
NAMI Scott County

Scott County's Voice on Mental Illness

July 2006

Come to the NAMI Scott County
Picnic Sunday, July 23

3 to 6 pm at Devil's Glen Park,
Bettendorf, Pavilion 2



President's message

NAMI Scott County Annual meeting was a SUCCESS

On June 24, 2006, NAMI Scott County held our annual meeting on the Celebration Belle. We had 52 people in attendance and elected two new officers, Dana Beneker as Vice President and Anne Corbi as Secretary. We recognized supporters of NAMI Scott County including Vera French Foundation, Vera French Community Mental Health Center, Vera French Housing Corporation, Rev. Butts and the Unitarian Church, and Mary Briones from Eastern Iowa Community College District.

We also recognized individuals on the board for their service to the mission of NAMI. We especially recognized the dedication of our past walk manager and outgoing Vice President, Sharon Kendall Dunn and our outgoing Secretary, Connie Williams. Thank you to all who attended this event! We look forward to seeing everyone at the upcoming NAMI Scott County picnic in July.

Managing the summer heat

Important information on managing the summer heat was

recently distributed via the NAMI Connection. This is important for us all to remember during the dog days of summer!

“Did you know that mental illness and some medications used to treat mental illnesses actually increase the risk for heat stroke? Disturbingly, individuals with mental illness may be particularly susceptible to heat stroke. Certain medications, including anti-psychotics and anti-cholinergics, are known to increase the risk for heat stroke because they inhibit the body's ability to regulate its temperature. Educate yourself about the symptoms of heat stroke, such as: An extremely high body temperature (above 103 degrees Fahrenheit), red, hot and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion. Stay indoors and use air conditioning if possible. If your home does not have air conditioning, go to a place that does, such as a mall or public library. Even a few hours spent in air conditioning per day can reduce the risk of heat stroke. You can also call your local health department to see if

there are any heat-relief shelters nearby. Drink more fluids and don't wait until you're thirsty to drink. Also, adjust your diet to include cold servings and foods that are rich in water, such as fruit and salad. Wear lightweight, light-colored and loose-fitting clothing. Monitor loved ones and neighbors during a heat wave for signs of heat stroke. Immediately seek medical attention if someone shows signs and symptoms of heat stroke. When it is hot outside and you are at risk of heat stroke you **should NOT**: Exercise vigorously outdoors. If you have to be outdoors, drink plenty of fluids, rest frequently in shaded areas, and limit your activity to morning and evening hours. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar — these can cause you to lose more body fluid. Don't depend on electric fans to cool you once the temperatures hit the high 90's. Taking a cool shower or bath or going to an air-conditioned place is a much safer way to cool off. Don't leave anyone in a closed, parked vehicle.”

*Christine Urish, President
NAMI Scott County*

Scholarships for Consumer Empowerment Conference

People who use mental health services are invited to a Consumer Empowerment Conference August 22, 23, and 24 in Marshalltown, Iowa. The NAMI Scott County Board has agreed to provide scholarships for five Scott County residents, and Scott County Social Services Department will provide scholarships for seven people.

The persons receiving the scholarships will be asked to pay \$25 toward the cost, and the scholarships will pay \$200 per person for the cost of the conference. Vera French will provide transportation for those who need it, as well as lunch for the trip.

Anyone who would like to go, please contact Greg Paulline at 322-5276. The \$25 share of the fee is due by July 24.

New website for NAMI Scott County

Visit the new NAMI Scott County website at www.namiscottcounty.org. It was developed by David Miller, with information provided by the NAMI Scott Communications Committee. Rader Hayes is chair of the committee.

NAMI Scott County

Christine Urish, President, 333-6281
Dana Beneker, Vice President, 355-5502
Anne Corbi, Secretary, 322-6554
Greg Paulline, Treasurer, 322-5276

Local Voice Mail: 1-888-491-9267
NAMI Scott Address: P.O. Box 3803,
Davenport IA 52808

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

NAMI-C.A.R.E. Consumer Support Group: 2 to 3:30 pm the first and third Sundays of each month at Vera French Manor Community Room, 215 W. 37th St., Davenport, Iowa

Annual Meeting Report

Dana Beneker was elected Vice President of NAMI Scott County at the Annual Meeting aboard the Celebration Bell June 24. Anne Corbi was elected Secretary.

Recognition was given to individuals and organizations which have been helpful to NAMI Scott. These include:

Mary Briones of Eastern Iowa Community College District for assistance in scheduling and advertising NAMI Scott programs Family to Family, Peer to Peer and Visions for Tomorrow.

David Miller for designing and being webmaster for our new website, www.namiscottcounty.org.

Vera French Community Mental Health Center for providing space for our monthly educational meetings and Christmas party for many years, and for supporting our education/advocacy events, especially NAMIWalks.

Vera French Foundation for supporting NAMIWalks and the annual Candlelight Celebration.

Vera French Housing for providing space for the Peer to Peer Support Group meeting twice a month at Vera French Commons

Unitarian Church for providing space for Family Support Group.

Participants needed for studies on BiPolar Disorder and Depression

Participants are being sought for a Collaborative Genomic Study of Bipolar Disorder. Individuals with bipolar disorder will be asked to complete a diagnostic interview and answer brief family history questions. This takes approximately 3-4 hours. Compensation will be provided. Participants will be asked to donate a small blood sample for DNA testing. The principal investigator is Dr. William Coryell of the Department of Psychiatry, University of Iowa.

Those interested may call (888) 850-8531.

Participants are being sought for a genetic study of recurrent, early-onset depression. Dr. William Coryell of the University of Iowa Department of Psychiatry is the principal investigator.

The individuals who participate will be asked to complete a diagnostic interview and answer brief family history questions. They will be asked to donate a small blood sample for DNA testing. Compensation will be provided. Those interested may call the toll-free number, (888) 850-8531.