



NAMI Johnson County



NAMI Program/Membership Meeting is November 19

Our November program is titled "Substitute Decision Making: Options in decision making when adults are not capable of making their own decisions."

The presentation will provide an overview of the following topics:

- Who has the authority to make decisions when someone is incapacitated.
- Planning in advance to select the person you want to make your decisions.
- Types of decision making:
 - ◆ Conservator
 - ◆ Guardian

- ◆ Power of Attorney
- ◆ Representative Payee
- ◆ Personal Representative
- ◆ Final Disposition

- Information on the Office of Substitute Decision Making

NAMI Meeting

November 19, Wednesday
5:30 — 6:20 p.m.

NAMI Support Group

6:30 — 7:20 p.m.

NAMI Program

7:30 — 8:30 p.m.

NAMI Membership Meeting

Mercy Hospital Iowa City

First floor conference room

Regina Wolfe, Family Relations Coordinator, with Systems Unlimited Inc., will provide this presentation.

Regina is employed by Systems Unlimited Inc., which has been serving people with disabilities for over 30 years. She is also the parent of a son with mental illness and is a graduate of Family to Family Classes. In September, Regina completed a two-day Train the Trainer Workshop in substitute decision making taught by the Iowa Office of Substitute Decision Making, Elder Affairs.

Mental Illness Awareness Week A Great Success

Mental Illness Awareness Week (MIAW) takes place each year the first week of October, and recognizes NAMI's efforts to raise mental illness awareness through outreach programs. To promote education and awareness, NAMI Johnson County, NAMI-UI, and the Veteran's Administration (VA) hosted several events throughout the week. The theme for this year was *Building Community, Taking Action*.

An elegant candlelight vigil, jointly sponsored by NAMI-JC, NAMI-UI, and the VA, celebrated the beginning of MIAW on Sunday evening. After a moving introduction of *Scotland the Brave* on bagpipes by Craig Hazelbacker, NAMI-JC Co-president Nyle Jessen, and UI Program Associate in Psychiatry

Lance Clemens introduced the speakers who commemorated those who suffer from mental illness.

Ashlee Swinton and Dawn Pawlowski from NAMI-UI remembered students and staff, June Judge remembered her son and all those lost to mental illness. John Mikelson commemorated veterans, Peggy Loveless spoke for families, Jordan Clemens spoke for children with mental illness, and Margalea Warner remembered the trials and hopes of those who currently live with mental illness.

After the speeches, attendees lit candles while naming those they wished to remember or celebrate. This was followed by a moment of silence and the playing of *Amazing Grace* on

bagpipes. Many thanks to John Bayless for donating and setting up his sound system.

Monday evening, NAMI-JC and NAMI-UI hosted a presentation by Marya Hornbacher, the award-winning author of *Madness: A Biopolar Life* at The Englert. Marya described her struggles with bipolar disorder, which began in early childhood, by reading excerpts from her book and talking about the challenges she has faced for as long as she can remember. She then answered questions from the audience and signed books for those who purchased her book after the presentation; she also had written a book about her trials with bulimia and anorexia titled *Wasted*.

(Continued on page 3)

Pharmaceutical Companies Patient Assistance Programs

By DBSA

Depression Bipolar Support Alliance Organization

Many pharmaceutical companies offer patient assistance programs to provide prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. Each company determines the eligibility criteria for its program. Eligibility criteria and application processes vary.

For information on available medications or the criteria or application process, your physician should contact the pharmaceutical company(ies). Following is a partial list of companies who are members of the Pharmaceutical Research and Manufacturers of America (PhRMA) who offer patient assistance programs, along with the telephone numbers for these programs.

If you are unsure which pharmaceutical company makes the drug you are looking for, please contact your local pharmacy.

- ◆ Bristol-Meyers Squibb Company (800) 332-2056
- ◆ Janssen Pharmaceutica (800) 544-2987
- ◆ Eli Lilly and Company (800) 545-6962
- ◆ Parke-Davis (908) 725-1247
- ◆ Pfizer Inc. (800) 646-4455
- ◆ Pharmacia & Upjohn, Inc (800) 242-7014
- ◆ GlaxoSmithKline (800) 546-0420
- ◆ Solvay Pharmaceuticals, Inc (800) 788-9277
- ◆ Zeneca Pharmaceuticals (800) 424-3727

(Source of data: PhRMA 1998 Directory of Prescription Drug Patient Assistance Programs)

Other Assistance Programs

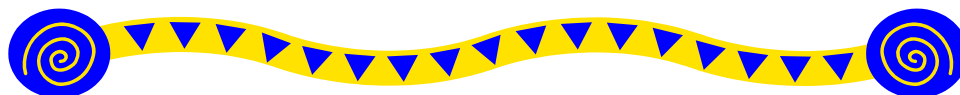
Lilly Answers (877) 795-4559 Provides flat-fee prescriptions to people with Medicare.

The Medicine Program (573) 996-7300 Assists people in applying to multiple patient assistance programs.

Pfizer for Living Sharecard (800) 717-6005 Provides flat-fee prescriptions to people with Medicare.

HelpingPatients.org Interactive Web site by PhRMA and 48 of its member companies designed to help you find patient assistance programs.

Please be aware that other, non-member pharmaceutical companies may also sponsor similar programs. To contact other companies, consult a Physician's Desk Reference (PDR), available at your physician's office and at many public libraries.



NAMI Iowa Fall Conference November 13 and 14

Courtyard by Marriott in Ankeny, IA

Submit your registration now at www.namiiowa.org

Tell others whom you think may be interested.

See you at the conference!

Mental Illness Awareness Week

(continued from page 1)

Tuesday, Ann Kolsrud, author of *Almost Normal* and a NAMI-JC member, along with June Judge, family advocate and long-time NAMI volunteer, were interviewed by Katherine Perkins of KSUI's **Talk@12** on Iowa Public Radio. Ann spoke about her lifelong struggles with schizophrenia. Many thanks to Ann and June for providing a great interview and for informing the audience about mental illness issues.

Thursday evening, NAMI-JC and the VA co-sponsored a presentation called *The Tyranny of Low Expectations in Mental Health Treatment*. John Trepp and other lodge members explained the Lodge Model of housing and employment under the organization Tasks Unlimited in Minneapolis. This model demonstrates that with proper treatment and rehabilitation, recovery to a full, independent, and productive life is possible for many with mental illness.

On Friday, the VA and NAMI-JC invited key people invested in bringing the Lodge Model to Iowa City to a working meeting with John and the lodge members. They participated in a question/answer session and shared advice on starting a lodge in Iowa City.

During the entire week, Iowa Book, a downtown Iowa City bookstore, filled a display window in their store with books and publications on mental health and mental illness. Mental Illness Awareness Week was also featured on KCRG Mug Shots.

Special thanks to those who worked above and beyond to make these events possible:

Nyle Jessen, NAMI-JC President, Peggy Loveless, Co-president, Mary Isaah, NAMI-JC Director of Operations, Della McGrath, NAMI-JC Director of Development, Jane Bender, NAMI-JC Publicity Chairperson, Dawn Pawlowski and Ashlee Swinton from NAMI-UI, and Dau-shen Ju from the VA.

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 is from 5:30 to 8 p.m., Sunday, Feb 1, at the Iowa City Area Realtors Association 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.



Please help with gift wrapping at Barnes and Noble December 20th

Join us for gift wrapping at Barnes and Noble in Coral Ridge Mall on Saturday, December 20th, from 4:00-7:00 p.m. We can wrap gift items and promote NAMI at the same time! Help us spread the word about mental health issues and hand out NAMI literature while we enjoy the festivities of the season.

If you'd like to help out for an hour or two, please contact Nyle Jessen at jessennyle@msn.com.

NAMI-JC Board Member Malinda Lamb Honored

Board member **Malinda Lamb** recently received recognition for being a winning recipient in the Forty Under 40 program from the *Corridor Business Journal*. In its fourth year, the newspaper accepted nominations for accomplished people under the age of 40 for the award. The newspaper received about 120 nominations this year, a record number. Winners were honored at a ceremony on October 28. Congratulations, Mindy!

Board Meeting Dates Changed

Due to the holidays, the NAMI-JC Board meetings have been rescheduled for November and December. The new dates are below. Please mark your calendars now.

November Board meeting will be Monday, November 24, 2008.

December Board meeting will be Monday, December 29, 2008.

Johnson County Mental Health Task Force

Tuesday, November 18, Noon to 1:00 pm.

A tour of Melrose Ridge Apartments
4435/4455 Melrose Avenue, Iowa City

Note: Pull into the driveway for Chatham Oaks, but then go on beyond it and go around Chatham Oaks to the east where you'll find Melrose Ridge Apartments. You do have to enter Chatham Oaks property first to get to the apartments.

For more details, please contact Carol Carlson, Chair,
Johnson Co. Mental Health Task Force at 337-4889 or
ccarlson@goodwillheartland.org

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, November 9, 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.

Volunteer Today for NAMI Johnson County

Office Help: We need people to volunteer at the office making photo copies, filing, putting packets together and doing mailings. We need people between 9am—3pm during the week.

Library: Track books and checkouts; review books to add; write reviews, inventory, order.

Membership: Manage membership database; update, create labels; query for special mailings.

Please call the office at 337-5400 if you can help us.

NAMIJC
PO Box 3087
Iowa City, IA
52244-3087



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NAMI-JC Calendar of Upcoming Events

November 13-14

NAMI Iowa Conference

November 19

NAMI Support Group Meeting 5:30 pm

NAMI Program 6:30 pm

Membership Meeting 7:30 pm

Mercy Hospital, Iowa City

First Floor Conference Room

December 17

Holiday Party

December 20

Gift Wrapping at Barnes and Noble

4-7:00 pm (volunteers needed)

2009

January (date to be announced)

NAMI Walk Volunteer Information Meeting

May 2 (mark your calendars now!)

NAMI Walk of Johnson County

NAMI
Johnson County
Wishes You and
Your Family a

Happy Thanksgiving

