



430 W. State Street
Above Mama Goose

Telephone: (607) 273-2462

Email: namifl@lightlink.com

Website: www.namifingerlakes.org

Fall 2012

Fall Calendar

- Support Groups
NAMI FL office
 - ☑ Thursdays
1:30PM on
Sept 20; Oct
18; Nov 15
 - ☑ Tuesdays
7:00PM on
Oct 2; Nov
6; Dec 4
- Board Meeting
NAMI FL office
@6 PM Nov. 19
- Family Forum
@ TC Mental
Health 4th Tuesday
Sept 25; Oct 23; Nov
27
- Pete Earley lecture
 - ☑ In Auburn
on Sept 25
@1 to 3 PM
- Family to Family
begins on Sept 20
and continues on
Thursdays for 12
weeks.
- Wills and Trusts
Oct 4 6- 7:30 pm
Borg Warner Rm
TCPL

From your president

Hello to all of our NAMI Finger Lakes members and friends from the board and from me.

We are carrying on and expanding our work with great success in 2012. In this letter and newsletter, you'll hear about the work that we are doing. But I want to emphasize that this is done entirely by volunteers, and that we can always use your help. If you do want to volunteer, contact us and we'll find something for you to do. Big or small, your help is extremely valuable and welcome. In January, we will elect new board members, so be sure to get in touch quickly if you are interested in board work. Our meetings are open to the membership and the dates and times listed in the calendar in this newsletter, if you want to come take a look at what we do.

As you remember, NAMI Finger Lakes received some significant donations in 2011 and early in 2012. We are just beginning a strategic planning process to chart our course for the next several years. At our next board meeting, we will be talking with a local facilitator to learn about what a strategic planning process will involve. Working sessions will take place outside of board meetings. We'll keep you posted on that process.

You will remember that last year the board developed a virtual office, in response to Jean Walters' life decisions and changes. While we were functioning well using meeting spaces around Ithaca, we decided to try to find a small office that would give us board meeting and support group meeting space, room for our lending library, and space for other small functions. We are still using the cell phone and using our own computers for email access. The office is located at 430 W. State Street, above Mama Goose in the West Side Office Center.



Hospital support continues and so does our long standing support group, now meeting twice per month. Andrea and Bill Staffeld instructed our 11th Family to Family course, with the assistance of a Cornell student, Jack Reep. They are in the process of gearing up for another course beginning on September 20, 2012, to accommodate a waiting list that they generated in the spring. Bill just told me there are a few open slots so please spread the word

Sherry Scott and Barb Anible, board members, are planning to attend the BASICS course instructor training, a 6-week course for parents whose children developed mental illness at a young age. This will be a new service that we'll be offering the Finger Lakes community.

Please contact us if you are interested in either the BASICS or the Family to Family instructor training. We always need volunteers and the NAMI NYS instructor classes are nearly set.

The summer social at Cass Park was very well attended. When I left the pavilion, after clean up, there were still 6 or 8 people deep in conversation, catching up and enjoying each other's company. Look for information about our December social, and join us for friendship and good food.

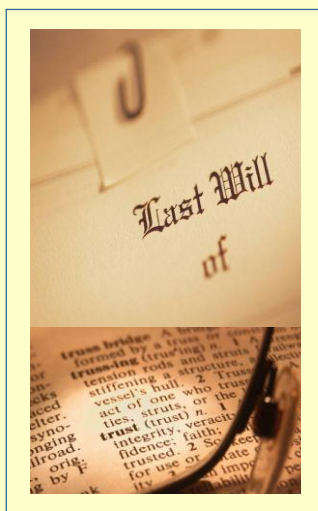
Our collaboration with the Hangar Theater to offer a block of discounted seats to "Next to Normal" for NAMI Finger Lakes members was a great success. We went back for additional tickets and in the end sold 30 to NAMI members.

We are hosting our annual educational event on October 4 at the Tompkins County Public Library, Borg Warner Room, with a panel focusing on caring for our loved ones after we can no longer do so.

And we will, as always, have our table of materials at the Tompkins County Public Library in October.

As always, I thank you for the support that you give the organization.

Deb Grantham, President, NAMI – FL



Our October event is described on the last page

NAMI~ Finger Lakes at the Hangar Theatre

Sherry Scott
NAMI Board Member

On Saturday, August 26, NAMI – Finger Lakes was present at the Hangar Theatre’s performance of “Next to Normal”, a snapshot of what life can be like for a family living with mental illness.

We purchased tickets at a reduced rate and sold them to 30 of our NAMI – Finger Lakes members. In addition, we had a table at the show with literature and volunteers (Chris Bobrowich and Deb Grantham) to answer inquiries from visitors. Quite a few people came to the table either before, during intermission, or after to pick up literature.

The Executive Director of the Hangar Theatre, Lisa Bushlow, informed the audience that we were present and that we would be facilitating a discussion after the show under the awning for anyone who would like to participate. The after-show discussion (facilitated by Jean Poland) was attended by eleven people who stayed for the hour long discussion. It seems the play served as a catalyst for people to discuss very personal and private experiences.

All who attended the play found it to be on target and intense, very well done. My thanks go to The Hangar Theatre staff that I worked with to organize the event and to the members of NAMI - Finger Lakes who helped at the event.



*Our support
groups meet the
first Tuesday @
6:30pm and the
third Thursday
@ 1:30pm at the
NAMI office.*

NEW YORK HEALTH WORKS
**LAUNCHES THE MEDICARE RX
 ACCESS NETWORK OF NEW
 YORK**

ALBANY, NY (September 4, 2012) – New York Health Works is launching the Medicare Rx Access Network of New York, a coalition of health care related groups including patient advocacy organizations, professional associations, social service organizations, and senior related organizations, that are committed to educating New Yorkers about Medicare Part D and fighting to protect this critical program. The mission is to educate New Yorkers about Medicare Part D, advocate for the protection of Part D, help with Part D enrollment, and disseminate important information and resources about Medicare Part D.

New York Health Works is a coalition of patent advocacy organizations, health care providers and the nation's leading pharmaceutical and biotechnology firms that provide the latest news and information affecting the state of healthcare www.newyorkhealthworks.com

Medicare Part D is a vital program to New Yorkers. Part D provides disabled Americans and seniors access to affordable, life-saving medicines. It is an extremely successful program, and enrollees are overwhelmingly satisfied with it. Part D premiums will remain steady for the third consecutive year at \$30, which is 50% less than original projections. In addition, program spending was 43% lower than the initial 10-year estimate according to

the Congressional Budget Office.

The NY Medicare Rx Access Network hopes to help provide New Yorkers with important information about Part D at this critical time. As the November elections approach and the federal government deals with budget constraints, Medicare Part D will continue to be politicized. A program as important as Part D should not be victim to politics. The top priority should be

protecting user's access to comprehensive health care coverage. Prior to Medicare Part D, seniors and disabled persons had difficulty paying for prescription medications and often had to make the choice between getting the medications they need or covering basics like heat and groceries.

Medicare Part D works, and more importantly it provides disabled Americans and seniors with affordable access to

medicines they depend on. Changes to Part D could result in higher premiums, fewer choices, and reduced access to medications.

If you would like to join the Medicare Rx Access Network of New York please email nymedicarerxaccess@gmail.com.

“You are not alone.”

Jack Reep
 Assistant to Family to Family
 Spring 2012

My experience in NAMI's Family to Family Program was what you would call an adventure on all levels. I knew it was going to be something new for me, but I wasn't entirely prepared for how truly moving it was going to be. Family members and loved ones of those

suffering through mental illness are the unsung heroes in these situations. When illness sets in, it's often up to close family members to hold

It's truly one of the most beautiful things I've ever seen, and it resonates the importance of community and working together as a group.

the pieces together. This is no small job, and all too often, family members fall through the cracks and face stresses of their own. Thankfully, programs like Family to Family exist to essentially "support the supporters." This program brings people from all different walks of life, but with similar experiences and feelings, into one room and says to them all "You are not alone." It's truly one of the most beautiful things I've ever seen, and it resonates the importance of community and working together as a group.

Along with the highly informative and masterfully written curriculum, the

chemistry between the participants was something spectacular. I was awe struck by the level of powerful emotions floating around in that church basement every week. For many people, these few hours every Tuesday night was the one time in their lives when they could truly express themselves around others who understood. Every week when I left the meeting, I would walk to my car with a whole room full of emotions still floating around my body. In all, this experience was deeply touching, and I know it's always going to stay with me.

Pete Earley to speak in Auburn



Sponsored by National Alliance on Mental Illness~Cayuga County, Earley's talk will describe his attempts to help his son after he is denied mental health treatment during a psychotic break and arrested. His book forwards that jails and prisons have become the new asylums and mental health has become a criminal justice problem instead of a health issue.

September 25, 2012
 1 to 3 pm
 Cayuga Community College
 Auburn

Jean Poland, NAMI~Finger Lakes board member will be attending the event and is willing to organize car pooling. Please contact her by September 19 at 266-8079.



NAMI FL and Tompkins County Public Library will co-sponsor a panel presentation on Thursday, October 4, from 6 – 7:30 pm at the Tompkins Public Library, Borg Warner Room. Panel members will present various options for family members of people with disabilities to consider as we think about preparing wills and trusts.

They will share their expertise about how to leave assets for loved ones who are limited in what they can own or how much money they can have and still receive benefits, or who might need to receive supplemental funds regularly for the remainder of their lives.

Panelists:

- Matt Albright, pooled trust supervisor, Center for Disability Rights, Rochester
- Joy Blumpkin, local attorney specializing in special needs planning
- Steve Headrick, Certified Special Needs Advisor with Merrill Lynch
- Tom Witmer, Special Needs Planner with Met Life in Elmira.

Mental Illness Awareness week was established by Congress in recognition of NAMI's work to educate and increase awareness about mental illness. It takes place every year during the first full week of October.

NAMI~Finger Lakes
PO Box #6544.
Ithaca NY 14850