

NAMI of Hernando

PO Box 5613 Spring Hill, FL 34611 ~ 352-684-0004

www.namihernando.org

NEWSLETTER

May 2010

NAMI Hernando Celebrates 28 Years!

Tuesday May 18th

4 ~ 6 p.m.

Join Us for an Open House Celebration

At the Beautiful Mind Center

Bring your family, friends & neighbors!

Birthday presents are welcome and are encouraged to be green \$\$\$

Have you told someone about NAMI today? This is the perfect opportunity!

We look forward to seeing you there!

Refreshments will be served

May is Mental Health Awareness Month!

For three decades, NAMI has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in NAMI's mission by grassroots advocates have produced profound changes. NAMI's greatest strength is the dedication of our grassroots leaders and members. We are the families, friends and individuals that serve to strengthen communities across the country.

*Inform your friends, neighbors and co-workers. Help remove the stigma.
Socializing and creating a dialogue about mental illness will establish awareness and education within our community.*

SPARK UP CONVERSATION OVER DINNER

Applebee's is Supporting NAMI with Your Help

Wednesday ~ May 12th

***10% of your dinner bill will be donated
To benefit the NAMI Outreach Center***

This promotion is only available at Applebee's 4651 Commercial Way location.
You must present an Applebee's Promotional Flyer to your server
in order for NAMI Hernando to receive a donation.

Additional flyers for your friends & family will be available online www.namihernando.org
or you may visit the Beautiful Mind Center



WHAT'S HAPPENING!

*Every Tuesday
Pizza & Movie
2 p.m. @ the Center*

*Every Thurs. BEGINS 5/6
Art with Deborah
1 p.m. @ the Center*

*Sun. 5/9
Happy Mother's Day*

******Weds. 5/12******

***Eat at Applebee's
Support NAMI!
4 ~ 9 p.m.***

*Flyer must be presented
to the server*

*Sun. 5/16
Let's Go Bowling!
2 p.m.
@ Mariner Lanes*

*Mon. 5/17
Board Meeting
4 ~ 6 p.m.
@ the Center*

*Mon. 5/24
Pine Island Picnic
11 a.m. ~ 5 p.m.
See flyer on 2nd page*

*Weds. 5/26
Membership Speaker
5 p.m. @ the Center*

NAMI Launches Social Networking Site for Young Adults: Mental Health, Finances, Relationships, Music and More

StrengthofUs.com is an online community designed to empower young adults through resource sharing and peer support and to build connections for those navigating the unique challenges and opportunities in the transition-age years.

StrengthofUs provides opportunities for you to connect with your peers and offer support, encouragement and advice and share your real world experiences, personal stories, creativity, resources and ultimately, a little bit of your wonderful and unique self. It is a user-generated and user-driven community; so basically it's whatever *you* make it.

On April 20, the Web site hosted a "launch party" featuring a remix of the song "Goodmorning" from the upcoming Derivatives album by William Fitzsimmons, who worked helping people with mental illness before turning a passion for music into his profession. He was named an iTunes Best Singer-Songwriter for his album The Sparrow and the Crow and his music has been featured on the television show Grey's Anatomy.

Everything here has been developed and created by and for young adults with you specifically in mind... We hope every time you visit, you find hope, encouragement, support and most of all, the strength to live your dreams and goals.

Check out the site www.strengthofus.org

Check out www.halfofus.org too!

NAMI National is also promoting Halfofus.org. This site offers various tips and information for consumers, military veterans, college students, and friends and family members. There are also links to celebrity stories, discussion boards, the latest news about mental health, music, and videos.

(Information provided by nami.org)

Membership Speaker Meetings

May 26th at 6 p.m.

NAMI Welcomes Dr. Denise Kehoe

"Junk foods: the good the bad and the ugly"

Dr. Denise Kehoe from the Family Chiropractic Group of New Port Richey. Denise is a graduate of the Palmer College and she and her husband practice locally.

June 23rd at 3 ~ 5 p.m.

NAMI Welcomes Brian Hirsch

Vocational Rehabilitation program eligibility requirements

Brian Hirsch has a BA in Psychology, MS in Education in Rehabilitation Counseling, and is a Certified Rehabilitation Counselor. He will speak on the Vocational Rehabilitation program eligibility requirements and how the VR processes can be offered to assist people to return to work.

NAMI HERNANDO is a non-profit, all-volunteer organization whose Mission Statement is: To promote mental health wellness in our community through education, support, advocacy, empowerment and outreach.

Board Members

Judy Thompson, President
VACANCY, V.P.
Lori Morrison, Treasurer
Mariann Eckman, Secretary
Kathy Chaykosky
Paul Kendrick
Dr. Louis T. LaPorta
Deborah Scherder
Rita Tice
Frank Chiapperino
David Welch
Advisory Committee
Deputy Jason Deso
Ryann Huff
Darlene Linville

**Beautiful Mind
Outreach Center Events**
Brothers I & II Plaza
10554 Spring Hill Dr.
352-684-0004

Tues., Thurs., & Fri.
1 pm ~ 5 pm

Wed.
3 pm ~ 5 pm

**"Family Support Group" &
"Consumer Wellness
Management & Recovery
Group"**
Every Weds. 3 ~ 5 pm

FREE CLASSES
**NEW "Family to Family
Education"**
For Registration & Info
Call Mariann 352-683-1350

"Peer to Peer Education"
9 Week Course
Call Center for info

**Volunteers ALWAYS
APPRECIATED**
Apply Today!
Email your resume to
namihernando@yahoo.com

**Get Your
Newsletter
By Email!**

Sign up today!
www.namihernando.org

NEW NAMI Basics Class is Here!

We are now offering the first NAMI Basics Class at Moton Elementary School in Brooksville.

This program is designed for parents and/or caregivers of children who have been diagnosed or who have behaviors suggestive of a mental illness.

*The course consists of six classes
Each lasting for 2 ½ hours.*

****All instruction materials are FREE to participants.***

If you would like to attend this class
Please contact Adele Sanchez
for information about this program 352-277-4049

Do You Have Story You Would Like to Share?

Are you a healthcare professional who is interested in submitting an article for our Clinician's Corner?

Are you a NAMI Consumer who is interested in submitting your thoughts, your success story, a poem, or an article?
Anonymous Submissions are Welcome

Are there any interesting topics that you would like to see in a future NAMI Newsletter?

We Want to Hear From You!

Email your submissions to namihernando@yahoo.com

Mental Health Overview: Commonly recognized mental illnesses

Many different conditions are recognized as mental illnesses. Here is an overview of the most common types:

Anxiety disorders:

People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, if the person cannot control the response, or if the anxiety interferes with normal functioning. Anxiety disorders include generalized anxiety disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder, and specific phobias.

Mood disorders:

These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, mania, and bipolar disorder.

Psychotic disorders:

Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations -- the experience of images or sounds that are not real, such as hearing voices -- and delusions -- false beliefs that the ill person accepts as true, despite evidence to the contrary. Schizophrenia is an example of a psychotic disorder.

Impulse control and addiction disorders:

People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders. Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships.

Personality disorders:

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. In addition, the person's patterns of thinking and behavior significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning. Examples include antisocial personality disorder, obsessive-compulsive personality disorder, and paranoid personality disorder.

(Article provided by WebMD, 2010, <http://www.webmd.com/mental-health/mental-health-types-illness>)

The Health Benefits of Humor and Laughter

Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. The ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Laughter makes you feel good.

And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. Laughter gives you courage and strength even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better.

- **Laughter dissolves distressing emotions.** You can't feel anxious, angry, or sad when you're laughing.
- **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- **Humor shifts perspective,** allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

Incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

Here are some ways to start:

- **Smile.** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling.
- **Count your blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When in a state of sadness, we have further to travel to get to humor and laughter.
- **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"
- **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.
- **Bring humor into conversations.** Ask people, "What's the funniest thing that happened to you today? This week? In your life?"

(Article was retrieved from Helpguide,2010, http://helpguide.org/life/humor_laughter_health.htm)

