

## Participate in these NAMI Scott Events:

### January 28: NAMI Signature Programs

**Christine Urish**, former president of NAMI Scott County, will present a program on NAMI's Signature Programs. These include education classes for family members (Family to Family), for people with mental illness (Peer to Peer); support groups for family members (Family Support Group), and for people with mental illness (NAMI Connection). *Visions for Tomorrow* is a class for parents/caregivers of children/adolescents with mental illness; *Generations of Hope* is a support group for the parents and caregivers. Monday, January 28, at 7 pm at the Bettendorf Library.

### February 11: Social Security Disability

**John Bowman**, private attorney practicing in Davenport, will talk about issues of Social Security Disability. He will explain who should apply for Supplemental Security Income (SSI) or Title II, and what is the criteria and process of filing. Mr. Bowman has been practicing Social Security Disability law for over 30 years. The meeting is at 7 pm Monday, February 11, at the Bettendorf Library.

## NAMI Walk 2008

NAMI Scott County will be holding its 5<sup>th</sup> Annual NAMI Walks for the Mind of America Walk on **May 3, 2008**, at 10 am at Credit Island Park in Davenport. We invite you to participate in any way you can to help continue to make this Walk a success. The NAMI walk has **three main purposes** and goals.

The NAMI Walk is a **fundraiser** that allows NAMI Scott County to provide all of the educational programs, advocacy events and support activities that we now have available. Our financial goal this year is \$100,000. You can help by encouraging your employers or businesses you support to become a Sponsor or you can help by encouraging your family and friends to sponsor you as a walker.

The Walk provides **awareness** to the community and brings the issues of mental illness to the forefront. It is wonderful for the community to see that our Walk consistently grows in numbers each year. This year our goal is to have over 1500 Walkers at Credit Island supporting NAMI and mental illness. You can help by coming out to walk, by encouraging your family and friends to walk or even starting your own Walk Team.

The NAMI Walk **helps to reduce stigma**. As the community grows in awareness and sees the support the Walk receives it indeed helps to reduce stigma. Our goal is to increase publicity this year and encourage the media to include the NAMI Walk in the newspaper and on radio and TV. **You can help** by getting involved in the Walk, by walking, by taking pictures and sending them to the newspaper, by writing letters to the editor or by simply telling your story when you have an opportunity.

**You can get involved** by sending your ideas for new sponsors or new Walk teams to the Walk Managers, Teri and Greg Paulline. You can get involved and help organize the Walk by joining the Walk Committee. The next Walk Meeting is February 13. You can get involved by volunteering to help out on Walk Day. If you want to get involved call Teri and Greg, at 388-9068, or email [namiwalkscottcounty@mchsi.com](mailto:namiwalkscottcounty@mchsi.com). We can use your help.

**The Kick Off luncheon** for this year's NAMI Walk is on **March 29** at The Lodge in Davenport. We hope to see you there.

Teri and Greg Paulline

### NAMI Scott County:

Anne Corbi, President, 322-6554  
Connie Williams, Secretary, 322-6247, ext. 224  
Tom Engelmenn, Treasurer, 323-3568

**Local Voicemail:** 1-888-491-9267

**NAMI Scott Address:** P.O. Box 3803,  
Davenport IA 52808

**Family Support Group:** 4th Monday each  
month, 7 pm at Unitarian Church, 3707  
Eastern Ave., Davenport

**NAMI Connection Recovery Support  
Group,** 2-3:30 pm every Sunday, Vera  
French Manor Community Room, 215 W.  
37th St., Davenport

**Generations of Hope Support Group** for  
parents and caregivers of children and  
adolescents with mental illness: 6-7:30 pm,  
second Monday of the month at Trinity  
Robert Young Center, 2200 3rd Ave., Rock  
Island. Includes meal and babysitting; rsvp  
Mary Anselmi at (309) 779-3216.

### The Family Support Group will

not meet in January, but interested  
people are invited to attend the  
January 28 NAMI Signature  
Programs presentation at 7 at the  
Bettendorf Library. The support  
group will meet Feb.22.

### Advocate for Mental Health:

Legislative Forum Saturday,  
January 26, St. Ambrose  
University Rogalski Center at  
10:30 am.