



NAMI lane county

National Alliance on Mental Illness

...your local voice on mental illness

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CONTACT US

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• A PUBLIC WORKSHOP •

Uncovering the Mysteries of a Disabilities Application

Successfully obtaining disability benefits can be difficult and discouraging. Please join us at LCBHS on Wednesday, September 19 for a very empowering two-hour workshop on disability advocacy.

It is our goal to restore confidence in your ability to navigate this social service niche as well as you do some of the others you encounter.

After participating in this workshop, you will be much better prepared to advocate for your disabled family member or client right away. Let us help you make sense of the process and avoid common mistakes. Learn how you can officially represent someone throughout the application process.

Our guest speaker, Mellani Calvin, has been a non-attorney disability representative since 2004. She has worked with over 1200 people with severe disabilities. She began two new disability related businesses in 2010.

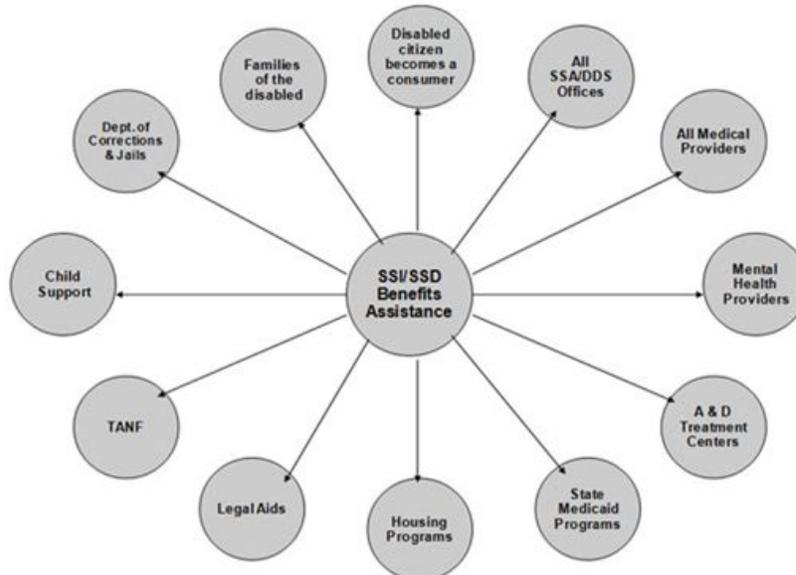
It is her personal mission to help the general public understand that they can have a very positive impact on the outcome of a disability claim. It does not have to take years to help someone obtain disability benefits.

Date: September 19

Time: 6:00 - 8:00 PM

Place: Lane County Behavioral Health System, Rm. 198 (2411 MLK, Jr. Blvd.)

Note: This is a repeat of Ms. Calvin's March workshop, which unfortunately coincided with a major snowstorm.



Save Paper & Postage, Read Online!

NAMI News & Updates

FAMILY-TO-FAMILY INSTRUCTOR TRAINING IN PORTLAND IN OCTOBER

Unfortunately, this Fall's Family-to-Family (F2F) class is already full with 20 participants. If you're interested in it, please call the NAMI office at 541-343-7688 to get on a waiting list.

The popularity of the F2F course means that experienced NAMI volunteers are always needed to facilitate it. Coming up in October (26-28) is a training course that will teach you how to do so.

The F2F Instructor course is in the Portland area. NAMI will cover travel, hotel and some meals. We are looking for several instructors who would be willing to facilitate the class twice over the next two years. We particularly need instructors interested in offering classes in rural Lane County.

VETERANS GIVEN PROPER BURIALS

Five soldiers who served in WWI and WWII were buried with full honors at Willamette National Cemetery. Their ashes were discovered at Oregon State Hospital.

James Edward Butler, Pvt., US Army, who served from Sept. 1940 to May 1941; Everett Eugene Irvin, US Navy Seaman, May 1918 to July 1919; Lanier Dick Johnson, (rank unknown), US Navy, Jan. 1917 to Nov. 1919; William Julius Madson, Sgt., US Army; and Frank John Martin, Boatswains Mate 2nd Class, US Navy, June 1943 to March 1946 have now found their final resting place and been given the respect they deserve for their service.

2012 GORDON AND SHARON SMITH NEW FREEDOM AWARD DINNER IN PORTLAND

Former Oregon State Senator Avel Gordly and Oregon Partnership Founder and CEO Judy Cushing have been selected to be the 2012 co-recipients of the Gordon and Sharon Smith New Freedom Award. Gordly and Cushing will receive their award at a dinner to be held at the Portland Downtown Waterfront Marriott on Tuesday, October 9. NAMI Lane County will be sponsoring a table. Call the office for more information.

ANNUAL NAMI OREGON CONFERENCE IN NOV.

NAMI Oregon is seeking ideas for presentations at our annual conference, which will be held on Saturday, Nov. 10, at the Village Green Resort near Cottage Grove. Potential workshop topics include an affiliate roundtable discussion, information from Eugene's RAISE study, how to support returning veterans, how to bring CIT to your county, and how to advocate for mental health resources.

Please send proposed ideas to Education Programs Manager Peter Link at pete@namior.org.

UHLHORN AWARD CALL FOR NOMINATIONS

Nominations are being sought for NAMI's annual Bill Uhlhorn Award, presented in recognition of service to people with mental disorders. Please call or email the office with yours.

Last year Eugene Police Officer Chris Kilcullen was posthumously awarded the Uhlhorn.



NAMI's annual picnic had something for everyone! The big shady oaks at Morse Ranch were much appreciated on a hot August night. Bingo and a raffle provided for heat-appropriate after dinner sports activities. Special thanks to all who organized, cooked and served.

A Letter from the President...

BY SUSIE CALDWELL

August has been a busy and productive month for NAMI. We are happy to welcome John Wagner our new office manager and invite you to come by the office, introduce yourself and hear about all that is happening under his expert management. We are so pleased that he has taken over from our dedicated volunteers who have been filling in.

Happily, even though it turned out to be one of the hottest days of the summer, the picnic was a success. There was lots of good food and fun for all who attended. We plan to have the picnic at a more central location next year, so it is easier to get to.

Our Board meeting was August 15, and I thought I would share some of what was discussed. For more details, give the office a call. Sue Sammis let us know that another Peer-to-Peer course will start on September 4, at Laurel Hill Center. One NAMI Connection group is occurring on Wednesday nights, and another on Tuesday afternoons. Sally, our education chairperson, told us we have a full contingent of 20 people signed up for the Family to Family course starting this Sept 11. We always have more people who want to take the course than teachers to teach it. So you might want to consider whether you could be one.

We are always trying to extend our programs out into rural areas of Lane County and have planned a session on suicide prevention, which will be held Cottage Grove. We are also working to extend our services to other constituencies. We are especially encouraged that Jose is in touch with the VA to provide services for veterans and has initiated a family pizza night for veterans and their families.

Libbie Rascon, our program chairperson, has been working hard to develop a course to train Peer Specialists here in the southern part of Oregon. We are awaiting approval for the curriculum and hope to have it up and running soon. Next month she and our executive director, Jose, will give a presentation of Peer Support Recovery services to social workers.

On the financial side we continue hunting and applying for sources of revenue to support our overhead and expanding services. The state-shift to Coordinate Care Organizations will make a difference to us. Trillium has absorbed Lane Care and is still sorting out how our funding relationship with them will work.

We are attending very carefully to what needs to be done to secure our grant. We've applied for grants from local foundations. Also, we are still looking for some funds from United Way, but we will not know whether we'll receive them until September 6. It looks promising but not certain.

Our Fund Raising Pizza night at Papa's Pizza should be a fun evening and a social gathering for us all. It is October 4th at the Papa's Pizza on Coburg Road. We get a percentage of the proceeds from all the Pizzas we order. I don't think beverages count, but the pizzas do. So we hope you will all come out and join us for good pizza and conversation and fellowship.

Thanks to Home Depot for donating some decorations for our Holiday party. Plans for our next one are already in the works.

(continued on p. 7)

NAMI Lane County

Board of Directors

President: Susie Caldwell
Vice President and Secretary: Lesley Rex
Finance Director: Scott Diehl
Treasurer: Sara Wyant
Program Chair: Libbie Rascon
Education Chair: Sally Diehl
Consumer Liaison: Sue Sammis
Nominations: open...
At large: Serena Slape, Collin Alspach,
Pete Ruby and Pat McCormick

Staff

Executive Director, Jose E. Soto, III
Office Manager: John Wagner

Volunteers

Book Reviews: Pete Ruby
Webmaster: Larry Cummings
Newsletter: Jeff and Diane Magoto
Foundation Chair: Dave Howard
Dignity Project: Richard and Eloyce Enloe

...and many others

The mission of NAMI Lane County is to improve the quality of life of persons with mental disorders and of their families through support, education and advocacy.

Summer Donations to NAMI

Thank You!

The Bolton Family
Foundation
(Florence)

Jeri Carson
Jean Coberly
Michelle Crisanti
Wendy Engel
H&R Block
Nancy Hammer

LoraLee &
Phillip Jensen
Pat McCormick
Nancy Nameth
David Sagafi
Sara Wyant &
Dennis Ary
Michael Zarate
Anna Zhang

This month's newsletter is sponsored by Sally and Scott Diehl in loving memory of their nephew Dan Carpenter.

Little Brother, Big Pharma

BY DAVID HEINE

ASPECT FILMS, 2008

Film Review

by

Pete Ruby

This film was made by David Heine of Eugene. Most of the people who are questioned and interviewed are local. With special features labeled “Hitler’s Model: The Eugenics Movement in America” and “Modern Electroshock Treatment”, I was not surprised that sensationalism and propaganda were to rear their ugly heads.

A guy named Danny who has slurred speech and the worst looking set of teeth in the world, is the focus of the video. The video focuses on his damaged face to show us how his use of medications such as thorazine and other antipsychotics have damaged his health. The video talks about Danny’s struggle to reduce or get off what are called these mind numbing drugs. Danny is now a 61 year-old man who obviously has had a difficult life due to the fact that he has schizophrenia and medication problems. His



sister is often interviewed, expressing her anger about the physical and mental damage she believes are caused by the psychiatric drugs he uses. I wonder why she did not explain about any attempts of hers to get him to discontinue taking these antipsychotic medications.

The majority of the video actually interviews many local people who are involved in the mental health field. Robert Whiteaker, whose books I previously reviewed, provides a lot of fuel for the dangers of many psychiatric medications and for the culpability of Big Pharmacy companies in their research and production of these drugs.

Whiteaker, David Oaks, Dr. Peter Breggin, Al Levine and others seem to be making a one-sided attack against psychiatric medications. No one can doubt that psychiatric medications have negative side effects and are not pleasant to take on a continual basis. Some of these medications can even cause long term harm for some people. Unlike antibiotics, which can cure an infection in a person’s body, psychiatric drugs generally do not cure mental illnesses; they lessen the pain and the negative physical and mental symptoms of these illnesses.

For many that is quite enough and the benefits are worth the risks. People do not have to take these medications: those who do so are seeking relief from their suffering and trust that their doctor is acting in their best interests so that they can live as normal a life as possible.

Dr. Nicolas Telew, a Eugene psychiatrist, is the only professional interviewed who provides a well-rounded explanation of the use of medications and ECT in modern psychiatry. Dr. Telew describes a currently used, minimally invasive procedure for ECT. While he talks, video footage of abusive electroshock treatments is shown in the background.

The eugenics section continues to show us how far we have advanced with a humane way of treating those with mental illnesses. It’s a one-sided depiction. We do not see any people who take psychiatric medications getting a chance to say how their lives have improved. In some ways this video reminds me of the movie *Reefer Madness* with its use of scare tactics and misrepresentations. Like there, we hear nothing from those who’ve obtained positive results from their medications, only the horror stories.

(Editor’s note: A trailer for this film can be see online at: <http://www.youtube.com/watch?v=RnIyJjrwtY>)

From the NAMI Library

BY KAREN MAINWAIRING

My name is Karen Mainwaring. My husband and I have recently become volunteers for NAMI Lane County. We originally got involved through NAMI's outreach to Veterans and their families. We found the volunteers and resources to be very helpful, especially the library. I've informed everyone I know about NAMI, and the information that is offered for free to those in need of it.

My husband and I support the mission of NAMI Lane County and want all families in our community who have been affected by mental health issues to know that they are not alone, that there is hope and help available. This is why we became members of NAMI. We felt it was important to invest not only our money, but also our time.

I am currently acting as "Librarian," at the office one day a week. Right now I am in the middle of adding new materials and organizing the old. There are several new books we've purchased and many more that have been donated, (thank you to all those who donated books on various topics). There are some great books here to help someone who is dealing with, or in recovery from, a mental health disorder. There is also so much wonderful information available in our library for those with loved ones who have mental health challenges.

I recommend everyone come in to learn what we have and to ask questions. NAMI and its volunteers are here for you; just for that reason. Happy days to you and yours!

Here are some books and audio books that you may find interesting:

Affect Regulation and Origin of Self (The Neurobiology of Emotional Development), Allan N. Schore

The PTSD Work Book: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms, Mary Beth Williams

The Addicted Brain: Why We Abuse Drugs Alcohol and Nicotine, FT Press Science

Living With Someone Who's Living With Bipolar: A Practical Guide for Family, Friends, and Co-workers, Bruce M Cohen

Voices of Bipolar Disorder; The Healing Companion: Stories for Courage, Comfort and Strength, Richard Day Gore

Invisible Heroes: Survivors of Trauma and How They Heal, Belleruth Naparstek

Handbook for Women, Stress and Trauma, Routledge Psychosocial Stress Series

Stress Proof Your Brain: Meditations to Rewire Neural Pathways For Stress Relief and Unconditional Happiness

Psychiatryland: How to Protect Yourself from Pill-Pushing Psychiatrists and Develop a Personal Plan for Optimal Mental Health Acceptance and Commitment Therapy for Interpersonal Problems: Using Mindfulness Acceptance and Schema Awareness to Change Interpersonal Behavior, Mathew McKay, Avigail Lev, and Michelle Skeen

Deprived of Our Humanity: The Case Against Neuroleptic Drugs, Peter Lehmann

Cognitive-Behavior Therapy for Severe Mental Illness, Jesse H. Wright

Handbook of Correctional Mental Health, Charles L. Scott

AUDIO BOOKS

A Guided Meditation for Healing Trauma (PTSD, Health Journeys (audio cd)

Staying well with guided imagery/How to Harness The Power of Our Imagination for Health and Healing, Belleruth Naparstek

Pass Through Panic: Freeing Yourself From Anxiety and Fear, Claire Weekes

Health Journeys: A Meditation to Ease Pain, Bellruth Naparstek

Are you an Amazon.com regular?

Amazon.com makes it easy to be a donor to NAMI.

Every purchase you make through the Amazon website can help NAMI improve the lives of people living with serious mental illnesses. Here's how:

For anything you purchase from (most of) Amazon's retail categories, NAMI will automatically receive a percentage of the total sale (5 to 8 percent, on average).

You'll get the convenience of shopping online with one of the Web's biggest retailers, and at the same time will be helping NAMI help others, all at absolutely no extra cost to you.

There are two ways to shop:

1) Use the URL below—it takes you to the Amazon home page, and NAMI will get credit for any purchases you make, <http://tinyurl.com/nami-amazon>

2) Go to NAMI's page on Amazon.com—it's got a list of recommendations for books, videos, and other resources about mental illness, <http://tinyurl.com/nami-books>

September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September 3</p> <p>• Office Closed for Labor Day Holiday</p>	<p>4</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Connection</i>, 3:30-5:00, FUMC, Eugene.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 6-7, Florence.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:30-7:30, Cottage Grove.</p>	<p>5</p> <p><i>Mobile Library</i>, 9-12, LCBHS.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:00-7:00, Eugene.</p>	<p>6</p> <p><i>Consumer Only Friendship Group</i>, 10:00, Cottage Grove</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Family-to-Family Support Group</i> (for graduates of F2F Class), 7:00-8:30, LCBHS.</p>	<p>7</p> <p>• Office Closed</p> <p>-----</p> <p><i>NAMI Connection</i>, 12-1, SLMH, Cottage Grove.</p> <p>-----</p> <p><i>Out 'n Abouters—Bingo</i> 3:30, Shepard Apts. Community Room, Eugene.</p>
<p>10</p> <p><i>DBSA</i>, 7:00-8:30, First United Methodist, Eugene.</p> <p>National Wellness Week Sept. 17-23</p>	<p>11</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Connection</i>, 3:30-5:00, FUMC, Eugene.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 6-7, Florence.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:30-7:30, Cottage Grove.</p>	<p>12</p> <p><i>Mobile Library</i>, 9-12, LCBHS.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:00-7:00, Eugene.</p>	<p>13</p> <p><i>Consumer Only Friendship Group</i>, 10:00, Cottage Grove.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Friends and Family Support Group</i>, 7:00-8:30, NAMI Office.</p>	<p>14</p> <p>• Office Closed</p> <p>-----</p> <p><i>NAMI Connection</i>, 12-1, SLMH, Cottage Grove.</p> <p>-----</p> <p><i>Out 'n Abouters—Bingo</i> 3:30, Shepard Apts. Community Room, Eugene.</p>
<p>17</p> <p>Workshop on Understanding Disability Benefits Wed. Sept. 19 6-8 p.m. at LCBHS</p>	<p>18</p> <p><i>Dual Diagnosis Anonymus</i>, 2:00-3:00, LHC .</p> <p>-----</p> <p><i>NAMI Connection</i>, 3:30-5:00, FUMC, Eugene.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 6-7, Florence.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:30-7:30, Cottage Grove.</p>	<p>19</p> <p><i>Mobile Library</i>, 9-12, LCBHS.</p> <p>-----</p> <p><i>NAMI Board Meeting</i>, 4:00-6:00, LCBHS.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:00-7:00, Eugene.</p>	<p>20</p> <p><i>Consumer Only Friendship Group</i>, 10:00, Cottage Grove.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Friends and Family Support Group</i>, 7:00-8:30, NAMI Office.</p>	<p>21</p> <p>• Office Closed</p> <p>-----</p> <p><i>NAMI Connection</i>, 12-1, SLMH, Cottage Grove.</p> <p>-----</p> <p><i>Out 'n Abouters—Bingo</i> 3:30, Shepard Apts. Community Room, Eugene.</p>
<p>25</p> <p><i>DBSA</i>, 7:00-8:30, First United Methodist, Eugene.</p>	<p>25</p> <p><i>Dual Diagnosis Anonymus</i>, 2:00-3:00, LHC.</p> <p>-----</p> <p><i>NAMI Connection</i>, 3:30-5:00, FUMC, Eugene.</p> <p>-----</p> <p><i>County Consumer Advocacy Council</i>, 1:00-3:00, LCBHS.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 6-7, Florence.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:30-7:30, Cottage Grove.</p>	<p>26</p> <p><i>Mobile Library</i>, 9-12, LCBHS.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:00-7:00, Eugene.</p>	<p>27</p> <p><i>Consumer Only Friendship Group</i>, 10:00, Cottage Grove.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Family-to-Family Support Group</i>, 6:30-8:00, Florence.</p> <p>-----</p> <p><i>NAMI Friends and Family Support Group</i>, 7:00-8:30, NAMI Office.</p>	<p>28</p> <p>• Office Closed</p> <p>-----</p> <p><i>NAMI Connection</i>, 12-1, SLMH, Cottage Grove.</p> <p>-----</p> <p><i>Out 'n Abouters—Bingo</i> 3:30, Shepard Apts. Community Room, Eugene.</p>
<p>October 1</p> <p><i>DBSA</i>, 7:00-8:30, First United Methodist, Eugene.</p> <p>Fundraiser at Papa's Pizza Thurs. Oct. 4</p>	<p>2</p> <p><i>Dual Diagnosis Anonymus</i>, 2:00-3:00, LHC.</p> <p>-----</p> <p><i>NAMI Connection</i>, 3:30-5:00, FUMC, Eugene.</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 6-7, Florence.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:30-7:30, Cottage Grove.</p>	<p>3</p> <p><i>Mobile Library</i>, 9-12, LCBHS.</p> <p>-----</p> <p><i>NAMI Connection</i>, 6:00-7:00, Eugene.</p>	<p>4</p> <p><i>Consumer Only Friendship Group</i>, 10:00, Cottage Grove</p> <p>-----</p> <p><i>Dual Diagnosis Anonymus</i>, 2-3, LHC.</p> <p>-----</p> <p><i>NAMI Family-to-Family Support Group</i> (for graduates of F2F Class), 7:00-8:30, LCBHS.</p>	<p>5</p> <p>• Office Closed</p> <p>-----</p> <p><i>NAMI Connection</i>, 12-1, SLMH, Cottage Grove.</p> <p>-----</p> <p><i>Out 'n Abouters—Bingo</i> 3:30, Shepard Apts. Community Room, Eugene.</p>

We invite our readers to submit their own articles, photos, stories or anecdotes: Have you read or seen something recently that you'd like to share or respond to? Where do you turn to learn about new therapies or medications? Please send submissions to the NAMI office or by email: office@namilane.org.

**NAMI Groups
Eugene-
Springfield**

NAMI Friends and Family Support Group 2nd, 3rd, 4th and 5th Thursday at the new NAMI Office, 76 Centennial Loop, Suite A, Eugene, 7:00.

NAMI Family To Family Support Group (for graduates of F2F Class) at LCBHS, First Thursdays, 7:00.

NAMI Connection—Peer Facilitated Support Groups Tuesdays, First United Methodist

Church (FUMC), 1376 Olive Street. Eugene, 3:30-5:00

NAMI Connection (for consumers), Wednesdays, NAMI Office, 6:00.

Cottage Grove

Consumer Only Friendship Group Fleur de Lis Patisserie, 616 Main St, Thursday mornings, 10:00.

NAMI Connection—Peer Facilitated Support Groups Tuesdays, Healing Matrix, 632 Main St, 6:30; Fridays, South Lane Mental Health, 1325 Birch Ave, 12:00.

Florence

F2F Support Group Laurelwood Community Center, 1137 Maple St., 4th Thursday, 6:30-8:00.

Community Groups

DBSA (Depression/Bipolar Support Alliance Group) First United Methodist Church, 1376 Olive Street. 2nd and 4th Mondays, 7-8:30. Contact Dorothea: dbmarcomb@gmail.com

County Consumer Advocacy Council, 4th Tuesday at Lane County Behavioral Services, Rm. 198, Eugene, 1:00-3:00.

Eugene Dual Diagnosis Anonymous (Mental illness and drug addiction) Laurel Hill Center (LHC), Tues. & Thurs. 2-3, 2145 Centennial Plaza. Call Stacey at 541-485-6340.

Florence Dual Diagnosis Group Apostolic Pentecostal Church, 1525 12th Street, Suite 28. Tuesdays 6-7. Call David at 541-997-9289.

Oregon Family Support Network For families with children with emotional,

behavioral, or mental health needs. Call 541-342-2876.

Suicide Bereavement Group For those who have lost a loved one. Meets once a month on Wednesdays. Call Darlene at 541-747-2084.

Out 'n Abouters— Weekly bingo for consumers. Shepard Apartments. Fridays 3:30. More information: Linda, 541-485-0509.



**PAPA'S PIZZA
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Eugene, OR 97401
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We are hosting a PIZZA DAY at
COBURG RD PAPA'S PIZZA for:

NAMI LANE COUNTY

Bring this flyer into Papa's Pizza on **October 4th** and the organization will receive **50%** of the value of the food you purchase! You also have the choice of purchasing **Fundraiser Bucks** that are good for all future purchases. These Bucks will earn **25%** of their value for the organization.

Please come into Papa's and help us out!
With your support on **October 4, 2012** we can have a really successful fundraiser!

Beverages and delivery orders are excluded.
These flyers cannot be distributed at Papa's Pizza.
This fundraiser flyer is valid **ALL DAY** only on specified date.

Join us on Facebook!



www.facebook.com/PapasPizzaCoburgRd

Total Food Order \$ _____

All Gift Certificates Purchased 25%\$ _____

(continued from p. 4)

We held our Board retreat on August 25th from 9:00 am to 1:00 pm. We compared our goals from 2010 and discovered we had accomplished quite a bit. For next year we determined our three most important goals to be able to maintain and grow the quality of our services.

All three call for recruiting more volunteers, whether in the office, teaching courses, facilitating support groups, or meeting with people in the community. What it comes down to is we need you. So if you have the time and the inclination to get involved, give us a call!

See you at the Pizza Party!
Susie Caldwell

*Please Welcome John Wagner,
New Office Manager*

The Board and the Executive Director are delighted that John Wagner has joined the NAMI Lane County team as office manager. John brings years of administrative and fiscal experience to this important position.



Come buy a pizza and help support our mission! We are hoping to have a strong turnout from our members and the community for this fun activity. Everyone is encouraged to come around 6:00 pm for socializing and a good time.

 **NAMI Lane County**
National Alliance on Mental Illness
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NAMI Membership/Donation Information

Annual membership benefits include:

- Local, informative monthly newsletter
- State and national membership magazine
- A voice on vital advocacy issues
- Representation on state and local boards
- Tax deductions

- Voting Membership, \$35.00/year
- Newsletter subscription only, \$15/year
(Available only for members of NAMI Affiliates outside of Lane County)
- Low Income Membership, \$3.00/year
- General Donation, \$ _____
- Donation in memory of _____
- Anonymous gift, \$ _____

(Please make checks payable to: NAMI Lane County • 76 Centennial Loop, Suite A • Eugene, OR 97401)

Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State _____ Zip _____

Contact me about volunteering, donating money, products, or services.

UPCOMING EVENTS

- Sept. 11. Family-to-Family Class starts.
- Sept. 19. Disability Benefits Workshop
- Sept. 17-23. National Wellness Week.
- Oct. 4. Fundraiser at Papa's Pizza.
- Oct. 7-13. Mental Illness Awareness Week.
- Oct. 26-28. Family-to-Family Teacher Training in Portland.
- Oct. 30. Opal Network Meeting
- Dec. 4. Holiday Dinner; Julie Fast, Speaker

Do you prefer to receive your newsletter in printed form (via USPS) or electronic form (via email)? printed electronic