

## Inside this Issue

Volunteer Power!	2
Giving Tuesday	2
OHS Caring Tree	2
Volunteer Awards	2
Family and Peer Support Meetings	3
Grounding Exercises for the Holidays	4
Ejercicios para aliviar el estrés de las días festivos	5
Infographics:	
Six Ways to Practice Grounding	6
Five Tips for Beating the Holiday Blues	6
Open Enrollment Links	6
Resources	7
From Your Director	8

*A grassroots organization dedicated to improving the quality of life for everyone impacted by mental health issues through*  
**SUPPORT + EDUCATION + ADVOCACY**

## Party With A Purpose a Huge Success!

On a beautiful September Saturday evening, over 150 friends gathered at the Doubletree by Hilton to celebrate and support the work of NAMI Clackamas at our 2017 Party with a Purpose Masquerade.

Guests were guided through dinner, as well as both a silent and live auction, by our always engaging MCs Eric G and Handyman Bob ably assisted by auctioneer Brian Bice and accompanied by musicians Gina and Garner Pruitt.



All in all, **we raised just over \$40,000**, which means that we are able to keep offering FREE classes and presentations this coming year. **THANK YOU ALL FOR YOUR GENEROSITY!**

## ACA Open Enrollment Ends Dec. 15 THIS YEAR!

### OPEN ENROLLMENT

November 1 to December 15, 2017

From [Oregon Family to Family Health Information Center](#):

**Act fast!** The open enrollment window is six weeks long, which is much shorter than it used to be.

It ends on December 15th, so don't wait until the winter holidays to start shopping for insurance!

**Out of sight, out of mind.** You will not see advertisements or reminders about signing up for insurance this year.

The program is being "advertised" through word of mouth. Keep this flyer handy so you don't forget to sign up, and share it with other families.

**Finding advice:** It may be harder to get help with your application this year.



Search [healthcare.oregon.gov](http://healthcare.oregon.gov) and click on "Find Local Help" to connect with a trained application assistant. The longer you wait, the harder it may be to get an appointment.

**Financial help is still available.** Insurance is expensive, but financial help to pay for the monthly premium is still available to many families. You will find out what you qualify for when you sign on to [healthcare.oregon.gov](http://healthcare.oregon.gov).

**You or your child might qualify for the Oregon Health Plan.** You can apply for Medicaid (Oregon Health Plan) at any time. Many children with special health needs are eligible for Medicaid. Again, search

[healthcare.oregon.gov](http://healthcare.oregon.gov) to find out.

**Read the letters your insurance company sends this fall!** If you bought a health plan through [healthcare.gov](http://healthcare.gov) last year, it will renew, but your

(Continued on page 3)

## Calendar

- Nov 28**  
Giving Tuesday-Please Give!
- Dec 7**  
Giving Tree tags due back to NAMI Clackamas office.
- Dec 12**  
Christmas Celebration in Oregon City (see page 3)
- Dec 26-29**  
End of Year Generosity + Tax Deductions = **IMPACT**
- Jan 1**  
**Happy New Year!**

## Contact Us

NAMI Clackamas County  
10202 SE 32nd Ave.,  
Ste 501  
Milwaukie, OR 97222  
503-344-5050  
[info@namicc.org](mailto:info@namicc.org)  
[www.namicc.org](http://www.namicc.org)

NAMI Clackamas Peer Resource Coordinator Montia Leighton is available to help you navigate the enrollment process. Call Montia at 503-344-5050 to make an appointment.

## NAMI Clackamas Leadership Team

### BOARD

President:  
Judge **Robert Selander**  
VP Support & Education:  
**Judy Winter**  
VP Advocacy & Outreach:  
**Judy Steele**  
Treasurer:  
**Eric Blumenthal**  
Secretary:  
**Ashley Carroll**  
Board Members at Large:  
**Mark Lewinsohn**  
**Benja Jacobs**  
**Judie Jamison**  
**Lee Eby**  
**Monica Ford**  
**Arlene Sherrett**

### VOLUNTEER LEADERS

Newsletter Editor:  
**Doug Westberg**  
NAMIWalk Chair:  
**Bill Zuber**  
Librarian:  
**Open**  
Membership Director:  
**Chris Ommert**  
Support Meeting Director:  
**Open**  
Veteran Outreach Coordinator:  
**Open**  
Education Coordinator:  
**Open**  
Admin and Education Asst:  
**Gwen Rose**  
**STAFF**  
Executive Director:  
**Michele Veenker**  
Outreach and Development:  
**Gary Marschke**  
Peer Resource Coordinator:  
**Montia Leighton**

## Volunteer Power!

If you have some free time and would like to make a difference, please call 503-344-5050 or email [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org) for more information.

### Opportunities

#### Education Assistant—(5 hrs per wk)

NAMI Education is a core part of the NAMI Clackamas mission and helps to improve the lives of both people who live with mental health issues and those who care for and about them. The Education Assistant will assist staff and volunteers with scheduling, logistics, promotion, and preparation for quarterly NAMI Clackamas classes including Peer-to-Peer, Family-to-Family, and Basics throughout Clackamas County.

#### Phone Bank – Position #1 (1-4 hrs)

Fundraising is an essential part of our everyday duties and **Giving Tuesday (November 28)** is a big day for fundraising. We need a few folks who like interacting with others over the phone. We supply the lists (mostly 'warm' contacts), the training, and a comfortable place to call from (our offices in Milwaukie). Enjoy snacks and beverages while

you're here. One- to four-hour shifts available 4pm – 8pm.

#### Phone Bank – Position #2 (1–4 hrs)

Our **Annual Giving Campaign** culminates the last week of the year (**12/26 – 12/30**) with a phone blitz to all of our members and friends updating our files and asking for those last minute donations. Again, we supply the lists (**all** warm contacts), the training, snacks and beverages. 4pm – 8pm each evening with one to four-hour shifts available.

#### With Gratitude...

69 people gave a total of **1,295** volunteer hours from 8/1/17 to 9/30/17!

We simply could not reach all the people we do in Clackamas County without our dedicated volunteers. Thank you for all you do!



**Giving Tuesday** is the traditional kickoff for the "Giving Season" – the time of year between Thanksgiving and New Year's Day when most non-profits report receiving **more than half of their annual donations** for the year. If you get a phone call from us on **Tuesday, November 28**, please consider giving generously...again.

### NAMI Clackamas Supports the Oregon State Hospital Caring Tree

For patients at the Oregon State Hospital (OSH), the holiday season can be a difficult time of year. Enter the **Caring Tree Project**, a holiday tradition since 1986. NAMI Clackamas has been donating to Caring Tree since 2013. This year, NAMI has committed to fill 25 patient wish lists (tags) for the Caring Tree and **we need your help!** Purchases should be \$25 or under for each patient. **Tags will be available November 10th and purchased items (or cash) must be turned into the NAMI Clackamas office by December 7th, 2017.**



To participate, please call the office at (503) 344-5050 or email Gwen at [admin@namicc.org](mailto:admin@namicc.org)

On Volunteer Appreciation Night, Tues. Oct 10, we honored all our dedicated volunteers. Four received the annual Volunteer Awards: (l-r) Lifetime Achievement, Judy Steele; Volunteer of the Year, Kim Meyer and Judy Winter; Rising Star, Doug Westberg.



**NAMI CLACKAMAS MONTHLY SUPPORT MEETINGS IN OREGON CITY**

Oregon City Evangelical Church 1024 Linn Ave, Oregon City

**2nd Tuesday of each month.**

6 p.m. **dinner** (\$3 suggested donation) ■ 6:30 p.m. **program** ■ 7:30 p.m. **support groups**

~ Come for all or any portion of the meeting ~

**Nov. 14, 2017**

**“What’s the 211?”**

A community resource and referral hot line, 211info is your one-stop connection to the services you need... when you need them.



From crisis services to health care to housing to recreation, it’s likely to be found through 211info.

Come join NAMI Clackamas as we learn about how to find what we’re looking for direct from the source – 211info Community Engagement Manager, Aimee Olin.

Aimee Olin is the 211info Community Engagement Manager. She has worked for 211info for seven years as a Call Specialist, Resource Specialist and SNAP/Food Access Specialist. Her role now brings her around the state to work with various community stakeholders to improve community health and human service delivery systems. Aimee was a community organizer for nine years with ACORN (the Association of Community Organizations for Reform Now), a membership organization of low-income families mobilizing grassroots campaigns for change that impacted policies for fair housing, quality healthcare for all, immigrants’ rights, workers’ rights and improved public education.

**Dec. 12, 2017**

**Food, Music and Good Company!**

December is the Season of Giving, and NAMI members have been giving all year ‘round. It’s time to relax and enjoy the holiday! We invite you to celebrate with us at the NAMI Clackamas Milwaukie Family and Peer Support Group in December.

Our estimable piano-vocal entertainer **Doug Westberg** will provide a feast of pop and traditional Christmas songs.

Come and join in NAMI Clackamas’ traditional rendition of “The Twelve Days of Christmas” and play some Christmas trivia!

It will be a relaxed time to appreciate each other and experience a small piece of the holiday spirit. And it won’t be the same without you!

A ham and drinks will be provided. **Bring a side dish or dessert** to share if you wish. (No requested donation for anyone bringing a side dish—or if you cannot afford it!)

**ACA Open Enrollment cont.**

*(Continued from page 1)*

company may make changes in prices or coverages for next year. You don’t want to miss your opportunity to shop for a cheaper or different plan!

**The good news:** If you already have the Oregon Health Plan, or a plan through your workplace, this notice does not apply to you.

**NAMI Clackamas Family and Peer Support Meetings**

For people with a mental illness and those who love them.

**In Oregon City:**

**2nd Tuesday** of each month

**Oregon City Evangelical Church**  
1024 Linn Ave  
Oregon City, OR 97045

**6 p.m. dinner**  
**6:30 p.m. program**  
**7:30 p.m. support groups**

**Nov 14 & Dec 12** (See descriptions to the left)

**In Molalla:**

**1st Monday** of each month,  
6:30 p.m. to 8 p.m.

**Molalla Christian Church,**  
3rd St. and Berkeley Ave.  
Molalla, OR 97038

**In Sandy:**

**3rd Saturday** of each month  
9 a.m. to 10:30 a.m.

**Immanuel Lutheran Church**  
39901 Pleasant Street  
Sandy, OR 97055

**In Milwaukie:**

**Suicide Bereavement Support**

Compassionate support for adults after a suicide death.

**2nd & 4th Sunday** of each month,  
2 p.m. to 4 p.m.

**NAMI Clackamas Office**  
10202 SE 32nd Ave., Ste. 501  
Milwaukie, OR 97222

**For additional information and directions:**

Please contact the NAMI Clackamas office at (503) 344-5050 or [info@namicc.org](mailto:info@namicc.org)

For a complete Calendar of Events, go to [www.namicc.org/calendar](http://www.namicc.org/calendar)

**More Peer Support Groups at NAMI Clackamas Office**

**Friday Goodness Group**

An upbeat group focusing on positive experiences and goals.

**Fridays** 1:30 p.m. to 3 p.m.

**Women’s First Friday Chat**

An informal, confidential discussion of women’s issues and concerns, including physical and mental health, family, relationships and more.

**First Fridays** 3:15 p.m. to 4:15 p.m.



**Weekly Support Groups for Peers**

Free, peer-led support group for adults living with mental illness. Gain insight from hearing the challenges and successes of others.

**Wednesdays** from 2 p.m. to 3:30 p.m.

**Sundays** from 6 p.m. to 7:30 p.m.

Kaiser Brookside Center, Sanctuary 1  
10180 SE Sunnyside Rd, Clackamas, OR

## Six Different Types of Grounding Exercises for (Holiday) Stress!

Excerpted with permission from the article by Lexi Schmidt on [ToTheGrowlery.com](http://www.tothegrowlery.com). You can read the whole article [here](http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions). <http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions>.

When we're in the middle of an anxiety attack or flashback, our frontal lobe goes out the window. It feels impossible to focus or think clearly about anything and sometimes our thoughts come so quickly and jumbled we can't keep track of them. Things may seem like they are happening around us in a blur. Sometimes we feel paralyzed or frozen, unable to move or say or do anything.

Grounding is an excellent tool for these kinds of situations, one that can be used just about anywhere. By bringing our mind and our body back to the present moment, we can sometimes allow ourselves the space for our brain to slow down and feel a bit more centered, enough so we can let someone know that we need help, or figure out what to do next.

Here are some of my favorite grounding techniques, sorted by category:

### Self-soothing:

- Take a shower or bath. Focus on each step of preparing the bath or shower, noticing every small detail—what does your hand feel like as it touches the doorknob, the faucet? Where do you turn the faucet to, how do you get the right temperature? Notice the sensation of the water on your body, paying attention to the warmth, the sounds, how your muscles feel.
- Find a grounding object to keep with you. It can be a smooth stone, a piece of fabric whose texture you find comforting, a small figurine or something that brings positive memories. Keep the object with you somewhere where it can be easily located and pull it out when you need to practice grounding. Pay attention to each detail of the object, touching it with your hand and noticing any sensations that come with it.
- Make a cup of tea, coffee, or hot chocolate. Complete each step with precision, noticing every movement your body makes: your fingers grasping the handle of the kettle, the coldness of the faucet as you turn on the water, how the kettle gets heavier as you fill it. When you are done, mindfully sip the beverage while seated somewhere calming or relaxing.

### Notice with your five senses:

- Find a familiar scent (perfume, soap, lotion, tea, essential oil, etc.) and make a routine of smelling it in the morning, before bed, or another routine part of your day. Have the scent with you and smell it when you are in need of grounding, combining this with some slow, deep belly breaths.
- Put on your favorite item of clothing—maybe a pair of socks, a favorite sweater, a soft t-shirt. Notice the texture, the color, the way it smells. You can also find a favorite blanket or pillow and do the same.

### Use your body:

- MOVE! Wiggle your toes, paying attention to the sensation as you move each one. See which toes you can move

independently of the others. Do the same with your fingers, feeling the stretch in your muscles, the tension and relaxation as you move.

- Rhythm. Tap your feet on the floor, find an object to make a soft sound, tap your fingers on the table or lightly tap a glass or other surface until you find a pleasant sound, then create a rhythm and repeat it, staying focused on the beginning and end of each sound you create.
- Do an activity that requires engaging your hands or whole body. Go out into your garden and pull weeds. Work on a knitting project. Play with kinetic sand, silly putty, or another fidget. Wash the dishes, paying attention to the sensations. Fold your laundry.

See infographic on page 6

### Observe your surroundings:

- Go outside (or find a window you can look out) and pick an object. Notice as many details about the object as you can. For example, if you choose a tree, notice where the light falls on its branches and where the shadows lie.
- Find something in your environment that has a repeating pattern and try to replicate it by drawing it on paper. For example, you might try to draw the pattern of the ceiling tiles, or carpet, or wood grain of a table.

### Distract your brain:

- Count by sevens (or any other interval), as high as you can.
- Look up today's date. Repeat to yourself the day of the week, month, year, time of day, and where you are currently. Remind yourself that you are in this moment, not in the past, and right now you are safe.
- Play the categories game with yourself—choose a category like colors, animals, foods, and try to name at least ten things in that category. You can also try to name something in that category for each letter of the alphabet, beginning with A,B,C, and so on.
- Choose a shape (triangle, oval, square) and try to find all of the objects around you of that shape. You can also do this with colors—e.g. find all of the green things in the room.

### Breathe:

- Do belly breathing—place one hand on your stomach, and the other on your chest. Breathe slowly and deeply into your belly, trying to raise your hand like you are filling up a balloon with air. Try to keep the hand on your chest still, breathing only into your stomach. Slowly breathe out, feeling the hand on your stomach lower like the balloon is deflating.

**Note that grounding is not about making the emotion go away or detaching from your experience; it is about tolerating the experience and emotions while staying present in your body. It is important to discuss these experiences with a therapist or qualified mental health professional, especially if you are noticing frequent panic attacks, flashbacks, or dissociation.**

## Seis diferentes tipos de ejercicios y conocimientos básicos para el estrés (de las días festivos)

Con permiso y aceptación del artículo proveniente de Lexi Schmidt en ToTheGrowlery.com. Puedes leer el artículo completo. [here. http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions.](http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions)

Cuando estamos en proceso de un ataque de pánico o recordos que no son muy agradables, el lóbulo frontal se dispara totalmente. Creemos que es imposible enfocarse, concentrarse o pensar claramente. Algunas veces los pensamientos vienen tan rápido y revueltos que no se puede mantener un orden de ellos. Tal parece que las cosas que están pasando al rededor de nosotros son borrosas y sin definición. Algunas veces parece que se paraliza la persona o se congela todo alrededor de nosotros sin poderse mover o decir una sola palabra.

**Ver infografía en la página 6**

Practicar estos ejercicios es una herramienta excelente y que sirve para todo tipo de situaciones y se puede usar en casi todo momento. Esto es, se trae la mente y el cuerpo de regreso al momento presente, algunas veces tendremos que permitirnos un espacio donde el cerebro pueda calmarse y centrarse mas.

Aquí están algunas de las técnicas favoritas que a continuación mencionamos por categorías.

### Técnica de relajamiento:

- Duchate o date un baño de tina. Enfocate en cada paso, cada movimiento que hacer para preparar tu baño de tina. Enfocate cada detalle por pequeño que te parezca. Por ejemplo: Que siente tu mano cuando tocas el picaporte de la puerta del baño? Hacia donde giras la llave del agua cuando la usas; como regulas la temperatura del agua? Pon atención como se siente el agua que corre por tu cuerpo, la temperatura, el sonido, y como se sienten tus músculos cuando el agua corre por tu cuerpo.
- Diseña esta técnica o ejercicio para que puedas siempre llevarla contigo. Puedes elegir un objeto tal como, una piedra lisa, una pedazo de tela que te haga sentir segura y positiva (o). Siempre ten ese objeto que tu elijas cerca y a la mano así, podrás tenerlo al alcance de tu mano tan pronto como deseas practicar mas tus ejercicios y técnicas. Pon atención a cada detalle del objeto que haz elegido. Tocalo con tu mano y siente la sensación que el objeto esta contigo.
- Preparate una tasa de te, cafe, o chocolate caliente. Completa cada paso con precisión y nota cada movimiento que tu cuerpo hace. Tus dedos agarrando la manija de el recipiente, lo frío de la llave del agua cuando la tocas, como la vasija se pone mas pesada cuando la llenas. Ya cuando estés listo para tomar tu bebida, fijate como la tomas, lo caliente de tu bebida, siéntate en algún lugar donde te sientas relajado y tranquilo.

### Nota con tus cinco sentidos:

- Encuentra un olor familiar, puede ser un perfume, jabón, loción o te, aceites esenciales, etc. Haz una rutina de oler los aromas en la mañana, antes de ir a dormir, o cualquier otra rutina que puedas hacer parte de tu día. Siempre lleva contigo esos aromas y usalos como una técnica para que combinados con respiraciones profundas y suaves puedan ser una herramienta para cambiar tu estado emocional.
- Vístete con tu ropa favorita– quizás un par de calcetines especiales, o tu suéter favorito, una camisa/blusa suave. Nota la textura, el color, el olor. También puedes encontrar tu cobija favorita o tu almohada preferida y haz lo mismo.

### Usa Tu Cuerpo:

- MOVIMIENTO. Mueve los dedos de tus pies, siente la sensación cuando mueves cada uno. Mira cuales puedes mover independiente de los otros. Haz lo mismo con tus dedos de las manos, y siente los músculos como se estiran, siente la tensión y como se relajan.
- Ritmo. Da pequeños golpecitos con tus pies en el piso como a modo de hacer música. Encuentra un objeto para que puedas hacer sonidos suaves, o golpea suavemente tus dedos en la mesa. También puedes hacer sonidos placenteros en un objeto de vidrio como una botella o un vaso hasta crear ritmo. Repite y mantente enfocado en mantener el sonido que creaste así como estar pendiente del principio y del final del sonido.
  - También puedes hacer alguna actividad donde puedas usar tus manos o todo tu cuerpo. Puedes hacer un rato de jardinería, o tejer, jugar con plastilina, lava los trastos, dobla la ropa y enfocate en la sensación al hacerlo.

### Observa Tus Alrededor:

- Mira a travez de la ventana o ve afuera y toma cualquier objeto. Nota todos los pequeños detalles del objeto. Por ejemplo, si te fijas en un árbol, busca las ramas donde la luz puede pasar a travez de las mismas y donde la sombra reposa.
- Encuentra algo al rededor de contigo fijate en el patrón y trata de duplicarlo dibujándolo en un papel. Por ejemplo, fijate en el patrón del techo, de la alfombra, o de la madera de la mesa.

### Distrae Tu Cerebro:

- Cuenta hasta siete cuantas veces puedas o hasta otro numero mas alto que quieras.
- Fijate en el calendario y repítete a ti mismo la fecha en la que estas con lujo de detalle y donde estas actualmente. Recuerda te ti mismo que tu vives en este momento, no en el pasado, y ahora tu estas seguro; no corres ningún riesgo.
- Juega tu solo con categorías– Decide que categoría prefieres, tales como colores, animales, comidas, y trata de mencionar por lo menos diez cosas en la categoría que hayas decidido. Puedes nombrar algún nombre o cosa en la categoría de las letras del alfabeto, comenzando con A, B, C, etc.
- Encuentra una figura geométrica y encuentra todos los objetos alrededor de ti con la misma figura que escogiste. Puedes hacerlo con colores... Encuentra a tu alrededor todas las cosas de un solo color.

### Respiraciones:

- Haz respiraciones con tu estomago.– Pon una mano en tu estomago y la otra en tu pecho. Respira despacio y profundo siente el aire que llega hasta dentro de tu estomago como si estuvieras inflando un globo. Mantén tu mano en tu pecho y sigue respirando repitiendo el mismo procedimiento.

**Nota: Practicando estas técnicas no son para hacer que las emociones se vayan sino para que puedas manejarlas mejor mientras estas pasando por ellas. Es muy importante que dialogues con tu terapeuta o tu profesional de la salud especialmente si notas que esas emociones te llegan muy seguido o son re ocurrentes.**

### What is NAMI Clackamas?

NAMI Clackamas is a non-profit, grassroots, self-help organization providing education, support, and advocacy for individuals with mental illnesses, their friends and loved ones as well as training, information, and resources for professionals, schools, and the general public.

Also known as brain disorders, these illnesses include: bipolar disorder, depression, anxiety disorders, obsessive compulsive disorder, schizophrenia and schizoaffective disorder, borderline personality disorder (BPD), post traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

### NAMI Clackamas provides:

- A place for socializing, friendship and networking.
- Self-help and support for people with mental illness and their families.
- Educational classes for people who love someone with a mental illness.
- Information to communities regarding mental illnesses, available services, and services needed.
- Advocacy for, encouragement and acceptance of people with mental illness living in the community.
- Format for educating public officials and legislators about the needs of families affected by mental illness.
- Newsletters:
  - NAMI
  - NAMI Affiliate
  - NAMI Oregon

*"How beautiful a day can be when kindness touches it!"*  
~ George Elliston

## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



### body

lay on the ground, press your toes into the floor, squeeze playdough



### 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



### self-soothe

take a shower or bath, find a grounding object, light a candle



### observe

describe an object in detail: color, texture, shadow, light, shapes



### breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



### distract

find all the square or green objects in the room, count by 7s, say the date



### Important Open Enrollment Links!

Start here. <http://healthcare.oregon.gov/Pages/index.aspx>

### Fact sheets from Kaiser Family Foundation:

• Individual Marketplace <https://www.kff.org/health-reform/fact-sheet/aca-open-enrollment-if-you-buy-coverage-in-the-individual-market>

• Low Income <https://www.kff.org/health-reform/fact-sheet/aca-open-enrollment-if-you-are-low-income>

You may also qualify for the Special Enrollment Period if you've had a qualifying life event.

Check here: <https://www.healthcare.gov/screener/marketplace.html>



## 5 TIPS FOR BEATING THE HOLIDAY BLUES

**CHILL OUT.** Avoid overbooking yourself and make sure to take time for self-care.

**HIBERNATE.** Make sure you get enough sleep.

**BREAK OUT THE ICE SKATES.** Take time to exercise, even if it's just taking a spin around the rink.

**DON'T FREEZE PEOPLE OUT.** Spend time with people who love and support you.

**MODERATE THE MERRIMENT.** Eat and drink in moderation, and don't drink alcohol if you are feeling down.

## NAMI Clackamas County Membership Application

Includes membership in local, state and national NAMI groups—and newsletters from all three!

NAME \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I have enclosed annual dues of \$40 \$ \_\_\_\_\_

OR Open Door membership of \$5 for those of limited means \$ \_\_\_\_\_

I have enclosed an additional donation of: \$ \_\_\_\_\_

Donation in memory or honor of \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

- Please contact me about Volunteer opportunities
- I wish to receive the NAMI-CC newsletter in hardcopy in the mail rather than via e-mail
- I have enclosed a matching gift form from my employer

**Make checks payable to:** NAMI Clackamas  
**Mail to:** 10202 SE 32nd Ave., Ste. 501, Milwaukie, OR 97222  
**Or :** register [online](#)

**Do You NAMI Clackamas?** 

*We can only fit so much into a newsletter, but we share the latest updates and events on **Facebook** frequently.*

**Do You NAMI Clackamas?** 

*Timely alerts, events, and information. Follow us: **@NAMIClackamas***



## Resources



We will continue to provide the same services...

- ✓ walk-in crisis assessment
- ✓ peer support from trained professional peer support specialists
- ✓ brief counseling and education about mental health and addiction
- ✓ connection to longer-term treatment providers, social services, and other resources

It might be possible to accomplish all of this in one visit, or we may ask you to come back for a follow-up.

We welcome all ages, races, religions, countries of origin, sexual orientations, genders, and abilities. Riverstone is a safe place.

There is no out-of-pocket cost for seeking help at Riverstone. If you have insurance, we may bill for the service. If you are uninsured, there is no cost.



Appointments are not necessary, but if you would like to make one, or if you need help during hours we are closed, please call the 24-hour Clackamas County Crisis Line at

**503-655-8585**

Riverstone is located at 11211 SE 82<sup>nd</sup> Avenue, Suite O, in Happy Valley, OR, 97286. We are in the Ross Center – the cross street is Causey Avenue. We are north of Clackamas Town Center.

**PARENTING  
FINANCIAL  
FAMILY  
HOME  
WORK  
MILITARY  
PERSONAL  
EDUCATION**

**HEALTH FOR YOUR WHOLE LIFE.**

**211**  
211info

THE EASIEST WAY TO CONNECT WITH NONPROFIT AND PUBLIC SERVICES.

Keeping people and communities healthy means more than access to medical care. It means ensuring people have the basics, like food, housing and a steady income. At the nonprofit 211info, we promote Health for Your Whole Life by connecting everyone to nonprofit and public services in Oregon and Southwest Washington.

**DIAL 211**

**VISIT [www.211info.org](http://www.211info.org)**

**EMAIL [help@211info.org](mailto:help@211info.org)**

**TEXT your zip code to 898211**

Connect with us: 

in partnership with LIVE UNITED

### NAMI Clackamas Board Meetings

**First Wednesday of each month**  
**1 p.m. to 3 p.m.**

**NAMI Clackamas**  
 10202 SE 32nd Ave., Ste. 501, Milwaukie, OR

*Board meetings are open to NAMI members or other interested parties. You are welcome to come join us for the next board meeting.*





**NAMI**  
National Alliance on Mental Illness

# Clackamas County

**NAMI CLACKAMAS  
COUNTY  
US POSTAGE PAID  
PERMIT # 29  
OREGON CITY, OR  
97045**

**NAMI CLACKAMAS  
NEWSLETTER  
VOL. 2017, NO. 6  
NOV-DEC 2017**

“What is the essence of life? To serve others and to do good.” – Aristotle

**ADDRESS SERVICE REQUESTED**

**NAMI Clackamas County**  
10202 SE 32nd Ave., Ste 501  
Milwaukie, OR 97222  
503-344-5050

**Find Help. Find Hope.  
Find NAMI.**  
*For those affected by mental  
illness  
and their families*  
namicc.org



**Pamplin  
MediaGroup**

COMMUNITY NEWSPAPERS | PORTLAND TRIBUNE YOUR TOWN. YOUR PAPER.™

We thank the Pamplin Media Group for helping make possible the publication of the NAMI Clackamas newsletter.

We always welcome cash donations!



Click here to give now.

## From the Executive Director

From the Director:

I have spent the last few days with 49 other NAMI Executive Directors and staff from NAMI national. What an amazing time! I felt small and insignificant as well as encouraged and energized by my colleagues who are facing the same joys and tribulations we do here. It makes me proud to be a part of the continuation of NAMI Clackamas's course as an essential part of this incredible affiliation of mental health advocates.



purpose, whether it be through classes, education, or advocacy. You are the ones who provide the hope, health, acceptance, and community that is the NAMI Clackamas vision.

A great deal of the time at this conference was focused on fundraising, an essential part of any nonprofit. It is particularly critical to NAMI affiliates who offer our lifesaving programs free of charge to anyone who needs them. For that reason I am also extremely thankful for our donors. Those who give annually and those who give monthly are both tremendously important for the continuation of our crucial work.

As we struggle to maintain health care for people who live with mental health issues, to make sure that those who need support or treatment find it, to educate our future generations about mental health, and to fight the rising tide of suicide, I am forever grateful for each and every one of you. You have enriched my world and enhanced the quality of my family's lives. May your involvement in NAMI do the same for you.

Happy Holidays,

*Michele Veenker*

It has also made me all the more thankful for our remarkable volunteers, board of directors, and staff. You make NAMI Clackamas the vibrant organization it is. Volunteers are the lifeblood of all NAMI affiliates as we work together to ensure that anyone who has been impacted with mental illness have an easier life path. All of our time and efforts are for that

## Open Minds Art Studio

Work on a personal activity or a group project. Socialize and connect with others. Beading, stamping, journals, painting, doodling, drawing, mosaics and more. Materials provided or bring your own.

FREE DROP-IN EVERY THU, 1:30 to 4 p.m.



Meets at  
NAMI  
Clackamas  
County office  
10202 SE  
32nd Ave,  
Suite 501,  
Milwaukie