



nami

Southwest Washington

National Alliance on Mental Illness

The Official Newsletter of NAMI Southwest Washington

Vol. 13.12

December 2013

NAMI SW WA IS MOVING ON MONDAY NOVEMBER 25th

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OUR NEW ADDRESS IS
8019 NE 13th Ave
VANCOUVER, WA 98665

CONTACT US!

NEW! 8019 NE 13th Ave
Vancouver, WA 98665

PO Box 5353
Vancouver, WA 98668

Tel: (360) 695-2823
Fax: (360) 823-1088

Email:
info@nami-clark.org

Websites:
www.nami-clark.org

Twitter:
@NamiSouthwestWA

Resources:

NAMI Warm Line
M-F 9am-5pm
(360) 695-2823

Mental Health Ombuds:
(360) 397-8470
(866) 666-5070

Teen Talk: (after 4pm)
(360) 397-2428

Crisis Lines:
(360) 696-9560
(800) 626-8137

THE HOLIDAY CELEBRATION IS JUST AROUND THE CORNER

We hope all of you who want to attend the holiday celebration on December 6th have signed up for it. Only those people on our list can attend.

If you have not signed up, please call our office as soon as possible. We have very few spaces left so you will have to sign up directly with us...not through the area providers. If you are not on our list, or want to confirm that you are on the list, please call (360) 695 2823. We will try to fit you and your family in but we only have space for 300 people.

The stockings are made and ready to be stuffed on November 25th. We need volunteers to take on this job...and to help us pack boxes for our move that day. Please call to let us know you can help with either activity.

Other events that help us get prepared for the celebration include:

- ◆ Wrapping packages on Monday, December 2nd at our new office
- ◆ Helping to setup, manage, and cleanup on Friday, December 6th.

We look forward to a great celebration and hope to see you there.

NOTE: We had planned to have a bus drive guests from Skamania County but do not have sufficient people from Skamania attending to hire a bus. We will have alternative transportation.

NAMI SW WA
HOLIDAY CELEBRATION
FRIDAY, DECEMBER 6th
LEUPKE CENTER
1009 East McLoughlin Blvd.
Vancouver, WA 98663

From the Directors Desk

«GreetingLine»,

First, I want to thank all of you who have joined NAMI in the past month. Our plea for increasing our membership did not fall on deaf ears. Our goal is to keep increasing the membership so that we can be much more effective at helping to make much needed changes in mental health in our three counties...Clark, Cowlitz, and Skamania...in the state of Washington, and in the nation.

The most important information is that we are moving our Clark County office. Our lease expires on November 30th and the bank that foreclosed on the property with the previous owner over a year ago has insisted that we vacate the space. We tried over several months to find a way to stay on Fort Vancouver Way but were not able to reach agreement with the bank. **We welcome current members as well as new volunteers to help us accomplish this effort.**

We will pack boxes beginning Monday, November 18th and continuing throughout the week. We will also prepare and mail this newsletter and continue our support groups and classes that are scheduled for Vancouver at our current site during the week of November 18th. We need volunteers to help us with this, so please let us know how you can help!



We will move on Monday, November 25th. Volunteers are needed to make this process during the day as efficient as possible. We have hired a U-haul moving van for the morning of the 25th and movers will take the heavy things later in the day. The owners of the moving company we will use are currently finishing their participation in our *Family to Family* class.

Our stocking-stuffing day scheduled for Monday, November 25th will take place at the Fort Vancouver site from 11 to 5, as planned. The tables and chairs these volunteers will use will remain until the project is finished. We are hoping to have a group from Kohls Department Store help us again with this activity as they did last week when we cut and

sewed the almost 400 stockings we need for the holidays. Other volunteers are welcome, as well, so if you can't lift and carry boxes then please come and stuff stockings. **Let Jenny know if you can help by calling 360.695.2823.**

During the week of Thanksgiving we will settle in to the new space. Our office will be open Monday through Wednesday and again on Friday of that week. We will be closed for Thanksgiving Day, November 28th.

There is no Connection Group on Thanksgiving Day.

On Monday, December 2nd volunteers will meet at our new office space to wrap packages for the holiday party.

**Our new space is located at
8019 NE 13th Ave
VANCOUVER, WA
98665**

UPDATE ON JAN MCKENZIE

Jan is now under hospice care at her home in Aurora, OR. We know she would like to hear from her many friends and colleagues in the SW WA mental health community.

Jan, if you read this very short newsletter please know that we are all thinking of you and keeping you in our thoughts, prayers and meditations.

Please take time to write her a note or send her a card.

Her address is:

Jan McKenzie

4485 SW 180th Ave

Aurora, WA 97007

The Holiday Celebration will take place at the Leupke Center on Friday, December 6th beginning at 5:30. Volunteers will meet at Leupke to begin setting up the space after 1 pm that day. Please call and let us know how you can help us with set up, plating food, serving meals, managing the crowd, and, most importantly, cleaning up. Lots of hands will make the clean up go faster so if we could have about 20 people helping with it would be greatly appreciated.

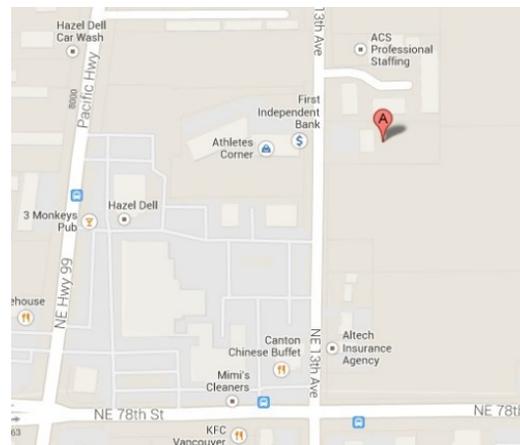
Our regular schedule for support groups in December will begin the second week of the month at our new location. No other classes or groups will take place that month. We will be back on schedule by the first of the year.

All support groups that take place at sites other than Vancouver will take place as scheduled.

In December our office will be closed on Tuesday after 12 noon, December 24th and all day on Wednesday, December 25th. We will be closed on New Year's Day, Wednesday, January 1st, 2014.

We have scheduled our annual NAMI meeting for Tuesday, January 28th. This will also be our Open House. We invite members and friends to attend. Members will vote for new board members and officers of the board. As a member of NAMI you have a right and obligation to participate in this meeting. Please plan to attend. Members will also be reviewing our new Bylaws and the budget for 2014 that the Board will approve at an earlier meeting.

We plan a very exciting 2014! We will host the 2014 NAMI WA Conference here in Vancouver. NAMI members and guests will come from around the state to attend the meeting and participate in exciting and interesting discussions pertinent to all who have interest in mental health. We will have a great list of special speakers and guests and look forward to a very stimulating meeting. Dates and locations are getting confirmed now and will be announced in



our January newsletter that will come out at the end of 2013. We will begin registration shortly after that.

And last, but not least, please take time now to join NAMI if you are not already a member. If you are a member, please consider making a donation to NAMI-SW WA. Our budget for next year has grown considerably from this year. Southwest Behavioral Health is providing us with much needed extra funding for additional services that we will provide, especially in Cowlitz and Skamania Counties but we will also need to raise about \$50,000 or more by the end of June. So please open up your ears and your check books to help us out in whatever way you can. We especially encourage those who are able to sign up with us as a donor who provides a specified amount every month. Call Jenny at our office if you are able to do this; she will set it up so the amount can be charged monthly to your bank account or a credit card.

Thanks so much and Happy Thanksgiving to you all. We are certainly giving thanks for our very lovely new offices and look forward to seeing you all there.

Best regards from our NAMI staff, Board Members and Volunteers,

Peggy McCarthy, Executive Director

Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

NAMI Southwest Washington
P.O. Box 5353
Vancouver, WA 98668

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National Alliance on Mental Illness

ANNUAL MEMBERSHIP - \$35.00

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NAMI Membership Includes:

- ★ NAMI National Advocate Magazine, quarterly
- ★ Washington Friday Facts, weekly e-mail by request
- ★ NAMI SW WA Newsletter, monthly
- ★ Member Discounts on NAMI Events & Materials,

Please return your payment and completed form to:

NAMI Southwest Washington
P.O. Box 5353
Vancouver, WA 98668

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Or use your credit card to join or donate at www.nami-clark.org