



National Alliance on Mental Illness

Manatee County

Local Voice on Mental Illness



NEWS



NOVEMBER/
DECEMBER 2016

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President: Tim Moran
Vice President: Linda Davis
Treasurer: George Manson
Secretary: Darlene Gorman
Webmaster & "NEWS"
Editor: Rod Atkins

MEETINGS

(Unless advised otherwise)

All Meetings are held at:

Trinity United
Methodist Church
3200 Manatee Ave West,
Bradenton.

Monthly Meetings:
Family Support -
2nd Monday
Education/General -
4th Monday

INFO/HELP/
JOIN/
DONATE

941 751 3450

<http://namimanateecounty.org/>



HOLIDAY CELEBRATORY LUNCHEON - DEC 10TH 2016



Members, relatives and friends, old and new,
it's that time of year again so....
HAPPY HOLIDAYS TO YOU ALL !!

In celebration we invite you to gather for our Traditional
December **Holiday Luncheon**, to be held at the Olive
Garden 4420 14th Street West, Bradenton
on **Saturday December 10th at Noon**

There will be a choice of entree, soup or salad, non-alcoholic
beverages and of course a Holiday Cake! \$15 inc.tax
Please schedule this occasion on your calendars today, and

 RSVP ASAP to Tim on 941 224 2911 

GENERAL/EDUCATION MEETING Monday November 28th 2016

By overwhelming popular demand, for our NOVEMBER education meeting our president Tim Moran and vice president Linda Davis will once again be presenting parts of what is referred to as *"the highest rated session of the Family to Family class"* entitled:

"Communication Skills Helpful in Interacting with our Loved Ones."

When someone you care for has a brain disorder, their capacities for communication are drastically altered.

How do we cope with someone who has rampant paranoia, whose descriptions of reality are delusional, who blames us for everything we try to do to protect them?

These things can make us feel uncomfortable, or embarrassed, even angry, or guilty.

In this workshop, we will be doing a number of experiential exercises based on certain key principles. If you understand these principles, then these approaches to communicating with your loved one will make more sense.

Please plan on attending this meeting; the material is interesting, informative, and a great introduction to our Family to Family course. **Additionally the workshop is fun!**



NOT JUNK (mail) The CGI MAILER Has Gone!!

Regrettably, it has been reported that, for one reason or another, some of our valued members have not been receiving the on-line copies of the NAMI MANATEE COUNTY 'NEWS' ?

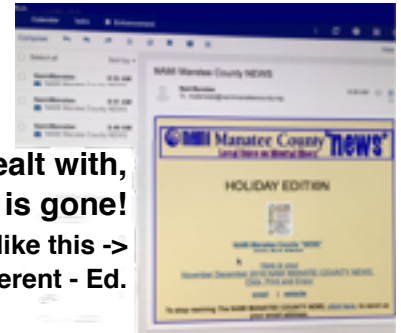
In consequence, this important holiday edition announcing the HOLIDAY LUNCHEON has also been **mailed** to as many street addresses as we have on file, in the hope that everyone will be a recipient.

Please appreciate that In an effort to save on postage and printing costs, and to present you with a more colorful news letter with information of forthcoming events and guest speakers etc., we would prefer to distribute it on line.

So, assuming that you have email access we suggest that either:

- A. you did not sign up for the on line 'NEWS' (so sign up here!) OR,**
- B. That your copy is going to straight to TRASH or JUNK? !! ??**

To remedy this would you please watch out for our communiques (in junk or spam or wherever), check for blocking in your settings, allow images and mark as NOT JUNK !!



The SPAMMY looking and sounding CGI MAILER has been dealt with, and is gone!

My Holiday edition 'NEWS' now appears like this ->
With your specific browser and settings, the result may be different - Ed.

If you do not have an email address please call 941 778 2095

"HILL DAYS" AT THE CAPITAL from the November/December "NEWS" 2015



A NAMI MANATEE COUNTY HIGHLIGHT FROM A YEAR AGO:

Mental Illness Advocates **Margaret Moore** (NAMI Manatee) and **Mary Ruiz** (Manatee Glens/Centerstone) front and center at the Capitol next to Super Star **Demi Lovato**.

Both Margaret and Mary have subsequently retired from their positions.

We thank them both for their valued services to us and the community and wish them a great retirement.

FAMILY TO FAMILY EDUCATION COURSE Commencing January 11th 2017

Still time to sign up for this successful FREE course designed to help us understand and support loved ones with mental illness while maintaining our own well-being. SIGN UP HERE:

<http://namimanateecounty.org/fam2form.html>

More Info: www.namimanateecounty.org www.namimanateecounty.org/famtofam12.php

<http://namimanateecounty.org/NEWS16/SEPOCT16C.pdf> and

www.namimanateecounty.org/fam2famFly17 **CALL Dick and Holly 941 807 1454**

To sign up please go to www.NAMImanateecounty.org/NEWS15/newsindex.php or simply click on the 'Going Digital Box' on our **website homepage** or Mail us to PO BOX9088 Bradenton 34206, or call 941 778 2095 - we just need your name and your email address. We want to continue to keep you up to date and advised of future things like meetings and the guests we will welcome to speak to us. Don't worry - you will not be bombarded with Junk Mail, just one every one or two months.