



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

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

Mental Illness Awareness Week

October 2-8, 2011



Although people live with mental illness throughout the year, in October we set aside a week to raise awareness to guarantee they will be in our thoughts all year long.

In a season we typically associate with changing colors, falling leaves and holidays spent with friends and family it is very important that those living with mental illness have the support and guidance they need.

By [donating to NAMI](#) you will ensure that the services, support, education and awareness will be there.

Through our numerous activities, including NAMIWalks, our many outreach activities, support groups, and education classes offered in our community and hundreds of communities across the country, NAMI remains steadfast and constant in our efforts to improve lives.

In honor of Mental Illness Awareness Week (MIAW), [NAMI is asking for your support](#) to continue our efforts to provide valuable resources and services which help improve the lives of individuals and families affected by mental illness.

Investing in NAMI is an investment in ourselves and each other.



About MIAW

In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness.

It presents an opportunity to all NAMI State Organizations and NAMI Affiliates across the country to work together in communities to achieve the NAMI mission through outreach, education and advocacy

Donate

Send checks to:
 NAMI Scott County
 1706 Brady St, Suite 101
 Davenport, IA 52803

NAMI EVENTS

Mark the Dates!

Documentary Film Showing and Candlelight Ceremony

Sunday, Oct 2nd
 "UNLISTED"

A story of Reconciliation and Recovery

3:30—5:30pm

Muscatine Community Schools
 2900 Mulberry Ave,
 Muscatine

Call Vicki for more info:
 1-563-260-7780

Candlelight Recovery Dinner

Wednesday, Oct 5th
 The Lodge, 6pm
 Bettendorf, IA

Mind & Body Workshop

Thursday, October 6th
 The Lodge, 8:30am-3:30pm
 Bettendorf, IA

Post-Walk Wrap-Up Meeting

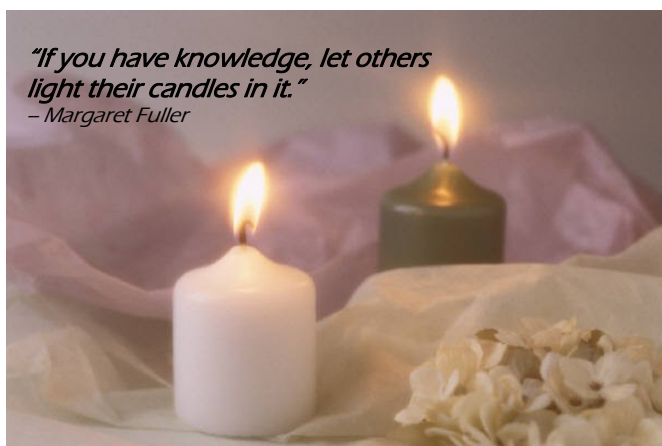
Wednesday, October 19th
 5:00pm
 NAMI Scott County Office

NAMI Halloween Dance

Saturday, October 29th
 Palmer Student Union Hall, 7pm
 Davenport, IA
 Prizes for best karaoke & best costume
 Food & refreshments provided
 Raffle for other prizes
 Contact Vicki for more info:
 1-563-260-7780

"If you have knowledge, let others light their candles in it."

— Margaret Fuller



Candlelight Recovery Dinner

and Mind & Body Workshop

The Lodge, Bettendorf

Dinner: 6pm October 5th

Workshop: 8:30-3:30pm, October 6th

Reminder—Call Caroline at the NAMI office to RSVP for the Dinner 563-322-8870

Call Connie to register for the Mind & Body Workshop 563-322-6247 x224

Conference

2011 Mental Health Conference

October 11-12, 2011

8:30am—5pm

Iowa State Center, Scheman Bldg
Ames, Iowa

Topics Include:

- Mental Health System Redesign
- Food: The Building Blocks for a Better Brain and Body
- The Promise of Peer Support in Iowa: Success through Sustainability
- Veterans Peer to Peer Services
- Alzheimer's Disease and Other Dementias
- Role of Employment in Recovery Oriented System of Care
- Relapse Awareness and Reduction Strategies

For more information call:

Becky Woodcock
Training Resources
1211 Vine Street, Suite 2230
West Des Moines, IA 50265
PH: 515-309-3315

Strengthening and Valuing Latin Communities in Iowa Conference

October 28th & 29th

Muscatine High School, Muscatine

The Iowa Latino Conference was founded in 1998 to explore the changing demographics and dynamics of Latino communities in Iowa, and to strengthen the responsiveness of policy makers, business leaders and community-based organizations. It has become a cherished gathering of Latinos and non-Latinos as a place to emphasize the strengths of Latino culture and to provide networking opportunities for Latino leaders who live and work in Iowa. The 2011 two day conference includes keynote speaker, music & dance performances, youth summit, professional development, art exhibit. The community conference is Saturday.

Stop by the NAMI booth to say hello!

If you would like more information or need a waiver, please contact Kate Kemp: 319.335.1254 or kate-kemp@uiowa.edu

NAMI Supports You!

NAMI Connection—Recovery Support

2pm—3:30pm Every Friday

No longer meeting on Sundays at this time

Vera French Manor

Community Room

215 E 37th St,

Davenport, IA 52806

NAMI Family Support Group

4th Monday, 7pm, NAMI-SC office:

1706 Brady St, Ste 101, Davenport

This month, Monday, Sept. 26th

NOTICE: When school closings are announced due to extreme weather, NAMI support groups will also be CANCELED.

Suicide Bereavement Support Group

1st Monday, 6:30pm, NAMI-SC office

Beginning November 7th

Help QC Vets

Vietnam Veterans of America

Bettendorf Chapter 776

Sponsors 3rd Annual

"Help QC Vets" On-Line Auction

A major fund raiser for the VVA Chapter 776 of Bettendorf is their on-line auction *"Help QC Vets."* Proceeds from the auction stay in the Quad Cities to help support our local veterans, those currently serving, and their families. We invite you to go to the auction site www.helpqcvets.org and bid on items of interest to you in an effort to help support the veterans in our community.

The organization's main effort of focus is on health care issues for veterans and disabled veterans alike, providing assistance for veterans seeking benefits and services from the government as well as other veteran related issues requiring additional guidance and assistance. Our Bettendorf Chapter 776 has 3 certified Veterans Service Officers to provide assistance to Veterans here in the Quad Cities and also in Iowa City (VA Hosp.).

Food for Thought

1. Healthy Fats - Build Your Brain

Much of a brain cell's structure is made up of what are called "healthy fats". The most important of these are the Omega-3 fatty acids. As your brain repairs itself and grows new neurons, it needs an abundant supply of Omega-3s from your diet.

2. Antioxidants - Protect Your Brain

Good sources of antioxidants include tea (especially green tea), blueberries and other berries, red grapes, tomatoes, broccoli, garlic, spinach, carrots, whole grains, and soy.

3. High-Tyrosine Proteins - Spark Your Brain

The best neurotransmitter-building foods for boosting alertness, energy, and concentration include seafood, meat, eggs, soy and dairy products.

4. Water - Hydrate Your Brain

Being even slightly dehydrated decreases your mental energy and can impair your memory.

5. Vitamins & Minerals - Brain Building Blocks

The most important for brain function are Vitamins C, B12, and B6. Take Vitamin C daily as well as B Complex vitamin along with it.

6. Fiber - Regulate Your Fuel Supply

The reason is that fiber helps slow the absorption of sugar from your diet.

Your brain operates 100% on sugar but sugar must be delivered in a very steady stream and in the proper amount or your brain gets overwhelmed.

Reflections

Volunteers

We appreciate all you do.

You give your time and energy too.

You brighten lives like a shining star.

What a truly special person you are.

You make a difference by caring.

And change the world

by volunteering.

We have many **OVER-DUE** books & DVDs...

Please be sure to return these resources that have been checked out from our NAMI Scott County lending library so others can benefit from them.

Powerful Documentary Chronicles the History of America's Disability Rights Movement

"LIVES WORTH LIVING" PREMIERES ON THE PBS SERIES INDEPENDENT LENS ON THURSDAY, OCTOBER 27, 2011 AT 10 PM

While there are close to 50 million Americans living with disabilities, *Lives Worth Living* is the first television history of their decades-long struggle for equal rights. Produced and directed by Eric Neudel, *Lives Worth Living* is a window into a world inhabited by people with an unwavering determination to live their lives like everyone else, and a look back into a past when millions of Americans lived without access to schools, apartment buildings, and public transportation – a way of life unimaginable today. *Lives Worth Living* premieres on the Emmy® Award-winning PBS series *Independent Lens*, on Thursday, October 27, 2011 at 10 PM (check local listings).

Lives Worth Living traces the development of the disability rights movement from its beginning following World War II, when thousands of disabled veterans returned home, through its burgeoning in the 1960s and 1970s, when it began to adopt the tactics of other social movements. Told through interviews with the movement's pioneers, legislators, and others, *Lives Worth Living* explores how Americans with a wide variety of disabilities – including the blind, deaf, mentally, and physically challenged – banded together to change public perception and policy. Through demonstrations and legislative battles, the disability rights community finally secured equal civil rights with the 1990 passage of the Americans with Disabilities Act, one of the most transformative pieces of civil rights legislation in American history.

To learn more about the film, and the issues involved, visit the film's companion website at www.pbs.org/independentlens/. Get detailed information on the film, watch preview clips, read an interview with the filmmaker, and explore the subject in depth with links and resources. The site also features a Talkback section, where viewers can share their ideas and opinions.