

# NEWSLETTER

## Find Help & Hope.

NAMI San Joaquin County  
P.O. Box 448  
Stockton, CA 95201  
209.468.3755  
[info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)  
[namisanjoaquin.org](http://namisanjoaquin.org)

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### NAMI SJC Board Members

**Officers:**  
**President:** Michael Fields  
**V. P.:** Larry Crain  
**Past President:** Edna Ealey  
**Secretary:** Colleen Byars  
**Treasurer:** Edna Ealey-Fields

### Board of Directors:

Heather Bradford  
Joe Knobloch  
John Weston  
Kathi Polk  
Kaz Saruwantari  
Larry Morrison

### Interested in Volunteering?

Contact our Volunteer

Coordinator:  
Patricia Barrett  
(510) 292-1337  
or by email

[outreach@namisanjoaquin.org](mailto:outreach@namisanjoaquin.org)

We are *strongest*  
when we are  
*united* for  
the same cause.

## Welcome Back to the NAMI San Joaquin County Newsletter!

### ATTENTION! ATTENTION!!!

#### We have missed you and we apologize for being on hiatus!

One of the issues that all volunteer service providers face is too many projects to complete, and not enough volunteers to complete them. NAMI SJC has not been immune to this so we find ourselves needing to ask for more volunteers. There are many ways to help out. If you are interested in volunteering, please email us at: [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org). Thank you from NAMI SJC!

### General Meetings Being Re-envisioned!

As you know, NAMI SJC has been able to provide in person, high caliber speakers and presenters on a monthly basis for many years at the main campus of SJC BHS in Stockton. Even so, regretfully, attendance has fallen. We are working on a way to continue providing high-quality information and presentations. Stay tuned!

### COVID - 19 Resources

During this time of COVID-19, please check out these GREAT RESOURCES from NAMI CA:

<https://namica.org/covid-19/>

## NAMI WALKS 2020!



Thank you to all the donors and participants to the first ever VIRTUAL NAMI-Walks which took place on May 30, 2020. With your help, NAMI SJC was able to raise \$7,985. Special recognition goes to **John Weston** and his team for raising \$3,920 and to **Becky Gould**, the top team member fundraiser. The 14 participants who raised at least \$100 and those individuals who were eligible for the incentive gifts should have received their T-shirts/gifts by now. Thanks again to the 6 teams and 74 donors and participants for supporting NAMI SJC. Portions of funds raised goes to our local affiliate. We

hope to see more participants next year! Thank you again to those that participated!!



## THE GARDENER'S CHAOS

### A Beautiful Poem written by Lydia Marie Rowden showing courage through her writings:

English gardens are full of ivy; other trailing vines interspersed with blooming flowers and roses. It's organized chaos. If left unkempt the vines and ivy overtake everything else; choking out all the beautiful flowers and roses.

With mental illness, in my case Borderline Personality disorder and bipolar one disorder, you have to consciously choose DAILY; Either you allow your mind to become overgrown with your own personal chaos or everyday you clip back the vines, train them up the trellis and watch your roses flourish.

It's not easy. I'm not telling you that at this point in any of our mental health journeys we have the ability to step back from our emotions and insecurities to see the road ahead. For this reason it is so important to surround ourselves with a strong, loving support system. With help we have the ability to see the good in ourselves and have the courage to continue on.

Facing addictions, PTSD and destructive coping mechanisms along with our mental illnesses is so very common. We can't always see through the overgrown ivy of our gardens to see the flowers.

Keep in mind, sometimes we let our mental chaos take over and don't even REMEMBER there is beauty under all our hot mess.

The mind is a very unstable place for some and we need to be anchored. Sometimes you have to slow down for a minute, breathe and attend to the chaos. Once your roses are blooming and you can see progress, no matter how slow it may be; it's progress!

Learn to step back and take stock of your emotions. organize and identify them. it's easier to see which thoughts and feelings are legitimate and which ones are lies our minds are barraging us with.

Train those vines, watch your flowers flourish. Never be afraid to ask for help. Every time you practice discipline by saying, "No" to those addictions it gets easier the next time.

From one struggling to another, I say STAY STRONG. Cry, scream, let it out. Afterwards tend to that garden and see the beauty you forgot was even there.

### NAMI SJC Bicycle Program



An active participant at The Wellness Center of San Joaquin County, Rebecca Martinez was the grateful recipient of a bicycle from NAMI SJC. It was presented to her by Larry Crain, NAMI SJC Vice President. Rebecca is using the bicycle for “transportation independence.” She says it gives her confidence knowing she can use her bicycle for things like: job searching, doctor appointments, and attending peer support groups.

### NAMI SJC Family Support Groups

Do you have a family member who is living with a mental illness? Are you looking for support and education? NAMI San Joaquin offers Family Support Groups throughout the county.

**4th Thursday each month at 6:00pm, except holidays\***

Meetings are temporarily being held via Zoom. If interested in attending and to receive the link to join the group, please contact NAMI SJC via email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

### NAMI SJC Board Meetings

**3rd Thursday of each at 6:00 PM** Meetings are temporarily being held via Zoom. If interested in attending, please contact NAMI SJC at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)

### Stockton Spanish Support

**We apologize for the inconvenience but our Spanish Family Support Groups & Spanish Connection Support Groups are temporarily on hold. We are working hard on resuming these support groups.**

### SJC BHS Board Meetings

**3rd Wednesday of each at 5:00 PM** Meetings are temporarily being held via zoom. If interested in attending, please contact BHS for information at (209) 468-8700

**S.J. Co. Behavioral Health Services  
Family Advocate:  
Richard Black  
209-401-6087**

### An Extra Special Thank You!!

**NAMI San Joaquin County** is tremendously grateful to the **C.A. Webster Foundation** for their generous **\$10,000 yearly grant**, and to **David Ramirez** for his continued **quarterly \$1,000+ donation** (which includes employer match by General Mills).

Every dollar donated to NAMI SJC makes it possible for us to reach even more people with education and support which are offered through our NAMI Signature Programs and Presentations. Also, thank you to everyone who has donated to our cause.

We couldn't do our work without any of you!!

### NAMI SJC Connection Support Groups

A Peer-led Support Group for adults living with mental illness. This group can assist with insights by hearing the challenges and successes of other peers. The groups are led by NAMI-Trained Facilitators who have lived experience.

**Every Friday at 6:00pm, except holidays\***

Meetings are temporarily being held via Zoom. If interested in attending and to receive the link to join the group, please contact NAMI SJC via email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)



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You can select a different charitable organization after signing in.

• AmazonSmile is the same Amazon you know. Same products, same prices, same service.

• Support your charitable organization by starting your shopping at [smile.amazon.com](http://smile.amazon.com).

## BECOME A NAMI MEMBER TODAY!

**NAMI SJC Membership Drive** Use the form on this letter to submit your renewal or new membership dues. **Your membership and support are essential** to NAMI San Joaquin County and enables our affiliate to provide education, support, advocacy and to grow.



#### MEMBERSHIP APPLICATION

Membership is for NAMI SJC, NAMI California and NAMI.

- New Member  Renewal
- Household Membership .....\$60
- Individual Member .....\$40
- Open Door (Limited Income) .....\$5

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

#### ADDITIONAL DONATION

Please consider giving an additional \$25 or more to NAMI San Joaquin County. Your donation supports our local services for those with mental illness and their family members.

\$ \_\_\_\_\_ Total Enclosed

**Make checks payable to:**

NAMI San Joaquin County or join online at [www.namisanjoaquin.org](http://www.namisanjoaquin.org)

I am interested in volunteering for NAMI San Joaquin County. Please contact me at the above address/phone/Email.

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*NAMI Joaquin County is a 501(c)(3) nonprofit organization. All contributions are tax deductible to the extent allowed by law.*