



THE SUMMIT

Volume 6, Issue 3 November, 2011

NAMI Walks 2011



The weather was cold and it rained, but over 375 participants turned out for the NAMI Walks for the Mind of America event at Munroe Falls Metro Park on October 1.

The presenting sponsor was the Margaret Clark Morgan Foundation. Silver sponsors were Klein's Pharmacy and Shire. Bronze sponsors were the Alcohol, Drug and Mental Illness Board; Bristol Myers Squibb; Janssen Pharmaceuticals Inc.; Mike Pruitt Honda; Community Support Services; and Sam's Club. Supporting

sponsors were Akron General Medical Center, Summa Health System, BeST Center at NEOMED, Coleman Foundation, Oriana House, Choices, Portage Path Behavioral Health, Starbucks and the Reedy Family. Kilometer sponsors were Ace Tent Rental, International Chemical Workers Union, OMNOVA Solutions of Mogadore, R.A.L. MD Inc., Robeks in Stow and McKenney and Gingrich Co. LPA.

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2011 NAMI Walk At A Glance...

Munroe Falls Metro Park October 1, 2011

- **Over 375 Participants**
- **Nearly \$59,000 raised to support our projects**

A Note about this newsletter: To reduce mailing costs, we encourage electronic distribution. Please send your email address to: namisummit@att.net.

Happy New Year!

As 2011 draws to a close, and you consider your charitable contributions, please remember NAMI Summit County. All donations are tax deductible, and may be made through our website www.namisummit.org or via mail NAMI Summit County, PO Box 462, Cuyahoga Falls, OH 44222-0462.

Your contribution will assist us in maintaining our valued programs. You may designate your donation to any of our programs i.e. Needy Soles, Housewarming, Creative Kids, Education and Outreach etc. or it may be designated to our general fund where it will be applied where it is needed most. Thank you for your consideration.

Important Dates:

- Weekly support meetings on Tuesdays at 7:00 PM. Meetings are held at CSS at 150 Cross Street in Akron.
- **Hudson** support meeting. Second Thursdays of the month at 7:00 PM. Held at 47 Aurora Street.
- **Montrose** support meeting. Fourth Tuesday at 7:00 PM, except December. AGMC Health and Wellness Center West.
- Hand to Hand... next session begins January 18 in Akron.
- Family to Family... next session begins January 5 in Hudson.

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Family To Family

The next class will start on **January 5** in Hudson. This informative 12 week educational program for families and friends of individuals suffering from mental illness comes highly recommended by those who have attended. We have received comments such as, "I wish I had taken this when my son first became ill" and "Now I understand why she does the things she does", and "It saved my life and my own sanity".

For more information or to register for the class, contact Ron Rett at 330-670-9880 or Helen Reedy

at 330-659-4910

Classes are about 2-1/2 hours long and are held at 6:30 PM.

A recent student supplied the following testimonial:

"Living with a partner and trying to help them when you don't have the skills to get the job done was difficult. My skills were grief recovery facilitator, father, initiator, and prison minister: Not the right ones. I was becoming frustrated and close to breaking down.

I shared this with my inter-circle

prayer brothers and by chance, I was told about the Nami Summit County family to family group headed by Ron Rett. What a good man.

I started this 12 week program, and this saved me from falling apart. I learned patience like Job that I didn't have. I'm still a work in progress.

Depression is a brain thing, not a heart thing. I'm still working with her. It's hard, but it will work out because now I have hope."

NAMI Walks (continued)

New this year were actors depicting famous persons (Beethoven and the Lincolns) from history who were afflicted with mental illness.

Money raised from the NAMI Walks helps fund numerous free educational programs and human services projects, benefitting those affected by mental illness and their families.

To contribute, go to: www.nami.org/namiwalks/oh/summit. Contributions will be accepted through the end of the year.

At the annual awards ceremony, Karyn Morgan from The University of Akron received the Volunteer of the Year prize.



Pat Seifert of Akron Children's Hospital received the Hustle Award. Top Individual Fund Raiser Awards went to Terry Dalton of CSS and Dustin Blankenship of AGMC.

Ricki Schwartz was the top family team fund raiser with \$1719.



Akron General Medical Center received the Provider Cup award. They raised over \$4,000 this year. Molly Hespenhide accepted the award.

Thanks to all the volunteers for another successful walk.

See you next year on October 6.

NAMI Board Meetings are held on the 4th Monday of each month at CSS Visitors are Welcome

Online Donations



You will find a new feature on our web site:

www.namisummit.org

When you click on the donate button you can make a donation in support of our many community activities. After clicking on the

Donate button you can select the amount of the donation as well as the method of payment. You may use PayPal or most credit cards.

Dr. Patricia A. Galon Passes

Dr. Pat Galon, former NAMI Board member passed away Monday, September 12, 2011 at the age of 58.

She helped create the new primary care clinic in University Park to serve mental illness patients and was a professor at The University of Akron.

Below are some impressions from friends and neighbors about her life:

“Pat was the nicest neighbor one can have. We got so much help from her, and will always remember her.”

“Pat was such a wonderful colleague and research partner. She is one of my favorite people in the world. Thoughts of you, Chuck and Mollie, are in my mind, heart, and prayers.”

“We are all stunned and so sad that Pat will no longer grace the halls of the College of Nursing. Pat’s kindness and gentle presence was always welcoming to those on her path. One of her areas was teaching about the health care system. “

“It was with great sorrow that I read the news of Professor Galon’s passing. She was my instructor for a Public Policy course I took at the University of Akron. I marveled at the breadth and depth of her knowledge and her ability to impart that knowledge to her students. I can confidently say that she made me a better student and a better nurse and for that I am truly grateful. My condolences go out to Dr. Galon’s family and friends at the passing of such a wonderfully accomplished person.”

“I will truly miss Pat’s smile and laughter as I enter the halls of work. Pat was a wonderful woman and she will be greatly missed.”

“I had the privilege of knowing Pat for over 20 years during the time she worked at the Summit County ADM Board as well as her most recent employment at the University of Akron College of Nursing. Pat served as a Board member of Community Support Services, Inc. and it was my pleasure to have her as a member of our Board. Pat truly had a

passion and commitment to improving the lives of individuals with severe and persistent mental illnesses. Chuck and Pat provided a breakfast every month at one of our group homes. Pat would do so many things without an expectation of being recognized for what she did. She will be truly missed by our staff, fellow board members and the clients she cared so much about. Thanks Pat!”

Fund Raiser



Do your shopping at Giant Eagle with gift cards purchased from NAMI Summit. For every \$50 you buy in gift cards, NAMI receives a percentage of the sales... Double Fuel Perks until December 14!!

Call Ron Rett at 330-670-9880 and he will deliver cards to you .

Speaker Series

Meetings will be held at CSS in Akron at 7:00 PM. CSS is at 150 Cross Street, 44311.

- December 12... Discussion of Portage Path Mental Health Center issues.

A Special Thank You

The Fall Hand to Hand class held in Norton is grateful to the following for their support:

- Dr. Steven Jewell
- Marjorie Cook
- Lisa DiSabato-Moore
- Terrie Casenhiser
- Angela Tucker-Cooper
- Johnson United Church
- Bob Evans and TGI Friday in Montrose
- PapaRoni Pizza in Barberton
- Little Caesar’s Pizza in Akron

Hand to Hand

Hand to Hand is a 9 week series of discussions for parents and families of children with emotional, behavioral or neurological disorders.

This parent led class provides a better understanding of the issues facing parents who have a child with ADHD, Bipolar Disorder, OCD, Autism, Aspergers, Anxiety Disorders, etc.

Some of the topics covered include:

- Understanding the complex nature of diagnosis
- Understanding Medications
- Coping skills
- Counseling, Therapy and other resources

- Educational needs and advocacy

- Juvenile Justice

- Family Advocacy

Classes meet for 9 weeks beginning **January 18th** at Child Guidance and Family Solutions.

Contact Leigh at 330-209-3492 or lwilson9@neo.rr.com to enroll.



**NAMI
Summit
County**

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Due to increased costs in printing and mailing, we are now offering our newsletter *The Summit*, in full color, electronically. Kindly provide your email address to us at namisummit@att.net. You may also access *The Summit* via our website at www.namisummit.org. If you would still prefer to receive a mailed copy please notify us by email at namisummit@att.net or 330-252-1188.

NAMI of Summit County Membership Form

Please complete the information below and mail your check or money order to:

NAMI of Summit County

P.O. Box 462

Cuyahoga Falls, OH 44222

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

_____ \$25 Individual or Family Membership

_____ \$25 Professional Membership

_____ \$1 "Open Door"

_____ \$ _____ Donation Only... Fund: _____

Please renew your membership by sending in this form..

Memberships expire every 12 months.

Thank you