

## NAMI NEWS

September 2017

The Official Newsletter of NAMI Southeast Minnesota

### NAMI takes on Washington, DC!

Earlier this summer, local NAMI members traveled to Washington D.C. for the NAMI national convention. In addition to attending seminars and meeting members from across the country, our delegation had a very successful day on Capitol Hill.

We met with staff for Senator Klobuchar, Congressman Paulsen (R-Eden Prairie), Congressman Peterson (DFL-Moorhead), Congressman Lewis (R-Burnsville) and Congressman Ellison (DFL-Minneapolis).

We also met personally with Senator Franken, Congressman Walz (DFL-Mankato), Congresswoman McCollum (DFL-St. Paul) and Congressman Emmer (R-Delano).

During these meetings, we were able to discuss the importance of Medicaid and the significant problems with the American Health Care Act (AHCA) and the Better Care Reconciliation Act (BCRA) at a pivotal time in the debate.

Several of us shared our experiences with Medicaid expansion, the importance of maintaining essential health benefits and the drawbacks with high-risk insurance pools. Thank you to everyone who participated in these efforts, whether in person or from afar. Our voices matter!



We had the privilege of meeting with Congressman Tim Walz (top) and Senator Al Franken (bottom), who are Congressional leaders in advocating for a strong mental health system.

### Saying farewell to Carrie Clark



Carrie Clark, a tireless advocate for mental health, passed away suddenly in July. Our beloved colleague, National Alliance on Mental Illness (NAMI) champion, community supporter and volunteer and all-around Rochester leader is heartily missed.

Carrie, 56, was a proud New York native. She moved to Rochester in 1990 to be closer to family, who had relocated to work at IBM.

Carrie was an avid writer, who specialized in poetry and had a book published called "My Long Journey to Me." She also served on the steering committee for the creation of the Human Library, a part of the Diversity Council, and was recently honored by the Council for her achievements.

Carrie chaired the Olmsted County Adult and Children's

Mental Health Local Advisory Committee and sat on the CREST Safety Net Committee. She completed the Certified Peer Specialist requirements and served as the SE Minnesota WarmLine Coordinator for three years. Carrie shared her story of mental illness and recovery with numerous schools, groups and Mayo Clinic personnel. We miss her dearly.

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## Getting to know Board of Directors Treasurer Rob Landgraf

Q: How did you become familiar with NAMI SE MN?

A: I became aware of the work that NAMI SE MN does shortly after Courtney Lawson, the current Executive Director, started working with the organization. I've known Courtney for a number of years and have always had a respect for the passion she has for the organizations she is involved with. Courtney helped me understand the work that NAMI SE MN does in the community and why it is so important.



Q: What makes you want to serve as a Board member?

A: I believe it to be important to give of one's time and talents, to the extent I have either. It's very clear to me the impact mental illness has, not only on the individual, but that individual's family, friends and coworkers, and the community. It's encouraging to see public awareness improve, with recent media coverage of the impact of mental illness. I'd like to be part of the awareness effort.

Q: You're our brand new treasurer. What do you do for work?

A: I work as a Wealth Advisor for RSM Wealth Management. I spend a lot of my time working with clients to help them better understand their own personal finances as they relate to future goals, such as planning for their retirement, passing a legacy to family or facilitating their charitable intentions.

Q: What do you like best about your job?

A: It is often overwhelming for individuals to coordinate the many moving pieces that contribute to their future success. The work we do typically helps remove these money-related anxieties. The best part of my job is making people feel better about their personal finances.

Q: We see from Googling you that you're from Iowa originally. What brought you to Rochester?

A: Though Rochester is home, I grew up in Mason City, IA, which will always be my nostalgic home. I moved to Rochester in 2007, after looking at a map of the Midwest in search of a convenient geographic location that would allow me to not miss out on the lives of friends and family scattered throughout the Midwest. It turns out that there's more to Rochester than being centrally located. It's also proven to be a great place to live.

Q: What's your favorite part of life here?

A: Over the past 10 years, I have had the opportunity to meet a lot of great people. I consider many of these people to be close friends. I think one of the best parts of Rochester that doesn't get enough credit is the amount of people who are new to the area and are looking for social interaction.

Q: What's one thing people would be surprised to know about you?

A: I can't get enough of live music.

## Creativity: Enjoy the Experience

I hear it all the time: "I can't draw." Well, I don't believe it. I believe that art is inside each and every one of us. The creative spirit can manifest through theater, dance, music, writing poetry, stories, songs and singing. There is creativity in planting gardens of flowers or vegetables. Working with your hands in the soil or with clay on a potter's wheel, it's all the same. Whether you are drawing blueprints for a building or a picture of the human body, painting a landscape or simply doodling ... it's all using your wonderful imagination!

We are conditioned to believe that we have to push ourselves to compete and be the best. It's fine and well to set goals for yourself. However, there's a fine line between setting goals and pushing too hard. If pushed too hard all kinds of problems can unfold: stress, anxiety, depression, just to name a few. Let go...

A virtual art lesson: sit down before a blank sheet of paper. It doesn't have to be a sketch book -- although keeping a sketch book is a journey of self discovery over time. Take a pencil, chalk, pen, crayon or magic marker on the paper and go. Now, one thing about pencils -- no erasing, because there are no mistakes. If you like, put on some music and just see what happens. Don't even look at the paper, just create! It is a very freeing exercise. You see, there is no judgment here. It's you and your art. The only judgment is in our minds and what has been said to so many of us over the years. Reframe and reclaim your creative spirit. The more you sit down with a blank paper and whatever medium you choose, the easier it becomes to let go of the inner critic and the more comfortable you become with drawing, sketching or painting. A whole world opens up once you simply let go.

Photography is also a wonderful means of self expression. A great camera is a gift to have, but you don't need one. You can create incredible images with your smart phone. Now that we're enjoying the warmer Minnesota months, grab your smart phone, go for a walk -- even if it's just outside the front door, or around your living space -- and look. Look at the play of light and shadow on the wall. Look at your hand, or the furniture. Going out into nature, taking photographs of your friends, or family, or yourself, or whatever speaks to you and ignites your creative spirit -- then take the picture. I'd love to see what you do!

Art, remember, is for everyone. Enjoy the experience!



*Anne Scherer is a writer and artist living with mental illness in Rochester, Minn. She is a contributor to Brokenlight Photography Collective and has written for several publications.*

# Upcoming Events



Date: Saturday, Sept. 23 at RCTC's Fieldhouse

Time: Registration begins at 11:30 a.m. and the walk starts at 1 p.m.

What you'll find: Food trucks, balloon animals, bounce house and NAMI champions broadcasting good news about our mission!

Register: [namiwalks.org/southeastminnesota](http://namiwalks.org/southeastminnesota)

More info: Contact Renee at 507-316-0987 or at [rberg@namisemn.org](mailto:rberg@namisemn.org)



Running can be a tool to help us cope with life's inevitable ups and downs and better manage our mental health. NAMI SE MN and TerraLoco are excited to announce Breaking Pace: Running for Body AND Mind, an 8-week program starting Tuesday, Sept. 26, at 6 p.m. In this group, you will:

- \* Discover your inner runner -- she's there, even if this is the first time that you've laced up those running shoes!
- \* Learn from experts about a variety of topics to strengthen your body and mind
- \* Hear from others about how running has enhanced their mental health
- \* Meet others with shared interests
- \* Train to finish the Rochester Gobble Wobble 5k

For more information, contact [breakingpacerun@gmail.com](mailto:breakingpacerun@gmail.com) or call NAMI SE MN at 507-287-1692



Did you know journaling and other forms of writing help foster mental health? They do! Join us during our regular monthly writing get-togethers and work on strengthening your mental well being!

- \* Sept. 13, noon to 2 p.m., at the Rochester Area Foundation with moderator Jennifer Koski of Rochester Magazine
- \* Oct. 18, 9 a.m. to 11 a.m. with moderator Betsy Singer of KAAL
- \* Nov. 18, 10 a.m. to noon with moderator Sean Baker of The Med City Beat
- \* Dec. 15, 2 p.m. to 4 p.m. with moderator Allison Roe of 507 magazine, Radish magazine and At Home magazine

For more information, follow NAMI SE MN on Facebook or contact Renee at [rberg@namisemn.org](mailto:rberg@namisemn.org)

## 2017 NAMI SE MN Board of Directors

Melissa Eagle Uhlmann, President;  
Kris Djupedal, Vice President;  
Rob Landgraf, Treasurer;  
Ron Chieves; Laurie Mangen; Erin Pagel;  
James Rabe; Tammy Rider

### NAMI STAFF

Courtney Lawson, Executive Director;  
Diana Evans, Community Talent Coordinator;  
Steve Cray, Director of Family & Peer Support Services;  
Bill Berg, Karen Tracy and Gloria Stumvoll, Family & Peer Support Specialists;  
Anita Otterness, Community & Family Program Manager;  
Renee Berg, Marketing & Development Director;  
Nickcole Thomas, Marketing & Development Intern

### CONTACT US

1700 Broadway Avenue N, Suite 104 •  
Rochester, Minn. 55906  
507-287-1692 or [www.namisemn.org](http://www.namisemn.org)



By joining your local affiliate of the National Alliance on Mental Illness, you will automatically receive information from the state and national offices.

**Annual Membership Levels**  
Household: \$60; Individual: \$40; Open Door: \$5

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ \$ \_\_\_\_\_ MEMBERSHIP  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ \$ \_\_\_\_\_ DONATION  
EMAIL \_\_\_\_\_ \$ \_\_\_\_\_ TOTAL (tax deductible donation)  
PHONE \_\_\_\_\_

Names of individuals covered under Household membership (for individuals at the same address): \_\_\_\_\_

Check here if you prefer to receive the NAMI Southeast Minnesota Newsletter on-line.  
*(Email will be used to send program information and announcements. Your contact information will not be shared.)*  
Please return this with your payment to NAMI office or join online @ [www.namismn.org](http://www.namismn.org)  
1700 Broadway Ave. N Suite 104, Rochester, MN 55906

## WHY JOIN NAMI?

### Your Membership Supports

- Local, state and federal advocacy
- Effective programs that positively change lives

### Member benefits:

- Quarterly news from NAMI SE MN, NAMI MN and NAMI national
- Discounted registration fees for the NAMI MN state conference
- Be part of the movement to assure that people with mental illness have access to needed treatment and resources

**NAMI improves the lives of people affected by mental illness.**



1700 Broadway Ave N,  
Suite 104, Rochester, MN 55906  
Change Service Requested

## NAMI Calendar of Events

- Sept. 18 Family Support Group 5:30pm to 7:00pm, St Mary's Hospital, Generose Building, Room 3-108
- Sept. 20 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)
- Sept. 21 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Sept. 23 NAMIWalks 11:30am Registration, 1pm Walk, RCTC Field House
- Sept. 26 Breaking Pace: Running for Body AND Mind group starts at 6pm
- Sept. 27 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)  
Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
- Sept. 28 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Oct. 1-7 Mental Illness Awareness Week
- Oct. 2 Family Support Group 5:30pm to 7:00pm, St Mary's Hospital, Generose Building, Room 3-108
- Oct. 4 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)
- Oct. 5 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Oct. 11 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)  
Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
- Oct. 12 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Oct. 14 Youth Mental Health First Aid, 8:30am-5pm, [www.rochesterce.org/register](http://www.rochesterce.org/register)
- Oct. 16 Family Support Group 5:30pm to 7:00pm, St Mary's Hospital, Generose Building, Room 3-108
- Oct. 18 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)  
Writing Pop-Up, 9-11am
- Oct. 19 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Oct. 25 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)  
Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
- Oct. 26 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Oct. 26-27 Youth Mental Health First Aid, 9:30am-1:45pm, [www.rochesterce.org/register](http://www.rochesterce.org/register)
- Oct. 30 and Nov. 6 Adult Mental Health First Aid, 5:30-9:45pm, [www.rochesterce.org/register](http://www.rochesterce.org/register)
- Nov. 1 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)
- Nov. 2 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Nov. 4 NAMI State Conference
- Nov. 6 Family Support Group 5:30pm to 7:00pm, St Mary's Hospital, Generose Building, Room 3-108
- Nov. 8 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)  
Family Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 104 (Door E)
- Nov. 9 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Nov. 13 and 20 Youth Mental Health First Aid, 8am-12:15pm, [www.rochesterce.org/register](http://www.rochesterce.org/register)
- Nov. 15 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)
- Nov. 16 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507
- Nov. 17 Adult Mental Health First Aid, 8:30am-5pm, [www.rochesterce.org/register](http://www.rochesterce.org/register)
- Nov. 18 Writing Pop-Up 10am-noon
- Nov. 20 Family Support Group 5:30pm to 7:00pm, St Mary's Hospital, Generose Building, Room 3-108
- Nov. 29 Connection Support Group 7:00pm to 8:30pm, NAMI SE MN, 1700 Broadway Ave N, Ste 103 (Door B)
- Nov. 30 Connection Support Group 5:30pm to 7:00pm, Mayo Clinic Baldwin Building, Room 1-507

Check out our \*NEW\* website for all the latest information: [www.namismn.org](http://www.namismn.org)  
"Like" us on Facebook: [www.facebook.com/namismn](http://www.facebook.com/namismn)



# WALK 2017 for mental health.

Saturday, September 23, 2017

Registration: 11:30 a.m. Walk start: 1 p.m.

RCTC Fieldhouse

Thank You to our NAMIWalks 2017 Sponsors:

*National Walk Partner:* Alkermes

*Gold:* KTTC and Mayo Clinic

*Silver:* Post-Bulletin and Y105

*Start/Finish Line:* PrairieCare Medical Group

*Bronze:* In Memory of Kerry Nolte and Olmsted Medical Center

*Kilometer:* Active PT, American Family Insurance, Atlas Insurance Brokers, Bill Kleis, MA, LP, Cardinal of Minnesota, Diamond Jo Casino, E.O. Johnson, FastTracker, Image Smartz, Mayo Employees Federal Credit Union, Minnesota Psychiatric Society, Nietz & Eversman, Perkins of Rochester, Psychological Consultants, R&S Transport, RSM Wealth Management, Quarry Hill Park Animal Hospital, Transitions Therapies

Register online at: [www.namiwalks.org/southeastminnesota](http://www.namiwalks.org/southeastminnesota)

Get more info from: Renee Berg at 507-316-0987