

Letter from the President

Adrienne Brady, President NAMI Four Seasons

This was the winter that never was and spring is here already, blossoms on the trees and everything bursting into bloom, the garden beckons, time to get some planting done although I have learned that this can be folly as traditionally our last frost can be as late as mid May. Regardless it's time to shake off any Winter Blues and get out and about.

NAMI Four Seasons has registered for the BELK ANNUAL CHARITY SALE, please respond to our telephone tree invitation to help sell event tickets to friends and neighbors or sign up for a time slot, perhaps with a friend and represent NAMI Four Seasons.

This is a great opportunity to hand out our brochures, to spread the word and let the general public know about us and what we do. If you would like to volunteer or have questions call 888-955 6264 or e-mail:

info@namifourseasons.org.

Two or three hours of your time could really help with our fundraising efforts. There are some super deals to be had if you decide to shop Saturday April 21st 6:00am - 10:00am! The available in-store time slots are going fast, call or e-mail ASAP. See our "Fundraising" section for more information.

After the bargain shopping 6:00am -10:00am, April 21st stroll on down the Blue Ridge Mall to the Pardee Education Center for our DVD presentation featuring Bill MacPhee, CEO of *SZ Magazine*. The Medical News and Tips for people diagnosed with depression are taken from the latest edition of his *SZ Magazine*.

Our March Education Meeting guest presenter was Emily Cowan Attorney, who gave an extremely interesting talk. Her observations from her perspective as an attorney having worked in the District Attorneys office and in her own practice, that focuses on abused and neglected children as well as working with adults going through incompetency or other civil proceedings gave much food for thought.

Her enthusiasm for what she does was evident, she is also campaigning for the position of District Court Judge for Henderson, Polk and Transylvania counties, District 29B, we wish her well in her endeavors.

April General Education Program - Saturday 21st

DVD Presentation featuring Bill MacPhee

Bill MacPhee, CEO of SZ Magazine, shares his personal story of his life dealing with schizophrenia and depression. His story is both poignant and at times funny but clearly demonstrates that there is life and hope after schizophrenia. Well worth watching! Run time is 56 minutes. The education meetings are open to all those living with mental illness as well as their family members/partners and friends.

The general education meeting is held the 3rd Saturday of each month @ 10:15 a.m. to 12 p.m. at the Pardee Education Center at Blue Ridge Mall – Four Seasons Blvd.

Reminders

Upcoming Events:

April 21 - Educational Meeting

April 21 - Belk Annual Charity Sale

May 5 - NAMIWalks!

Fundraising:

When you shop at **Grove Street Co-op** Hendersonville, bring your own shopping bag and receive a token for 10 cents. NAMI Four Seasons will have a collection box for the Bring Your Own Bag through April 30, 2012.

NAMI Four Seasons is registered to take part in the **Belk Annual Charity Sale**. This will take place Saturday April 21st at the Belk store located in the Blue Ridge Mall, Hendersonville from 6:00am until 10:00am, yes this is for the early morning shoppers! Learn more on pg 3.

Polk County Family Support Group meets the first Monday morning each month. We meet in the Columbus community. At present there is an average attendance between 4-6 persons. We send e-mail reminders the week before. For info please call Annie @ 864-457-7278.

Polk County Consumer Peer to Peer Group - At present is posting announcements for a new group forming. Location has not yet been determined. Please call Ren @ 828-223-1835 for info if interested.

NAMI Four Seasons Support Group for family members or caregivers of an adult with a mental illness on: The 4th Saturday of each month at 10:00 a.m. at Grace Lutheran Church – corner of 6th Ave & Blythe. Co-facilitators are Bob Andersen and Joe Gernoske.

Belk Charity Sale

NAMI Four Seasons is registered to take part in the Belk Annual Charity Sale taking place Saturday, April 21st at the Belk store located in the Blue Ridge Mall, Hendersonville from 6:00am until 10:00am, yes this is for the early morning shoppers!

From Sunday, April 15th through Friday, April 20th volunteers will be able to sell tickets in the store, cost \$5.00 each (purchasers are not limited to only one). Each purchased ticket when presented on the day of sale will allow an extra \$5.00 discount up to a total of \$25.00 as well as the discount offers to be found in the store on the sale day.

NAMI will be assigned a table and we will supply our brochures and other information, a great opportunity to fundraise and let

the general public learn about what we do!

Time slots for in-store are going fast! See below:

Times to Volunteer Sunday - *No times available*

Monday

10:30am-1:30pm 1 volunteer needed

Tuesday

10:30am-1:30pm - 2 volunteers needed

1:30pm-4:30pm - 2 volunteers needed

4:30pm-7:30pm - 2 volunteers needed

Wednesday

4:30pm-7:30pm -2 volunteers needed

Thursday

10:30am-1:30pm - 2 volunteers needed

1:30pm-4:30pm - 2 volunteers needed

4:30pm-7:30pm - 2 volunteers needed

Friday

10:30am-1:30pm - 2 volunteers needed

1:30pm-4:30pm - 2 volunteers needed

If you are comfortable volunteering on your own only 1 volunteer would be needed Tuesday through Friday!

Volunteers please call Adrienne Brady at 1-888-955 6264 or e-mail info@namifourseasons.org

If you would like to participate by selling the fund raising tickets to friends and family and co-workers, please use the above contact information.

Medical News

Body clocks may hold key for bipolar disorder treatment.

Researchers may have discovered why lithium salts are effective in treating bipolar disorder, which may allow them to develop more specific therapies that could have fewer side effects.

Lithium salts have been the primary source of treatment for bipolar disorder for the last 60 years; however, there has been little research done to investigate how lithium affects the brain and peripheral body clockwork.

“Our study has shown a new and potent effect of lithium in increasing the amplitude, or strength, of the clock rhythms, revealing a novel link between the classic mood-stabilizer, bipolar disorder and body clocks,” said lead researcher Qing-Jun Meng, MD, PhD, of the Faculty Life Sciences at the University of Manchester. “By tracking the dynamics of a key clock protein, we discovered that lithium increased the strength of the clockwork in cells up to three-fold by blocking the actions of an enzyme called glycogen synthase kinase or GSK3.”

Findings are significant because they explain how lithium is able to stabilize moods in bipolar disorder patients. It will also allow researchers to develop new treatments that mimic the effects of lithium medications, but without the side effects. *continued...*

“Lithium salt has a wide spectrum of targets within cells, in addition to GSK3; drugs which only block the actions of GSK3 would therefore have the major advantage of reduced ‘off-target’ effects of lithium,” Meng said. “Our study has identified the robust rhythm-enhancing effect of GSK3 inhibition, which has potential to be developed as a new pharmacological approach to regulate body clocks. The implications of our study are that there may also be beneficial effects leading to new treatments for bipolar disorder and this now needs to be tested.”

Source—Medical Xpress

Ten Tips for People Diagnosed with Depression

by Gord Howard - *Source SZ Magazine*

Karl Shallowhorn, Wendy Danford and Ron Simmons* all know the torment of depression. Shallowhorn, 47, of Amherst, New York, has had bipolar disorder for 29 years and been symptom-free for the past 15. At 65, Simmons, of Oakville, Ontario, has a lifelong history of depression. And Danford, 52, from Belleville, Ontario, has dealt with depression for the past two decades. All three belong to support groups and work in their communities to help others deal with mood disorders, and each has his or her own self-help tips that they share in the hopes of improving the lives of people living with depression. Now they’re sharing those tips with SZ Magazine.

You cannot cure a mental disorder, but recovery is possible. The key is time: You can get through this, but don’t expect to find your old self right away. “A few years ago, I was working on a project with a doctor and he asked me, ‘What do you recover from? And how do you know you have recovered?’” recalls Danford. “Instead of recovery, I think of coping with and managing the disorder. This isn’t a fast process, nor is it always easy, but in the end the reward is worth it.” Simmons agrees, adding: “It’s not a two-week process, or (like) a migraine where you can take a pill and it’s over with. It’s something you have to live with and work with.”

Stigma exists, but so do positive experiences. As you change, the way people act toward you might change, says Shallowhorn. Be prepared for it. “One thing I stress to people is that it’s okay to have a mental illness; you can still enjoy life. I always say, I don’t struggle with mental illness—I live with it.”

Hate the disorder, but don’t hate yourself. The trouble, Shallowhorn says, is that “often we take on the disorder as who we are. “I had a counselor make a really great statement. She basically said my bipolar disorder is only a part of who I am. There are other parts of me that are valid and are good, and can make up for the deficiency of the mental illness, and that can help me look beyond the stigma placed on me as an individual.”

Don’t be shy about turning to others. Do your own research and find out where you can meet others who share your illness. Virtually every community has its own support group ready to welcome new members. The Mood Disorders Society of Canada Website (mooddisorderscanada.ca) has a wealth of information, plus links to mood disorder societies in each of the provinces and territories.

In the United States, you'll find a vast array of information and local contacts through the National Alliance on Mental Illness (nami.org). Family members usually want to help - and their support is important to recovery - but it's difficult when they aren't familiar with mental illnesses. "That's why support groups are so beneficial: because you've got other people like yourself who have been there, and you kind of help each other," says Shallowhorn. "In a way, they become your family."

Exercise—even if you have to force yourself. While your mind recovers, you can't neglect your body. In a report on its website, the Mayo Clinic (mayoclinic.com) points to exercise as a way of easing the symptoms of depression. Physical activity causes the body to release neurotransmitters and endorphins, which may quiet the depression; it reduces some of the negative chemicals in the immune system that worsen depression; and it increases the body's temperature, which can also have a calming effect. Improved health boosts confidence and regular exercise in a gym gets you out with others. And you'll sleep better at night. People who are depressed have a tendency to withdraw. They stay inside, avoid talking with friends and family, and their appetites dwindle—as does their interest in things they used to enjoy.

Set goals to get out of the house and stay active. "I'm a believer that if you look at your situation and you're trying to work your way out of it, you need to have a plan," says Shallowhorn. He found that he felt better when he was around other people. So he made the effort—and it truly was an effort—to go out and visit friends. "When we're by ourselves, our minds can really do a number on us," he says. Our thinking gets skewed in the wrong direction. Isolation is deadly."

Learn all you can about your illness. Twenty years ago, it took some real detective work to find good information on depression. That's not the case today. Google the term "mood disorders" and 2.8 million entries will pop up. Actors Harrison Ford and Halle Berry, singer Billy Joel, and retired National Football League player Terry Bradshaw are among the celebrities who have spoken about their own depression. And many local support groups maintain libraries of reference materials and books on the subject.

Medication helps, but it's not the only answer. There's no denying the importance of medication in overcoming depression. You can't just "snap out of it," says Danford. "Medication can be the basis for recovery, as it works to balance the chemicals in the brain that have gone out of proportion, but it isn't the only thing that will help you feel better." She points to good nutrition and exercise because they "get the chemicals working" properly inside the body. Yoga, meditation, and natural remedies can also be beneficial, adds Shallowhorn.

A belief in a Higher Power can give you strength. At a time when you don't feel you're at your best, faith in something bigger can help with your load, says Shallowhorn, who grew up in a family that regularly attended church. A study presented to the American Psychiatric Association in 2002 found that depressed seniors who feel their life is guided by a Higher Being show fewer symptoms of depression than those who don't use faith-based coping strategies. "When you see these kinds of data coming out from both medical and psychiatric populations, it's hard to continue ignoring religion as a variable in the recovery from depression," says Harold Koenig, MD, associate professor of psychiatry at Duke University, who was quoted in a report on mental-health-today.com.

Recovery is individual, so it might be necessary to revise your expectations. In a support group, it can be inspiring to see someone overcoming their illness. It can be a downer, too, when it makes you wonder why you aren't improving just as fast. "That should be a positive," says Simmons, who belongs to a group called Equilibrium. "We encourage interpersonal discussion. If someone has been there before you, you can learn from their feelings and apply it to yourself." The bottom line is: There is no right or wrong way to recover, no time limit, and no single approach. The goal is to get there and stay there.

Board Minutes Recap

Board meeting March 6, 2012

President, Adrienne Brady, announced that our letter of protest regarding the publishing of a cartoon stigmatizing mental illness, was published by the Times-News on Sunday, February 26th.

A letter was sent on behalf of NAMI FS to Governor Perdue regarding possible funds from the sale of the Dix property and the need to direct it towards helping the mentally ill. The Times-News published

Adrienne's interview about NAMI FS in their medical directory.

Pardee Health Center has granted our group storage space for our file cabinets and other misc. belongings. This gives us storage all in one place.

Kathleen Cameron will assist Donna Lyerly with the monthly newsletter.

Treasury Report: An internal audit was conducted Feb. 18 by the President and 3 board members.

Committee Reports

Task Force

Adrienne reported that Barbara Smith recruited a Police Officer from the Hendersonville Police and he will assist the Task Force in reviewing what actually happens when a person who is mentally ill is taken into custody. Meeting to be scheduled. NAMI NC is also making it a priority to raise people's consciousness about the mistreatment and abuse of the mentally ill. It coincides with our own objectives.

Membership

Chairperson Sara Hiles reported that we have one new member to add to our roles. This brings our total up to 58 members.

Programs

Atty Emily Cowan was our guest speaker for the March General Education meeting. Her presentation focused on abused and neglected children. She also spoke about adult civil proceedings and incompetency hearings and the problems she encounters. She is running for District Judge. The April 21st program will be a DVD on "Surviving Schizophrenia" by Bill MacPhee.

Mental Health Roundtable

Western Highlands and Pardee ER have reported that they are overwhelmed with clients seeking health. There a Pilot Program for

intensive training for family care homes (more later).

Housing

The Housing Committee completed their work and the board voted on a plan to administer the housing restricted funds via the following:

Interfaith Assistance Ministries will be responsible for the distribution of the funds and record keeping of disbursements. The 6th Ave. Clubhouse Director, Kristen Martin, will be the referral source.

The Mental Health Round Table will be used to distribute the information to the agencies they represent.

Board minutes recap continued...

Fundraising

Suggestions were made and discussed briefly, among them the Belk Dept. Store Charity Sale coming up April 21st. Four Seasons will participate there. Ideas for increasing membership and acquiring knowledge about the skills and abilities of the membership were discussed. No action taken.

Old Business: Katherine provided the Board with Polk County Info. Cards and explained the work and thinking that went into them. Board members were asked to review and make suggestions at the next Board meeting in April.

New Business: Brochure: The cost of changes and printing will be reviewed at the April board meeting. Business cards for Board members was agreeable to all. A designer will be investigated.

Meeting adjourned at 7pm.

NAMI North Carolina

Join NAMI North Carolina and our 37 affiliates across North Carolina as we ***Change Minds...One Step at a Time!***

Join us for **NAMIWalks 2012** - this year we have a BIG goal of **\$200,000 and 2,000 walkers!!** So we need your help!

If you were a Team Captain, Walker, or Volunteer in 2011, we hope you will join us again in 2012. If you are just learning about NAMIWalks, there will be plenty of opportunities in the coming months for you to get involved! Call Susan King Cope at (919)788-0801 x 6 or email at skingcope@naminc.org for more information!

The Kick-Off lunch was a great success! Now it is up to you! What can you do to make the Walk something great? How can you engage your teammates? How can you share and inspire others with your stories of hope and recovery?

So What Are You Waiting For?

Sign up to be a Team Captain or join a Walk Team today!!

NAMI Four Seasons
PO Box 2108
Hendersonville, NC 28793-2108
(888) 955-NAMI - (888) 955-6264
Information Line Available M-F 8:30-5:00

Visit us online: www.namifourseasons.org

[Join us on Facebook!](#)

NAMI Four Seasons is a two county affiliate and grassroots organization. Our mission is to provide support, education and advocacy for families affected by mental illness in our local communities. Membership consists primarily of family members, friends of people who have mental illnesses, and mental health professionals. We are a 501C3 organization and rely on memberships, donations, and grants.

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TO: