



Support Groups for those who care about someone with a brain disorder

Date: 2nd Wednesday
Place: Sts. Mary & Elizabeth Hosp., 1250 Bluegrass Ave. Kyle Pratt Comm. Room
Time: 7:00 p.m.

Date: 2nd Saturday
Place: First Lutheran Church, 417 East Broadway (Door C)
Time: 10:00 a.m.

Date: 3rd Thursday
Place: Christ Lutheran Church, 9212 Taylorsville Rd
Time: 7:00 p.m.

Date: 4th Sunday
Place: Christ Lutheran Church, 9212 Taylorsville Rd
Time: 2:30 p.m.

Support Group for Parents of Children and Adolescents
Date: 3rd Thursday
Place: Our Lady of Peace

Oldham Support Group
Date: 2nd Tuesday
Place: LaGrange Community Ctr., 307 W. Jefferson
Time: 6:30 p.m.

INSIDE THIS ISSUE:

NAMI-VA partnership 2

Newsletter news 2

Better events in 2009 2

Kroger card fundraiser 3

Send your e-mail address 3

Support groups 4

New board listing 4

NAMI Louisville

FOR OUR MEMBERS

MARCH 2009

Save the date for our Fall Walk!

The NAMI Louisville Walk Committee has set the date for our annual Walk for Recovery: October 17, 2009.

The Walk will once again take place on the Harbor Lawn at Waterfront Park and will once again feature music, guest speakers, food and a raffle. NAMI Louisville President George Hersch has just confirmed that Philips Electronics will again donate a 42-inch flat screen TV to be one of the top prizes in this year's raffle. If you have a prize for the raffle, let us know.

Volunteers will be needed between now and October to recruit sponsors, organize team captains and plan the event.

Remember, the Walk for Recovery is more than just a Walk,

it's an event to showcase NAMI Louisville's members and programs, and to bring awareness to the issues important to mental health consumers and their fami-



Come out this fall for a scenic stroll along the banks of the Ohio River.

If you want to help create the event, please call the NAMI Louisville office at (502) 245-5287 or send us an e-mail at mail@namilouisville.org.

NAMI Louisville Social Club

The NAMI Louisville Social Club continues to meet on the third Sunday of each month at 2:00 p.m. On March 15, 2009, the theme is "Be Seen and Wear Green" and the event will be held at Bridgehaven.

The Social Club events on April 19 and May 17 have not yet been planned. Check NAMI Louisville's web site calendar at www.namilouisville.org for details as the events approach. Call the office if you don't have Internet access.

The NAMI Louisville Social Club always needs volunteers and donations. Donations of food are especially helpful. Call the NAMI Louisville office if you can help or if you know someone who can.



New NAMI Louisville Board seated

At NAMI Louisville's December 2008 Annual Meeting, members voted by affirmation to elect the slate of nominees and officers suggested by the NAMI Louisville nominating committee.

For 2009, George Hersch will serve as president of the NAMI

Louisville board of directors. Joan Perkins is vice president. Michael Ahrens is treasurer. Bertha Diaz-Story is secretary.

Judge Susan Schultz Gibson joined the board as a new at large member. At its February meeting, the board invited Kevin

Inman to join the board as an at large member.

Returning at large members include Liz Curtis, Kathy Dobbins, Carol Hicks, James Jones, Ramona Johnson, Bob McFadden, Martha Mitchell, Donna Scott, and Marsha Wilson.



NAMI Louisville partners with VA

NAMI Louisville and the Veterans Administration in Louisville are partnering to offer Family to Family classes for military members, veterans, and their families.

The partnership is part of a nationwide agreement between the National Alliance on Mental Illness and the Veterans Administration in Washington. The Louisville partnership will be the model for other NAMI-VA partnerships throughout Kentucky.

The National Alliance on

Mental Illness and the Veterans Administration hope to offer Family to Family classes and other NAMI programs at every VA facility in the United States. The national organization and the federal agency signed a memorandum of understanding last summer, outlining the actions each organization would take to bring mental health support services to the family members of servicemen and servicewomen diagnosed with a mental illness.

NAMI Louisville Family to

Family Coordinator Carol Hicks and Executive Director Tony Baize spoke to approximately 60 VA healthcare providers in Louisville last month, to outline Family to Family and NAMI Louisville's other programs and services.

If you know a military family that has been touched by mental illness, please refer them to the NAMI Louisville office at 502.245.5287 or to Kristen Simmons at VA Louisville at 502.287.4038, or have them e-mail f2f@namilouisville.org.

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."
- Bill Clinton

Newsletter goes quarterly

NAMI Louisville's board and staff has decided to cut production of our member newsletter to quarterly.

Postage and paper costs keep rising, and NAMI Louisville is hoping to distribute more information to its members via its web site at www.namilouisville.org, by e-mail, and in some instances by postcard.

The staff and volunteers at NAMI Louisville will make



every effort to plan events for inclusion in quarterly newslet-

ters. In the rare case when that doesn't happen, NAMI Louisville will send postcards to members to let them know about upcoming events.

Members or supporters of NAMI Louisville who want to publish articles in the newsletter, please contact the office. NAMI Louisville will reserve the right to edit or reject any contribution.

More, better events for 2009

The enormous success of NAMI Louisville's three major events last year — the Fall Walk, Mental Illness Awareness Week with Judge Susan Gibson and Prof. Jim Jones and Elyn Saks's presenta-

tion at the University of Louisville — have convinced NAMI Louisville's board that those types of events are the best way to spread NAMI Louisville's message of hope and recovery.

NAMI Louisville will also schedule several "In Our Own Voice" presentations for our

members and supporters in 2009.

Keep checking our web site and your e-mail for new events as they arise. If your organization has space for community meetings or a speakers' bureau, let us know.

Join us, and let's keep those NAMI crowds growing.

USC Law Professor Elyn Saks spoke in Louisville in October



Send us your e-mail address



As you have probably gathered from other articles in the newsletter, NAMI Louisville is making a big push to get you more information online and in real time. To do that, we need your e-mail address.

What's your @address?

In the next few months, NAMI Louisville will be purging its mailing list. We will be sending a card to our members to fill out and return to determine who reads the newsletter, who needs to receive a paper copies, and who can read it online.

We also need your e-mail address to keep you updated about the Walk for Recovery, NAMI Louisville events, and other happenings

in the NAMI Louisville universe.

If you do not have an e-mail address, Internet services like Yahoo and Gmail provide free e-mail addresses that can be checked from any computer with Internet access.

Also, be on the lookout for a revamped NAMI Louisville web site. We are working on making our web site more robust, user-friendly and good looking. Don't forget about the NAMI Louisville blog (linked on our home page), and be our friend on Facebook! Just search for NAMI Louisville.

"We believe we can't move Kentucky forward tomorrow if we slide backward today in areas like education, public safety and health care."
- Gov. Steve Beshear

New budget spares Medicaid from cuts

Hailing a spirit of bipartisanship and cooperation, Gov. Steve Beshear signed a budget package that he said protects funding for basic education, health care and public safety.

"We believe we can't move Kentucky forward tomorrow if we slide backward today in areas like education, public safety and health care," said Gov. Beshear.

In November 2008, a team of

independent economists projected that the commonwealth would have a \$456 million budget shortfall in this fiscal year. In December, Gov. Beshear put forward a proposal that combined additional spending cuts with modest revenue measures to close the shortfall.

The package approved includes some \$150 million in additional spending cuts combined with a 30

percent increase in the cigarette tax and applies the state's 6 percent sales tax to store sales of beer, wine and liquor.

Under the package, basic education would be preserved from any cuts, while higher education would be cut 2 percent. Medicaid funding will not face further cuts. Most other state agencies would be cut 4 percent.

Raise money for NAMI Louisville with Kroger cards

How can you raise money for NAMI Louisville's programs and services without donating directly or hitting up your friends and family? You can shop at Kroger for your groceries, prescriptions and gas using preloaded Kroger gift cards from NAMI Louisville.

When you purchase a \$5 Kroger gift card from NAMI Louisville and add funds to it at any Kroger store,

NAMI Louisville earns 4% of the total added to your card.

If you add \$100 to your card, NAMI Louisville gets \$4. Add \$200, and NAMI Louisville gets \$8. And, NAMI Louisville keeps earning money, each time you add funds to the card.

Every little bit helps, and last year, NAMI Louisville earned more than \$1,000 from the sale and reloading

of Kroger gift cards. If you already shop at Kroger, then donating to NAMI Louisville is as easy as going to the grocery. Even if you shop elsewhere, a Kroger gift card makes a great gift!

Call the office to get your card today!



Donating to NAMI Louisville is easy with Kroger gift cards!



1 in 5 **NAMI Louisville**

Louisville's Voice on Mental Illness
10510 LaGrange Road, Bldg. 103
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NAMI CONNECTION Recovery Support Groups are led by individuals who are in recovery. NAMI trains mentally ill persons to facilitate these support groups. For more information on these groups, call NAMI Louisville at 502-245-5287.

St. Matthews Support Group

Date: Tuesdays
Place: Beargrass Christian Church
4100 Shelbyville Rd, Rm 201
Time: 1:00—2:00 p.m.

Old Louisville Support Group

Date: 1st and 3rd Wednesdays
Place: Ardery House
1382 S. 3rd Street
Time: 4:30—6:00 p.m.

Depression-Bipolar Support Alliance (DBSA)

Date: Tuesdays
Place: St. Paul's United Methodist Church, 2000 Douglass Blvd. Room 110, (corner of Douglas & Bardstown Road)
Time: 7:30-8:30 pm (coffee afterwards)

**For more information contact
Mike 635-6142 or Carl 479-9941
<http://dbsalouisville.org>**

UPCOMING EVENTS

March 15 —NAMI Louisville Social Club, Bridgehaven

March 18, — NAMI Louisville Education Meeting, TBD

October 17—NAMI Louisville Walk for Recovery, Harbor Lawn, Waterfront Park

Bob McFadden urges NAMI Louisville members to vote yes on the forthcoming NAMI Kentucky bylaws

March Social Club

**Wear your green.
Be seen. March 15.**

Bipolar and Depression Support Group

Meets every other Sunday from 6-7 pm at the Urban Government Office building, 810 Barret Avenue. For information call **Joanne at 897-9717.**

NAMI Louisville 2008 Board of Directors

Officers

George Hersch, President
Joan Perkins, Vice-President
Bertha Diaz-Story, Secretary
Mike Ahrens, OLOP, Treasurer

Members-At-Large

Liz Curtis
Kathy Dobbins, Wellspring
Susan Schultz Gibson
Carol Hicks
Kevin Inman
Ramona Johnson, Bridgehaven
James T. R. Jones
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