



NAMI Johnson County



Want to Make a Difference in 2009? Join us at a Membership Meeting

Are you thinking about getting more involved this year? Want to make a difference right here in your community? Then join us at our next meeting to learn about opportunities with NAMI-JC.

Our meeting this month will focus on the IC Community School District and NAMI-JC School Initiative Partnership. This joint effort was formed in 2005 and has been working to educate teachers and staff, parents, and students

the mission, recommendations, and accomplishments

NAMI Meetings
January 21, Wednesday
 5:30 — 6:20 p.m.
 NAMI Support Group
 6:30 — 7:20 p.m.
 NAMI Program
 7:30 — 8:30 p.m.
 Membership Meeting

Next meeting
February 18, 2009
 Mercy Hospital Iowa City
 First floor Conference Room

of the partnership. Please join us to learn about this important collaboration. Also, the partnership would appreciate your input on new projects that could help us fulfill our mission.

Have questions about how you can get involved? Send us an email at: namijohnsoncounty@yahoo.com or phone the office at 337-5400. We hope to see you soon!

Save the Dates! Mark Your Calendars for 2009 NAMI Events

January 15, 2009
 NAMI-JC WALK Volunteer Information/Planning Meeting
 6:00—8:00 p.m.
 Lepic-Kroeger Realtors Conference Room
 2346 Mormon Trek Blvd.
 Iowa City, Iowa
 Refreshments will be served

March 12, 2009
 NAMI-JC WALK Kickoff Luncheon
 Brown Deer Golf Course Club House
 11:30 a.m. -- 1:00 p.m.
Keynote Speaker:
 Gariane Gunter, M.D.
 Mrs. United States 2008

May 2, 2009
 NAMI-JC WALK for the Mind of America
 Lower City Park
 9:00 a.m. Registration/Entertainment
 10:00 a.m. WALK
 Rain or Shine!

WALK Volunteer Planning Meeting on January 15

Please join us for this meeting intended for anyone interested in volunteering to help in planning the WALK or in helping with any aspect of

the events and activities connected with the WALK, or for anyone interested in learning more about the WALK and how they might do more to help with it.

RSVP to Della McGrath if you can attend. For questions or

to learn more about helping if you're unable to attend this meeting, contact Della McGrath, Director of Development/WALK Manager, NAMI-JC, at (319) 358-8448 or dellamcgrath@qwestoffice.net



Get Your Tickets Now for the Annual Compeer Fundraising Concert

The Compeer Program will present its sixth annual concert, **Sound of Friendship** on Saturday, February 28, 2009, at 7:00 p.m. The event will take place at St. Andrew Presbyterian Church, 1300 Melrose Avenue, Iowa City.

Dan Moore brings a variety of his musical friends along with Kol Shira and the Pan American Steel Band—and more to be announced!

Following the concert, the group *Spontaneous Combustion* (featuring Eugene Spaziani on clarinet) will perform while we enjoy gourmet desserts.



The event benefits the Compeer Program whose mission is to improve the quality of life for adults with mental illness by creating opportunities for friendship with community volunteers.

Tickets are \$15.00 if purchased in advance or \$20.00 at the door. Tickets are available at the NAMIJC Office (122 E. Market), from Margalea Warner (337-4912) or Carol Spaziani (338-6140). You can also purchase them at NAMI-JC meetings to be held January 21 and

February 18, or the Community Mental Health Center (507 E. College St.), Ace Hardware Stores on Mall Drive and North Dodge Street, at many local churches, and from Compeer board members and volunteers. All proceeds will provide needed funding for volunteer recruitment, training, and program materials for the Compeer Program.

Friendship and music enrich lives, elevate spirits, and bring joy to those that are lucky enough to be touched by both. Since July 2002, the Compeer Program has reached the lives of over 65 local individuals living with mental illness.

January Adult "**Ask the Doctor**" Call with Guest Dr. Maurizio Fava

Friday, January 23, 2009

Please join us for our monthly adult issues conference call with NAMI's Medical Director Dr. Ken Duckworth, and guest Dr. Maurizio Fava. Dr. Fava is Director of the Depression Clinical and Research Program at Massachusetts General Hospital. Under his direction, the Depression Clinical and Research Program has become one of the most highly regarded depression programs in the country, conducting research projects in a variety of areas, including pharmacotherapy of resistant depression, neuroimaging, genetics, neurophysiology and more.

The topic of the call will be, "Treatment Resistant Depression."

The call is toll free and scheduled from 11-12:30 Eastern Time on Friday, January 23rd. To access the call, please dial 1-888-858-6021; conference code: 309918. This call can be made from any phone.

If you have any questions, please contact Bianca Ruffin at biancar@nami.org.

Family-to-Family Course Begins February 1

A new session of NAMI's Family-to-Family program is being offered in Iowa City. The first class will be held from 5:30 to 8:00 p.m., Sunday, Feb 1, at the Iowa City Area Assoc. of Realtors on Highway 1.

This series of 12 weekly classes is designed for family members of individuals with brain disorders including bipolar disorder (or manic depression), major depression, borderline personality disorder, schizophrenia and schizoaffective disorder, panic disorder, obsessive

compulsive disorder, co-occurring brain disorders and addictive disorders.

Classes are structured to help family members understand and support their ill



relative while maintaining their own well being.

The course is taught by a team of trained volunteer family members who know

what it's like to have a loved one with a serious mental illness. There is no cost to participate in the NAMI Family-to-Family Education Program.

More than 100,000 family members in the United States and Canada have completed this course.

Seating is limited; registration is required. To sign up or for more information, call June Judge at (319) 351-8694 or Marva Abel at (319) 338-0998.

Start Preparing Now for the 2009 NAMI Walk

We're only a little over 100 days away from the 2009 NAMI Walk of Johnson County! So we need everyone to sign up now for a WALK team! Don't miss this opportunity to reach out and engage friends, family and associates in our NAMI network.

NAMI Walks in a public awareness campaign and it is most successful when we do a great job of promoting it everywhere and all the time!

It takes only a few minutes to sign up online and you can start spreading the word, raising money and making a difference right here in Johnson County.

Sign up online today: www.nami.org/namiwalks

Benefit Concert for The Crisis Center Food Bank

Friday, January 16, 7:00—11:00 p.m.

The Mill, Iowa City

Admission: Two cans of fruit or hearty soup

Five Bands will be playing!

Sponsored by Obama for American/Iowa City

News from NAMI-UI

NAMI-UI has been the "students voice on mental illness" since 2004.

We are a student led group that promotes mental illness awareness and advocacy on the University of Iowa campus; however, anyone can join our group!

We hold free monthly movie showings to illustrate the importance of positive media portrayal in regards to mental illnesses. Also, this year will mark our third annual kickball tournament as a fundraiser for the Free Mental Health Clinic in Iowa City. We have raised over \$1,800 at the last two tournaments!

NAMI UI is also a proud sponsor of Mental Illness Awareness Week, along with NAMI-JC; and will have a Walk Team on May 2, 2009, for the fifth year in a row. We hope to see you there!

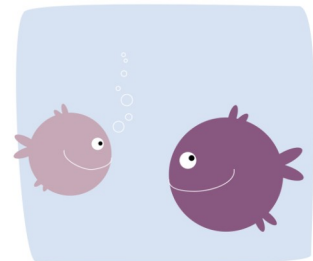
Check out our website at www.uiowa.edu/~namiui.

Please join NAMI-UI for our monthly meetings. We meet twice a month, on the first Wednesday of every month and the third Thursday of every month, beginning January 22 and ending May 6. Meeting dates are:

- January 22
- February 4
- February 19
- March 4
- March 19
- April 1
- April 23
- May 6

Meetings are held at Uptown Bills in Iowa City, 6:00-7:30p.m.

NAMI of Johnson County wishes you all Good Health & Prosperity throughout 2009



NAMI Johnson County Membership Form

(nonprofit organization)

Fill out this form, enclose your check or money order (if applicable), and mail to:
 Treasurer, NAMI-JC
 PO BOX 3087, Iowa City, IA 52244-3087

- _____ \$35 -- annual individual or family dues
- _____ \$ 5 -- open-door dues (to receive printed newsletter)
- _____ \$45 -- professional dues

All memberships include local, state and national newsletters.

Additional contribution: \$250_____ \$100_____ \$75_____ \$50_____ \$25_____ Other_____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL (optional) _____

___ Check here to be added to our e-mail news list. *(You can unsubscribe at any time by replying to a message and requesting your address be removed.)*

NAMIJC INFO**Mailing address:**

NAMIJC
PO BOX 3087
Iowa City, IA 52244-3087

Phone: (319) 337-5400
Web: www.namijc.org
Email:
namijohnsoncounty@yahoo.com

NOTE: All Board members may be reached via the info above. Below is a list of current board members and alternative contact information, when available.

NAMIJC Board Presidents:

Helen Dailey (helen-dailey@uiowa.edu)

Nyle Jessen (jessennyle@msn.com)

Vice President:

Peggy Loveless (peggy-namijc@mchsi.com)

Secretaries:

Jane Bender
(jebender@mchsi.com)

Frank Juvan (frank_juvan@hillsbank.com)

Treasurer:

Gary Fabian, CPA

At-Large Members

Frank Schmidt (fischmidt@mchsi.com)

Orville Townsend (orville.townsend@iowa.gov)

Martha Shaw (martha-shaw@uiowa.edu)

June Judge (351-8694, junejudge@mchsi.com)

Tom Saterfiel
(thomas.saterfiel@act.org)

Mindy Lamb
(malinda.lamb@iowa.gov)

Director of Operations

Mary Issah (use office contacts above)

Director of Development

Della McGrath (dellamcgrath@qwestoffice.net)

Experienced Volunteers are Waiting for Your Call

Although the NAMIJC Volunteer Phone Service does not offer professional counseling, it is a valued resource and referral service. If a volunteer misses your call, he/she will return your call as quickly as possible.

Please call between 8 a.m. and 9 p.m., to allow volunteers personal time with their families. Phone volunteers are:

Brenda Funston, 512-1478

Kay Hamilton, 341-6167

Gene Spaziani, 351-7674

Carol Spaziani, 338-6140

Online Recovery Support

www.onlinerecoverysupport.com

Online Recovery Support is a website for families and individuals suffering with mental health issues or chemical dependency. The entire site is free to anyone, including any advertising. NAMI members are welcome to join the "support" section in "forums" or submit stories or articles for posting on the front page.

You're Invited to Family Support Group

Family Support Group meets the second Sunday of the month.

Please join this gathering on Sunday, February 8, at St. Mark's United Methodist Church, 2675 E. Washington Street in Iowa City.

The group starts at 5:00 pm and runs to 6:30 pm.

People who have a family member with a serious mental illness are welcome to attend.

NAMI's New Mission Statement

NAMI recognized that the key concepts of recovery, resiliency and support are essential to improving the wellness and quality of life of all persons affected by mental illness. Mental illnesses should not be an obstacle to a full and meaningful life for persons who live with them.

NAMI will advocate at all levels to ensure that all persons affected by mental illness receive the services that they need and deserve, in a timely fashion.

NAMIJC
PO Box 3087
Iowa City, IA
52244-3087



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NAMI-JC Calendar of Upcoming Events

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Mercy Hospital, Iowa City

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March 12, 2009

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May 2, 2009

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