

## MEET OUR BOARD:

### JENNIFER NUNLEY

Jennifer has had a lived experience of a mental illness since the age of two, when she was diagnosed with depression. Now her diagnosis is Schizoaffective disorder, bipolar type, major depression with suicidal ideations, and anxiety. Besides having a mental illness, Jennifer is a lot of other things. She is a proud mother of two boys, a best friend, a daughter, a student, a cat lover, a NAMI board member, a NAMI Connections Support Group facilitator, a NAMI Peer-to-Peer mentor and in her free time she serves on the NAMI Texas Consumer Council as Chair. Needless to say she has a busy and productive life.

Jennifer is most proud of her two sons, her eldest; Justin is 20 years old and works as a security guard at various sites around DFW. Her youngest son, Zachary, is 14 and has wanted to be a firefighter since the age of two and will be a freshman in High School this fall. Just this past spring, Zachary, performed in his first play; she is hoping the acting bug has bit him because he was the best Humpty Dumpty ever; not that she is biased or anything.

Jennifer loves cats and truly believes everyone needs a cat in their lives. Jennifer received her Associate of Applied Science degree in Secretarial Office Administration from Grayson County College in 1996. Shortly, she moved to Fort Worth for better job opportunities. She has worked in around the Healthcare Industry for the past 16 years in various administrative roles. In 2012, she returned to school at Tarrant County College to get additional credits towards a bachelors degree in Criminal Justice. She is 4 classes away from graduating from TCC and moving on to a University. She is hoping to someday graduate with a Bachelors in Criminal Justice and a Masters in Social Work.

Jennifer has a love for computers. She volunteers in the NAMI office to help Sue. She enjoys spending time with her family and her friends. She is actively walking and renewing her spiritual life. She attends Christ Church in Fort Worth where she feels accepted and is hoping to start serving in the kid's ministry at church later this year.

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**The more generous we are, the more joyous we become.  
The more cooperative we are, the more valuable we become.  
The more enthusiastic we are, the more productive we become.  
The more serving we are, the more prosperous we become.**

*~ William Arthur Ward*

#### Special points of interest:

- **Kick-Off Luncheon for NAMIWalk August 4**
- **Monthly Meeting August 20**
- **NAMIWalk Website is now OPEN**  
[www.namiwalks.org/tarrantcounty](http://www.namiwalks.org/tarrantcounty)
- **NAMIWalk October 3**
- **NAMI Texas Conference October 23 & 24**

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## Monthly General Meeting, August 20

**Topic: Stigma**

**Speaker: Dr. Stewart Keller**

**Support Groups: 6:00 / General Meeting: 7:30-8:45**

University Christian Church  
 2720 South University Dr.  
 Fort Worth, Texas 76109

Talent wins games,  
but teamwork  
wins championships

~Michael Jordan

Faith is taking the  
first step even when  
you don't see the  
whole staircase.

~Martin Luther King, Jr

"Coming together  
is a beginning,  
keeping together  
is progress,  
working together  
is success."

~Henry Ford

## MEET YOUR WALK COMMITTEE

<b>Walk Manager</b>	Julia Webb	<b>Marketing/PR Chair</b>	Bonita Ocampo & co-chairs Donnell Ballard Chris Janvier
<b>Board Chair</b>	Jerri Escobedo	<b>Team Captain Coordinator</b>	Jennifer Nunley
<b>Honorary Chair</b>	Tobi Jackson, FWISD Board Secretary, District 2	<b>Graphics/ Design</b>	Arturo Martinez Rosalinda Martinez Rachel Lubke
<b>Business Chair</b>	Dr. Martha de Anda	<b>Alpha Kappa Alpha</b>	Ella Boyd Tammy Baxter
<b>Volunteer Coordinator Chair</b>	Felisha Bowers & co-chairs Crissy Hinojosa Aracely Chavez	<b>Altruasa International Inc.</b>	Ms. Brown
<b>Route/Venue</b>	Gerardo Nieto Brandon Alexander Carlos de Anda		

## MEET OUR BOARD AND WALK CHAIR Jerri Escobedo

I am one of five sisters born to really great parents, Mary Lou and John Church, who were married 50 years. I am a Christian and am trusting in God in all circumstances. I feel blessed having helped teach first and third grade religious education classes at our church twelve years. I graduated from the seven year Bible study Fellowship (BSF) program. Studied five more years with the women's Bible group at Irving Bible Church (IBC). This Church holds both NAMI Family-to-Family education classes and Mental Health Grace Alliance Family Groups and Living Grace groups for peers support as well. Therefore, I believe God has and is preparing the Way for me and many more, on this new Life Journey for our families affected with serious brain disorders.

I am a mother of three amazing young adults Rosalie, Johnny, and Joanna. My loving husband graduated UTEP as a Civil Engineer and has worked 30 years for the Federal Aviation Administration (FAA). We met at El Paso Community

college as I was studying to enter the LVN Nursing Program. I worked at Hotel Dieu Hospital in El Paso and am currently still licensed to practice nursing.

At First, our young family traveled together, when my husband was sent on different governmental projects. We relocated to the Dallas/Ft Worth area in 1989, settling into the H.E.B. School District. We became sport parents, watching our children grow stronger, excelling in sports and academically.

I returned to work in retail sales some evenings, allowing me to be home with our youngest child and get the others to and from school and without daycare for three Children. I attended TCJC and later named TCC for Fashion Merchandising, and some management classes. I presently work for Main St. Jewelry, Custom/Vintage Jewelry on Old Historic Main St. in Grapevine ,Texas.

I know how a family support system can be a great,

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## A PEER'S TAKE ON PEER-TO-PEER- CATHERINE WIGHTMAN

Here's what I have to say about Peer-to-Peer: Peer-to-Peer has been a tremendous help to me as I work my way through my life with bipolar disorder. It's a warm, nurturing place of unconditional acceptance from peers with various mental illnesses who share the same goals of discovering who we are and where we're going in our recovery path.

We learn a lot: about the biological bases of our illnesses; about the different mental illnesses; about the stigma that is out there and how to deal with it. We learn how to advocate for our rights as human beings and how NAMI can help in the advocacy

process. Most empowering of all, we learn how we can join with NAMI to advocate for others, not just ourselves. Having a sense of empowerment through advocacy gave us a feeling of usefulness, a sense of giving back, a sense of overcoming our disabilities and rejoining the regular world. By the end of the course I felt alive again, and I believe the others did, too. We formed friendships and strong bonds in the course of 10 weeks, no matter our original diagnoses. We shared, we cried, we laughed, we understood each other intimately. We awakened ourselves to our potential. I believe this is what Peer-to-Peer strives to achieve.

**"The two most powerful words when we struggle 'me too.'"**

*- Unknown*

**Believe you can and you're halfway there.**

*- Teddy Roosevelt*

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## MEET OUR BOARD AND WALK CHAIR Jerri Escobedo- (continued)

empathic part of recovery for persons with a diagnosis of mental illness. Our Family knows firsthand the truths of our loved ones living the experience of mental illness. These illnesses are felt individually by the whole family. Finding help can be daunting, frustrating, but still possible. We were given first help from NAMI and continued support and education. We hear there is no cure, and still we pray for a possible cure as others do. Hoping now, for total restoring of the minds of all affected with mental illnesses. I advocate to stop the stigma, find better medical care, beds and enough empathic staff and all needs being met very early. Until the blessings of total healing, we write our political Representatives, attend Capital Day every two years so new laws can be passed to help all persons affected with a diagnosis and the seri-

ous brain disorders.

I am honored to serve on the NAMI Board-at-Large position. Our NAMI has provided the free 12 week Family-to-Family course for my husband and myself. Trained both of us to teach the Family-to-Family 12 week course. I am an active teacher. I am a five time returning NAMI Walks Team Captain which is the one big fund raiser yearly to fund NAMI programs and give support. As an advocate for NAMI, I will continue to work toward changes, be steadfast in prayer for better help, research, new laws without stigma. Please come join the programs, serve on the board, and be the many empathetic members, hands, voices our NAMI Family needs to get the job done. Many Blessings!

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## MEET OUR BOARD : JENNIFER NUNLEY (continued from page 1)

Jennifer enjoys serving NAMI members through leading classes or volunteering on the Board of Directors. She received a scholarship to go the National Conference in 2013 where she learned about all the ways she could help out. If you are a peer and are looking for a place to volunteer, NAMI is a great place. NAMI has given her hope that recovery is possible.

**Faith consist in believing in what is beyond the power of reason to believe.**

*-Voltaire*

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## SUPPORT GROUPS

You will find insight and more effective coping skills, and learn to reduce the unreasonable stigma around mental illness. Additionally, support groups provide a place to network with other persons about how they have solved problems and found help.

Support Groups are led by NAMI-certified individuals with a lived experience in recovery as a family member or individual with lived experience of mental illness

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<b>NAMI TC, Southlake-76092</b> <i>Family Support Group</i>	<b>August 3 / NO meeting Sept 7</b> <i>First Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>White's Chapel United Methodist Church</i>
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185 South White's Chapel Blvd. Park on the East side of the building and go to the entrance north of the sanctuary. Room 2130 in Evans Hall.

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<b>NAMI TC, Ft. Worth-76107</b> <i>Family Support Group</i>	<b>August 10 / September 14</b> <i>Second Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>MHA-TC/NAMI Office 3136 West 4th Street</i>
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<b>NAMI TC, Johnson County</b> <i>Family Support Group</i>	<b>August 13 / September 10</b> <i>Second Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Joshua City Library</i>
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located on the High School Campus in Joshua. The address is Highway 174.

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<b>NAMI TC, Ft. Worth-76109</b> <i>Family &amp; Peer Support</i>	<b>August 20 / September 17</b> <i>Third Thursday of every month</i>	<b>6:00 to 8:30 pm</b> <i>University Christian Church @ TCU</i>
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**Please join us for our monthly meeting and pot luck. Support groups for caregivers and adult consumers are held before the general meeting. Location: University Christian Church located at 2720 S. University Drive, Park on the north or east side of the church as entry is on the east side. Registration is on second floor.**

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<b>NAMI TC, Arlington</b> <i>Family Support Group</i>	<b>August 27 / September 24</b> <i>Last Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Trinity UMC, Arlington</i>
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1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

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<b>H.O.M.E., NRH*</b> <i>Peer and Family Support</i>	<b>August 9 &amp; 23 / September 13 &amp; 27</b> <i>Second and fourth Sundays</i>	<b>5:15 to 6:45 pm</b> <i>The Hills Church of Christ, North Richland Hills</i>
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Room 207. Individuals with mood disorders and their loved ones are invited to this support group meeting

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<b>Caring Friends, Weatherford*</b> <i>Peer and Family Support</i>	<b>Every Tuesday</b> <i>First United Methodist Church Weatherford</i>	<b>6:00 to 8:00 pm</b>
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301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

\*Not a NAMI-certified group

**You will find a group of people with similar life experiences that you will listen to and learn from; so you can apply and relate to your own life. Together we explore topics related to a healthy lifestyle and changes one can make.**

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## MONTHLY MEETING—AUGUST

Topic: **Stigma**

Speaker: **Dr. Stewart Keller**

Starts at 6 p.m.

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**We can't help everyone, but everyone can help someone.**

*~ Ronald Regan*

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## NAMI TARRANT NEEDS YOU!



NAMI Tarrant County runs on donations and our annual fundraiser.

To bring the educational and advocacy programs to our community takes a large amount of effort, supplies and vendors. You can take part in helping NAMI gear up for the Walk!

### Are you or do you know someone willing to:

- Donate items for an auction?
  - Donate food, water or hard items for the Walk?
  - Donate office supplies and electronics? ...ie...paper, binders, ink, nametags, pens, paper-clips, tape, staples, computers, printers, shredders, projectors, etc..
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**From the outside looking in, it is hard to understand.**

**From the inside looking out, it is hard to explain.**

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## WHAT YOUR NAMI TC BOARD IS UP TO!

During the May presentation of the budget during the monthly meeting, our President of the Board, Sherry Fairchild, briefly spoke regarding one of the budget items which is an audit of the affiliate. Sherry mentioned that the affiliate would like to start applying for grants to help increase our funds which in turns helps provide additional opportunities for education and advocacy in our communities.

In the July NAMI-TC Board meeting, the board voted on final approval to hire Philip Charon, CPA, to perform an audit of NAMI-TC. This will be a thorough audit of the finances and physical assets of the affiliate. It will be a lot of work to gather all the information for the auditor, but it will bring us one step closer to the ultimate goal of increasing our opportunities to stamp out the stigma of mental illness.

While the audit will be invisible to most of our members, there is one area in which we will need everyone's help. As part of the grant requests, we will need to provide blinded demographic information on who is served by NAMI-TC. The information will include zip code, race, ethnicity, household income, etc. We realize releasing this type of information can make people uncomfortable. We, the Board, want to assure you that this information will be treated with the utmost respect and we will protect the privacy of all our members and visitors. In the next few general meetings, we will be handing out information forms which we request that you complete and turn in to the designated board member. We want to thank you in advance for your help in this matter and for all your help and support in our common cause.

*~Unknown*

**Nobody realizes that some people expend tremendous energy merely to be normal.**

*~Albert Camus*

## 5 STEPS TO MORE JOY

What's your joyful noise? A whisper of gratitude for a stunning sunset? A belly laugh at a child's sweet silliness? A "Yes!" for a challenge mastered? No matter how you express it, you deserve and need joy in your life. And whatever its source — from a drowsy pup on your lap to a parchment diploma in your hand — it doesn't just feel fabulous. Blissful moments can also give your well-being a boost.

### What's joy got to do with it?

Many activities that create feelings of happiness — being lively, joking around, helping others — can also have physical benefits, such as:

- Lower risk of illness
- Improved circulation and heart health
- A rise in feel-good endorphins
- Relief from stress and depression

So for health and happiness, try these five tips for experiencing greater joy:

**Chortle, snicker or snort.** Laughter that is hearty is healthy too. In fact, it's good for your heart health — and can relax muscles and reduce pain. So video chat with that friend who always makes you laugh. Chuckle over the Sunday comics. Giggle through a comedy clip. Or maybe even try a laughter yoga class or DVD. (Yes, there is such a thing!)

**Delight in play dates.** From racquetball with your best buddy to hopscotch with the neighborhood kids, being playful can kick up your mood and confidence. And when

your activity gets you moving, you're getting good exercise to boot!

**Slow down too.** In the rush of our busy lives, moments of quiet joy can pass us by. Whether you relax by sitting in the evening shade, listening to sweet harmonies or doing tai chi in the park, be a regular in the pursuit of peace.

**Savor with your senses.** Dew on lush, green grass ... the earthy scent of fresh rosemary ... a crunchy bite of a deep-purple plum that bursts with juice. Make it a practice to relish the joy in small things.

**Be generous.** Whether you give time or money, big or small, generosity is a proven source of happiness. So leave a kind comment on a blog, pay someone's toll, donate blood, thank your bus driver or let someone merge into your lane. Finally, share your joyful noise. Talking about happy events brings pleasant memories. And since positive feelings are contagious, when you share them, others might follow in your footsteps toward greater joy — and better health.

<https://pages.unitedhealthcare-hmhb.com/page.aspx?qs=330c754b5e92df74700869eb54f9480f5a3959c9aa6498717bf7712fececd060ed20818f46b67db0c62aa1c9df0c5f3ddcdde2ca0284b110629a3aaede01e51e4b29d3376be00ddd848bade50d6643e8>

**“In times of joy  
all of us wished  
we possessed  
a tail we could wag.”**

*~W.H. Auden*

**Labels are for jars,  
not people.**

*~ Unknown*

**No matter what  
people tell you,  
words and ideas  
can change the  
world.**

*~ Robin Williams*

## Your voice matters-FDA

The U.S. Food and Drug Administration is proposing additional revisions to the Nutrition Facts label for packaged foods. The supplemental proposal would, among other things, require declaration of the percent daily value (%DV) for added sugars. The proposed rule is a supplement to the March 3, 2014 proposed rule on updating the Nutrition Facts label. The percent daily value indicates how much a nutrient in a serving of food contributes to a daily diet and would help consumers make informed choices for themselves and

their families.

The current recommendation is that added sugars should not be more than 10% of your daily intake of calories. The FDA's proposal is supported by newly reviewed studies suggesting healthy dietary patterns are strongly associated with a reduced risk of cardiovascular disease. The FDA believes lowering the amounts of sugar-sweetened foods and beverages can be part of a healthy diet.

On July 27, 2015, the FDA opened the “docket” to com-

## Get creative

When was the last time you let your creativity run wild? If it's been awhile, you might be missing out on some great benefits. That's because pursuing creative activities makes people feel good. Whether it's gourmet cooking or scrapbooking or tying fishing flies, a hobby or pastime can reduce your stress — and give you something to look forward to. But there's more to it than that. When you're absorbed in an activity, you can enter a mental state called flow. Once you've got your flow on, you're enjoying the process you're immersed in — for its own sake. And being in your flow zone can:

- ✦ Banish boredom, anxiety and worry
- ✦ Boost confidence — and give you a feeling of control
- ✦ Foster a sense of fulfillment and serenity
- ✦ Restore your energy

### How to go with the flow

What if you've lost touch with your inner artist? Here are some ideas for finding your flow through creative endeavors.

**Take a trip down memory lane.** What did you enjoy as a child? Maybe you can transform your youthful interests into new ways to create. For example:

**Try something new.** Perhaps there's a creative pursuit you've felt drawn to. For instance, maybe you'd like to try your hand at woodworking, playing the guitar, taking black-and-white photographs or painting water-color landscapes.

**Why not get started?** You might begin by talking with someone you know who already has this special talent. Or look for a how-to book, website or local class.

**Savor the journey.** No matter how you choose to create — by building birdhouses, designing jewelry or crocheting baby blankets — remember: It's all about being creative, not perfect. So keep at it — and try not to be a critic. Just enjoy the process.

**You might surprise yourself!**

If you loved this:	You might try this:
 Art	Start a sketchbook — or sign up for a painting or sculpting class.
 Comic books	Write your life story — or maybe some fun tales for your children — or grandchildren — in graphic form.
 Dress-up	Visit thrift and vintage clothing stores. Then put together new looks for your wardrobe with what you find.
 Nature	Collect and press wildflowers. You might use them to embellish handmade greeting cards.
 Neighborhood plays	Look into volunteering with a local theater group.

**“Remember the two benefits of failure. First, if you do fail, you learn what doesn't work; and second, the failure gives you the opportunity to try a new approach.”**

*~ Roger Von Oech*

**When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.**

*~ Harriet Beecher Stowe*

## Your voice matters-FDA Continued from page 6

ments. Go to [regulations.gov](http://regulations.gov) and type FDA-2012-N-210 in the search box. On the webpage that opens, there are two open dockets with blue “Comment Now!” buttons. By selecting the “Food Labeling: Nutrition and Supplement Facts Labels; Revision” link, you will be taken to the page with the proposal. You can see information on the studies they reference, a cost-benefit analysis, as well as an illustration of what the proposed new Food Facts label will look like (way down at the bottom). If you wish to make a comment

on the regulation, click on the blue “Comment Now!” button.

To submit comments to the docket by mail, use the following address. Be sure to include docket number FDA-2012-N-1210 on **each** page of your written comments.

Division of Dockets Management  
HFA-305  
Food and Drug Administration  
5630 Fishers Lane, Room 1061  
Rockville, MD 20852

NAMI Tarrant County  
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## August is National Peach Month

Makes 1 loaf - Total time: 2 Hours, 50 Minutes

### Ingredients

3/4 cup chopped pecans  
2 1/2 cups all-purpose flour  
1 cup sugar  
1 teaspoon ground cinnamon  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1 1/2 cups peeled and chopped fresh, ripe peaches  
3/4 cup freshly grated carrots  
2/3 cup vegetable oil  
1/2 cup milk  
2 large eggs, lightly beaten

### Preparation

1. Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 15 minutes.
2. Stir together flour, sugar, cinnamon, baking soda, baking powder, salt and ground nutmeg.
3. Add peaches, carrots, oil, milk, eggs and toasted pecans, stirring just until dry ingredients are moistened.
4. Spoon batter into a lightly greased 9- x 5-inch loaf pan. Hint: placing a piece of waxed or parchment paper at the bottom of the pan (cut to size) and lightly greasing the paper will help the bread to slide out easily after baking.
5. Bake at 350° for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes. Remove from pan to wire rack, and cool completely (about 1 hour).



**Changing Minds One Step at a Time**

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