid by September 25, 2009)**

**\$550.00 for Corporate Sponsor includes foursome and Hole Sponsor sign,**

**Hole Sponsorships available for \$250.00**

**Includes: Continental Breakfast, Green Fees, Cart, Range Balls, Awards & New York Strip Steak Dinner w/ the fixings**

**Special Events: "LONGEST DRIVE WOMEN & MEN" & "CLOSEST TO THE PIN WOMEN & MEN"**

**SUPER TICKET will be available during registration for \$20.00**

**This will include 3 Mulligans, 1 Power Drive, 3 Raffle Tickets, 1 Special Raffle Ticket limited to Super Ticket purchasers ONLY (Great Prize)**

**TEAM ROSTER:**

Provide your TEAM CAPTAIN'S phone #  
Space is limited – don't delay.

Captain: \_\_\_\_\_

Golfer #2: \_\_\_\_\_

Golfer #3: \_\_\_\_\_

Golfer #4: \_\_\_\_\_

Captain's Phone #: \_\_\_\_\_

Text on Hole Sponsor Sign: \_\_\_\_\_

**Make checks payable to**  
**"NAMI"**

Send checks to:  
**NAMI Greater Orlando**  
**1800 Mercy Drive, Ste. 103, Mailbox 4**  
**Orlando, FL 32808**

**Phone:**  
**Cpl. Allen Dinardo**  
**407-448-4610**  
**or**  
**Lt. Deanne Adams**  
**407-448-8301**

## NAMIGO Support Groups

### Consumer Support Group & Family Support Group

When: Tuesdays @ 6:30 p.m.  
Where: Asbury United Methodist Church, 220 West Horatio Ave., Maitland – Room 14 (Consumer); Room 15 (Family)

When: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays @ 6:30 p.m.  
Where: Tuskawilla United Methodist Church, 3925 Red Bug Lake Road, Casselberry – Room 28

### Parents Offering Wisdom, Enrichment and Resources (POWER)

**\*\*BOTH POWER ORANGE & SEMINOLE COUNTY GROUPS SUSPENDED\*\***

### Other Support Groups

#### Orlando Bipolar Support

~ A support group open to people living with bipolar disorder and depression

Contact: Elisabeth Prescott at (407) 230-1046 or [OrlandoBipolarSupport@gmail.com](mailto:OrlandoBipolarSupport@gmail.com)

#### People, Inc.

~ The Mental Health Association's support group for anyone living with a mental illness

When: Mondays @ 2:00 p.m.  
Where: 1525 Robinson St., Orlando  
Contact: MHA Office at (407) 898-0110

## Activities

**Bowling** is held every Thursday at Aloma Lanes in Winter Park @ 2:30 p.m. Call Rick Scott at (407) 929-1527 for further details.

**Consumer Council** is a consumer advisory board that meets the 4<sup>th</sup> Monday of each month @ 6:00 p.m. Call Jennifer Helsel at (407) 253-1900 for further details.

**Consumer Lunch & Movies** takes place the 1<sup>st</sup> Tuesday of each month. The group meets @ 11:00 a.m. at Jason's Deli for lunch before enjoying the movies. E-mail Jonathan Lee at [jplfame@yahoo.com](mailto:jplfame@yahoo.com) for information on the next outing.

**Lunch Bunch** is a social group for consumers and family members that meets the 2<sup>nd</sup> Tuesday of the month at Steak n Shake in Casselberry @ 11:30 a.m. Call the NAMIGO Office at (407) 253-1900 for further details.

**Second Harvest** is a community service group that meets the 1<sup>st</sup> Friday of each month. Consumer participants enjoy a lunch and are paid for their time. Call Pat Purcell at (407) 875-3758 if you are interested in helping others.

**Women's Group** is a monthly social group for female consumers. Call Jennifer Helsel at (407) 253-1900 for further details.



To submit poetry and artwork to *The Beacon's* "Creative Corner," send to the NAMIGO Office by mail or e-mail: [communications@namigo.org](mailto:communications@namigo.org).

## Mental Disability

A poem by  
Gerald Israel, NAMIGO Member

When you have a mental disability,  
Think about the things you can do,  
Not what you are limited to.

I can run and write songs  
That people can sing along,  
I use it so I will never lose it.

You can do productive things,  
Even when you have a mental disability,  
Make the effort – you will see.

You can be successful if you give it a try,  
Don't limit yourself  
So life won't pass you by.

Give it your best at what you do,  
Have confidence in yourself,  
You will see it through.

### Answers to the July/August Fun Spot Puzzle

I	M	U	R	E	T	S	O	C
C	R	E	U	O	S	M	T	I
O	T	S	M	C	I	U	E	R
U	S	C	O	I	E	T	R	M
T	O	M	C	R	U	I	S	E
E	I	R	T	S	M	C	U	O
R	U	I	S	M	O	E	C	T
M	C	T	E	U	R	O	I	S
S	E	O	I	T	C	R	M	U



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*Central Florida's Voice on  
 Mental Illness*

**NAMIGO Membership Form**

All donations, contributions, and membership monies are used to continue the support of our programs and services for those living with mental illness and their families in Central Florida. NAMI is a 501(c)(3) nonprofit organization.

- |                          |   |                          |   |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | <b>Full (voting) Membership in NAMI</b>   | <b>\$35.00</b>           |   |
| <input type="checkbox"/> | <b>Open Door One – Full Membership</b>  | <b>\$3.00</b>            |   |
| <input type="checkbox"/> | <b>Open Door Two – Unable to pay dues at this time (placed on mailing list)</b> | <b>FREE</b>              |   |
| <input type="checkbox"/> | <b>Professional Membership in NAMI</b>  | <b>\$100.00</b>          |   |
| <input type="checkbox"/> | <b>Donation to NAMI</b>   | <b>\$ _____</b>          |   |
| <input type="checkbox"/> | <b>New Member</b>   | <input type="checkbox"/> | <b>Renewal</b>  |
|                          |   | <input type="checkbox"/> | <b>Yes, I would like to further contribute to NAMIGO by receiving my newsletters and NAMIGO announcements <b>electronically</b></b> |

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_\_