

Monday, April 14th, 7:00 pm Bettendorf Library
Janet Darmour-Paul will speak on YOGA: progressive breathing, simple stretches and relaxing meditation.
The program will be gently participatory. Dress comfortably.

Yoga is a gift to the mind and body

In essence, yoga is an attempt to relax the entire body and to help the body "remember" this relaxed state. Proper breathing is combined with stretching the muscles to improve circulation and release tension. Yoga involves an abundance of poses and postures that stimulate the glands, organs, and spinal cord. All motions are performed with fluidity and balance and with the heart beating at a calm rate. Gentle yoga can be practiced by everyone, no matter what age or condition.

Why the connection of yoga with mental health? When practicing the stretching and breathing one experiences a certain contentment within one's own body. Those moments of peacefulness serve as inspiration and goal to which to return. Many people do not know how to find that freedom and well-being.

During the relaxing meditation period at the end of practice you detach from identifications with fears or desires and feel a great sense of calm. You feed into a new awareness.

As a consumer I remember many times of desperately wanting to crawl out of my skin. I was anxious, antsy, frightened, and not familiar with any tools to alleviate that awful feeling (other than smoking, drinking alcohol, or overeating.) I couldn't find a place of rest within my own body/mind. Learning yoga provides that grounding. It is the process of finding peace and focus within one's own body. The simple stretches are like coming home to one's own true self.

Janet Darmour-Paul

Iowa Legislature still working on budget issues

The Iowa legislature is in session this spring, with the eyes of the mental health community upon it. Programs which help people with mental illness, especially people with severe and long-term mental illness who are on low incomes, may have to be cut because of lack of state funding. Davenport Rep. Elesha Gayman is taking a leadership role in persuading lawmakers to find the

money to save valuable programs which keep consumers of mental health services out of the hospital and out of the system of prisons and jails. Contact your State Representative and Senator to check the status of support for mental health services.

NAMI Scott County:

Anne Corbi, President, 322-6554
Connie Williams, Secretary, 322-6247, ext. 224
Tom Engelmann, 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.



Congratulations Lance!

NAMI Board Member
Lance Baker has an exhibit of his poetry at the Genesis West Atrium. There was an opening reception April 4, with speakers and refreshments. If you missed it, you can still see the exhibit.

NAMI Scott County Annual Meeting: June 11

Canvas, an independent movie featuring well-known actor Joe Pantoliano of The Sopranos, will be shown at the NAMI Scott County Annual Meeting June 11. The writer and director of Canvas, Joseph Greco, said the movie was inspired by his own life, growing up with a schizophrenic mother. It was filmed in that other Hollywood -- the one in Florida -- where he grew up.

"It's like a love letter to my parents," Greco said. "I felt this was my way of sublimating what I had gone through. Every filmmaker has something they are passionate about, and for me, it's mental illness." The movie presents an authentic view of "the realities of schizophrenia" and of its effect on the whole family. It has a message of hope.

The Annual Meeting will vote on new by-laws for NAMI Scott, and elect a new board and officers. The meeting will be at St. Ambrose University Rogalski Center, beginning at 6 pm. It will include a light supper.

E-Scrip card will help NAMI Scott raise money for mental health education, support and advocacy

Have you signed up for e-Scrip yet? NAMI Scott County will receive 5% of the amount of your purchase when you use your Schnuck's eScrip Community Card.

Support the NAMI Walk

The NAMI Walk is coming up soon on May 3, 2008, at Credit Island.

Registration is at 8:30; the 5 K Walk will Start at 10:00 AM.

This year's goals are 1600 Walkers or more and \$100,000.00 in donations.

With your help, we will meet our goals again this year.

If you are on a team, keep in contact with your Team Captain, raise money and get ready to Walk!

If you are not on a team you may start a team, join a team or come walk with us anyway.

If you can't walk, come anyway and volunteer.

Volunteers are still needed for help on Walk Day. Call Teri & Greg.

If any one needs Walk materials, please call Teri & Greg at 388-9068 and we will arrange for you to get them.

The NAMI Walk is a great event each year that truly helps NAMI Scott County provide all of the services and programs that we have available. Come help and support the NAMI Walk on May 3rd!!

Greg Paulline

Some sponsors of the 2008 NAMI Walk May 3 are:

Vera French Foundation
Genesis
KWQC-TV 6
Sears Manufacturing
ECS, Inc.
Safway Services
River City Ford
Strieter's Lincoln Mercury

Kickoff Lunch

The NAMI Walk Kickoff Luncheon March 29 was a "great event." One hundred sixty people attended. It was sponsored by Pfizer and Robert Young Center.

Speakers included NAMI Scott board members Anna Goodwin and Connie Williams, and State Rep. Elesha Gayman.

Geel Spirituality Group

WHO: mental health consumers and anyone affected by mental illness

WHAT: an on-going group to explore spirituality

WHEN: every second Tuesday from 4:00-5:00 pm, starting March 25 (April 8, 22, May 6 and 20)

WHERE: Faith United Church of Christ, 1630 W. 38th St., Davenport

WHY: to explore spirituality in a circle of friendship and mindfulness. Acknowledging the role of spirituality in recovery, we want to explore practices that help us connect with hope and meaning in our lives.

CONTACT: Janet Darmour-Paul, 391-5723 or darmour-pauls@juno.com