

## **NAMI Schenectady E-News**

Mental Health Awareness Issue – May 2021

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**\* Please NOTE: We need one or two members to take on the editorship of this newsletter!**

### **NAMI Schenectady's Ribbon Campaign**

On a Saturday in April, three of our board members met at Central Park with four rolls of extra wide ribbon containing NAMI New York State's logo and information, scissors, a template and curling ribbon, along with their determination to master the art of making huge decorative bows to be put up on signs, bulletin boards and other locations. Several dozen ribbons were produced at this "Bow-making Bee" in a matter of an hour and a half.



*Amy Kahn, Anne Marie Heim and Cindy Seacord making bows for the Ribbon Campaign*

May is Mental Health Awareness Month, and this is the activity the board chose to do for it within our community. When you're out and about, you just might spot one or more of our ribbons and posters. They're out there, along the bike paths, at several grocery stores, at the Schenectady County Public Library branches, in a few churches, and at other businesses and organizations scattered throughout Schenectady County. The bow makers had so much fun that more ribbon has been ordered. Even if it doesn't arrive in time for this May, it will be used again in October for Mental Health Awareness Week, and of course, next May. If you'd like to

sponsor a ribbon next time, and/or want to volunteer for future ribbon-making and postings, drop us a line at our g-mail address in the heading of this newsletter! Let's get the word out about NAMI and the importance of mental wellness.



You can find this ribbon near one of the bike paths in Niskayuna!

**The NAMI Schenectady Board is pleased that Anne Marie Heim now serves as our Vice President, rounding out our Executive Committee. 😊**

### **NAMI Mental Health Information Available On-line and for the Asking**

**Did you know** that NAMI has helpful websites that contain free information on a number of topics, that you can easily access and download and print out? Not only is there [www.namischenectady.org](http://www.namischenectady.org), our website, but [www.naminys.org](http://www.naminys.org), the state site, and [www.nami.org](http://www.nami.org) the national NAMI website.

**MARK YOUR CALENDAR: NAMI NYS will be holding its Annual Education Conference virtually, on October 22-23<sup>rd</sup>. Information to come!**

**Part of NAMI's Mission is to Educate Others  
About Mental Illness and Recovery**

**Did you know** that we would be glad to place a table at your church or community event that will contain free literature on various topics related to mental health? Just contact us our gmail address. We have in the past put out an information table at such places and events as C.R.E.A.T.E. in downtown Schenectady, at SCCC, at a mental health and wellness fair held by the Schenectady School District and at Niska-Day.

**Mental Health and Physical Health  
Go Hand-in-Hand**

***NAMI Schenectady Looking for Participants  
in Outdoor Activities – Hiking, Games, etc.***

NAMI Schenectady once again is promoting wellness through its sponsorship of outside activities such as nature hikes and sporting events, aimed for peers. Since spring began, board member Art Collins has organized several beginners-level hikes to a number of the area's lovely nature spots, including Vischer's Ferry and the Great Flats. We would like more peers and members to join us. A formal schedule of outings needs to be planned and publicized. For us to accommodate more hikers, we'll need attendees who can provide transportation.

The next hike, planned for Thatcher Park (on its escarpment trail and to its nature center), will be, weather permitting, Sunday May 23. Persons interested in going on this or future hikes should contact Art Collins at 518-372-0960. For this hike, plan to meet everyone at the Clinton Street parking lot of the Schenectady County Public Library at noon on Sunday. (Typically NAMI hikers meet by 1 pm on Saturdays from the same parking lot.)

The hikes will be no more than 1-2 miles at the most, and at a beginner's pace. Contact us ASAP via our gmail address or by calling Art if interested in participating. Let us know if you can help drive, and in the planning of future hikes and outdoor activities. The hike after Memorial Day Weekend is set for 6/12, on a trail yet to be determined.

**May is Mental Health Awareness Month**

Find Help.  
Find Hope.  
naminy.org

**NAMI**  
National Alliance on Mental Illness  
New York State

For Mental Health support, education & resources contact NAMI-NYS at 518-462-2000, email info@naminy.org, visit naminy.org.

***Support Group Meetings***

The Ellis Hospital Mental Health Department is still not able to hold the family support group meetings. When these meetings resume, we will let our friends and members know immediately via e-mail. We also understand that Joel Haynes, the meeting facilitator, will contact individuals who had been coming to the group in the past.



**Virtual Support Through NAMI Capital Region:**

Our friends at NAMI Capital Region are running on-line family and peer support groups. You can take part in these groups that meet "virtually" using ZOOM. To attend, log on their website <https://namicapitalregionny.org>. In the upper right hand corner of their home page look for a block containing the words "ONLINE SUPPORT GROUPS". Underneath, you'll see:

**[Click here for online Support Groups](#)**

Put your cursor on the "Click here..." and click, to get to the Support Group page. Pick the support group you want to attend. NOTE: You will need to link up to the meeting **on the day and time listed**, at about 10-15 minutes prior to the start times noted. Follow Zoom prompts to connect to either Peer or Family Support.

## NAMI Schenectady Benefits from Hannaford Donation

On Tuesday, May 11<sup>th</sup>, Hannaford Supermarkets announced a donation of \$100,000 to NAMI New York State to help fund mental health support and awareness.

NAMI-NYS Executive Director Wendy Burch accepted the contribution at a press conference at Hannaford's Latham, NY location. Wendy was joined by Hannaford's New York Director of Operations, Andy Willette, and Mary Beth Honsinger, NAMI Capital Region's Board President. NAMI-NYS has allocated a portion of these funds to go directly to the affiliates located in the areas of New York that Hannaford operates, while the rest will fund initiatives like NAMI-NYS's Wellness Wednesdays, taking place during Mental Health Awareness Month. NAMI-NYS is so grateful to Hannaford for its incredibly generous donation and for its commitment to raising mental health awareness in the community it serves.

NAMI Schenectady plans to utilize its share of the funding received from Hannaford for membership outreach, education and support.

Funds from Hannaford are being used, in part by NAMI NYS, towards its insightful on-line series, such as the "Wellness Wednesdays Series." running this month. If you miss the shows, you can view the four segments on the NAMI NYS website.

## Caregiver Care –9 Types of Rest for Caregivers

The following list, shared by Marla Byrnes, President of NAMI Syracuse, came from a board member.

- Time away
- Permission to NOT be helpful
- Do something "unproductive"
- Connect with art and nature
- Solitude to recharge
- A break from responsibility
- Stillness to decompress
- Safe Space
- Alone time at home.

Marla added more to this list of do's for caregivers that's worth sharing: be realistic about what you can manage, ask for help, be sure to take care of your own doctor's appointments, watch a funny TV show, make legal/financial plans for the future, give yourself credit for all you've done, avoid running into "what if" catastrophic scenarios, spend time with animals, turn off the news, give yourself time to pursue a hobby or passion you enjoy, smile, remember you are not in control of others, work to stay in the moment, and use prayer, meditation and deep breathing to center yourself.



## #ACT4MENTALHEALTH



**NAMI Schenectady works only with the help of our committed volunteers.**

**Here are some ways you can help:**

- Have you missed getting our E-News? We'd like to issue it more often, but to do so, we need more people to step up and produce it...writers, editors, etc. Writers can review a book or movie, advocate, share recovery and wellness-related tips, etc. Will train.
- We need someone willing to serve as a co-webmaster for [namischenectady.org](http://namischenectady.org), our website. Put your technology know-how to work today; help us redesign our site!
- Offer to serve on one or more of our committees (e.g. programing, finance, support, membership, marketing, hikes & social events)

**Contact us at:**

[namischenectady@gmail.com](mailto:namischenectady@gmail.com)



**Registration is now open for NAMI's Virtual National Conference, Coming This July!**

To register and for more details on the conference, check out NAMI's website [www.nami.org](http://www.nami.org). A fee is being charged mainly to ensure that people who sign up do attend because of its being held "virtually." Fees: for members \$15  
Non-members \$25  
Student and peer attendees: \$10.

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NAMI New York State is holding its second **Off the Mask** fund-raising event on 9/10/2021. This is an in-person program, devoted to spreading mental health awareness and ending the stigma. Over 20 models will not only walk the cat-walk and model fashions, but will also serve as ambassadors and tell their stories. The evening also includes an art show, silent auction, and so much more. Mark your calendar, and keep up with news about what is planned via [www.naminys.org](http://www.naminys.org) and periodic reports posted on NAMI NYS's weekly E-News.

### JOIN NAMI SCHENECTADY

Membership in NAMI Schenectady also makes you a member in NAMI New York State and national NAMI

To join choose your annual membership dues type(x) below and complete form to accompany your check: \_\_\_ individual \$40 \_\_\_ Household \$60 \_\_\_ Open Door \$5 (limited income) \_\_\_ Additional Donation Total enclosed \_\_\_\_\_

\_\_\_\_\_  
Name(s)

\_\_\_\_\_  
Street Address or PO Box

\_\_\_\_\_  
City, State & Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
e-mail address

*NAMI Schenectady is a 501(c)3 organization.*

**Make your check payable to:  
NAMI Schenectady,  
PO Box 974, Schenectady, New York 12301**