



*A Community Voice on Mental Health... Empowering People Toward Recovery*

Office Hours: 10am-2pm  
 1706 Brady St  
 Suite 101  
 Davenport, IA 52803  
 (563) 322-8870  
[www.namiscottcounty.org](http://www.namiscottcounty.org)



*A Message from Kelly*

Hi NAMIWALK supporters!

First & foremost, don't forget to sign up for our Walk on October 2, 2010 at [www.nami.org/namiwalks/IA/Scott](http://www.nami.org/namiwalks/IA/Scott). Also, mark your calendars for the 2010 Kick-Off Luncheon! This year it will be held on August 7th at The Lodge in Bettendorf. *This event is for sponsors, Team Captains, and those who are interested in becoming a Team Captain for the 2010 walk.*

Here are the duties of a Team Captain:

- Think of a team name
- Create a team website on the NAMIWALKS page
- Recruit as many walkers as you can to walk with you on October 2nd
- Have team T-shirts for all walkers on your team to help your team stand out and build unity on WALK day (not required- but suggested)
- Emphasize to walkers the importance of personal fundraising
- Communicate and encourage your walk team regularly to keep them excited for the walk
- Do all you can to show your walkers how much their support is appreciated
- **HAVE FUN** with your team on walk day!!!!!!!

I am still working on our sponsorship campaign, so if you have suggestions or would be willing to help us secure 2010 sponsors please contact me. Also, we are looking for raffle prizes to be donated for the Kick-off Luncheon.

Thank you for support and as always, I am here to help with your fundraising and team building efforts.

Sincerely,

Kelly Harry  
 563-210-042  
[namiwalks@namiscottcounty.org](mailto:namiwalks@namiscottcounty.org)

**NAMI Events:**


**River Bandits Tickets on Sale all Summer!**  
 at the NAMI Scott County office.  
 These \$7 general admission tickets are good for any game all season long. \$3 from every ticket sold benefits NAMIWalks!  
 Tell all your friends & family to buy their tickets from NAMI Scott County!

**Thursday, July 8th**  
 NAMIWalks Meeting  
 6pm, at the NAMI-SC office  
 Volunteers—Plug In!

**Mark your Calendars!**  
 NAMIWALKS  
**Kick-Off Luncheon**  
 August 7th, 11am  
 The Lodge, Bettendorf  
*Invitations forthcoming!*  
*Team Captains, Call Kelly to make sure you're on our invitation mailing list!*  
 563-210-0402

**Sunday, August 15th**  
 NAMI PICNIC 3:30pm  
 Fejervary Park - Shelter 1  
 (near the playground)  
*Everyone welcome!*  
 Please bring a side dish or dessert to share.

**Every Tuesday in July is Chili's Pepper Night!  
 10% of your purchase benefits NAMIWalks!**

Bring this voucher when you visit  also...

**July 29th is Milkshake Night at Chick-Fil-A**  
 Northpark Mall location  
 For every large milkshake purchased,  
**\$1 is donated to NAMIWalks!**



**Pepper Profit Program**  
 Bring this voucher when you visit (Dine In or To Go) the Chili's location identified below and 10% of your purchase (excluding taxes) will benefit:  
**NATIONAL ALLIANCE ON MENTAL ILLNESS**  
 Group/Charity  
**TUESDAYS IN JULY**  
 Event/Exp. Date  
One coupon per person, per visit at participating Chili's restaurants only. Cannot be combined with any other offer. Offer ends per expiration date above.  
 4020 E. 53<sup>rd</sup> Street Davenport  
 563-359-1144  
 Chili's Location/Telephone  
 #9999900000139



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**NAMI Scott County Officers**

Max Ewalt, President  
Connie Williams, Vice President  
Tom Englemann, Treasurer  
KD Flick, Secretary

**National Video Contest:**

**Beginning July 15**

SAMHSA and the U.S. Ad Council are sponsoring a video



contest beginning July 15 to help educate and inspire young adults 18-25 years old to support friends and family they know are experiencing a mental health problem.

Creative background for the "What a Difference a Friend Makes" campaign can be found at [adCouncil.org](http://adCouncil.org) and [whatadifference.samhsa.gov](http://whatadifference.samhsa.gov). The contest's goal is to find an engaging, short video to generate content for viral dissemination and an create online "buzz" about the campaign.

**The contest will end August 15.**

The winner will be announced on September 15 and will receive an all-expenses paid trip for two to the annual [Voice Awards](#) gala on October 13, 2010 in Hollywood, where the video will be showcased. Smaller runner up prizes such as Flip cameras will also be awarded.

**The contest website will not be "live" until July 15 so please make sure to save this address until then to get full official information: [www.whatadifference.samhsa.gov/contest](http://www.whatadifference.samhsa.gov/contest).**

Submissions will need to demonstrate a creative and fun way to help a friend during a tough time in their lives. Stories can be drawn from real life or be fictional. The identity of a friend does not have to be revealed.

***THANK YOU SCRAPBOOKERS!***

Many thanks to Dianna Blake, LeAnn Roberts, Joyce Mermet-Grandfille, and Alice Thiemann for helping to get our NAMI Scott County Scrapbook going! If you need a creative diversion and have time, come by the office to work on a page to insert into our scrapbook, 10-2pm, M-F, and add your creative touch to our historical record!

**NAMI Supports You!**

**NAMI Connection—Recovery Support**  
2pm—3:30pm Every Sun & Fri  
Vera French Manor- Community Room  
215 E 37th St, Davenport, IA 52806

**NAMI SC Family Support Group**  
4th Monday, 7pm, NAMI-SC office  
*This month, Monday, July 26th*

**Muscatine Family Support Group**  
Second Tues of month, 7-8pm support group  
*This month, Tuesday, July 13th*  
Muscatine Center for Social Action  
312 Iowa Avenue

**Classes, Conferences, Trainings**

We have a Date!  
**Peer-to-Peer**

This Fall, P2P will run 10 Saturdays, beginning September 11, 2010 at the NAMI Scott County office, in our new classroom!  
16 people already signed up for the class so REGISTER TODAY if you're interested as space is limited! 563-322-8870

**FAMILY-TO-FAMILY** - Scott County for Families of Veterans  
12 Tuesdays beginning September 7th  
Call the NAMI SC office to register

**FAMILY-TO-FAMILY**—Muscatine for Everyone  
12 Mondays beginning September 13th  
Call MCC to Register 563-288-6100  
Course# 84360

**Affiliate Family to Family Teacher and Graduate Reunion**  
-Meeting & Luncheon-

When: Sat. Sept 18th  
Where: Ox Yoke Inn (Amana Colonies)  
Time: Meeting 1:00  
Family style luncheon will follow  
Price: \$21.15 (includes drink and dessert)  
Please RSVP to: Vicki Walters  
563-260-7780  
[vwalters08@hotmail.com](mailto:vwalters08@hotmail.com)  
Please pre-pay by Sept. 11th

**Book Review**

**Voices in the Rain: Meaning in Psychosis**

*A Memoir by Marcia A. Murphy*

As a person who has experienced severe psychiatric illness and landed on her feet, Marcia A. Murphy offers a unique first-person perspective. She is qualified to tell what such illness is like, its symptoms, stigmatization, hospitalizations, and daily life. Ms. Murphy takes you into her world and provides insights into the spiritual meaning of her illness. Her story gives desperately needed hope to others who are ill, their families, psychiatric professionals, as well as to those who know someone who is ill. Experts in the field from Harvard, Yale, Boston University, the University of Iowa and elsewhere have endorsed this memoir.

**Cool Quotes**

*Submitted by Dianna Blake*

Take one day at a time. Take today, take care of things today and then anticipate tomorrow. Plan your life, but live fully in the here and now. Take one day at a time. One step at a time. One goal, one plan and one idea at a time. And keep on until you succeed...

**Anonymous**

One day at a time - this is enough. Do not look back and grieve over the past, for it is gone: and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful that it will be worth remembering.

**Ida Scott Taylor**

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