

## MEET OUR BOARD PRESIDENT:

### SHERRY FAIRCHILD, Ph.D., LCSW-S

As data from NAMI reports that one in five of us will experience a mental illness, I believe that all of us, five in five of us, can have mental health. Motivated by a desire to inspire and give hope that recovery is possible to people with lived experience of mental illness, I have more than thirty years of professional experience in addressing human problems and social issues through a variety of professional roles as a program manager, mental health therapist, educator, minister, and event fundraiser coordinator. Prior to returning to graduate school in 1996, I provided therapeutic services for children, adolescents, adults, group work, and families as a member of various multidisciplinary team approaches.

During my life journey I have attempted to educate myself and maintain strong clinical and communication skills. With a B.A. degree from Baylor University, a M.R.E. degree from Southern Seminary in Louisville, Kentucky, as well as a Master's degree and a Ph.D. in Social Work from the University of Texas at Arlington, I maintain several professional licensures. Currently I serve as the Director of Programs at Mental Health America of Greater Tarrant County where I experience daily the impact a person-centered approach, peer support, and the over-arching expectation that recovery is possible has on individuals.

Mental illness has impacted my immediate family and friends. From lived experiences dealing with depression, I have a keen awareness that recovery and wellness are totally possible when you are dealing with mental illness. I believe that the process of recovery is different for everyone, and a key component for recovery is having supportive people who don't give up on you. Maintaining mental wellness includes more than just treating and managing a mental illness. It is about finding tools and strategies to help yourself feel good on a daily basis and move forward with your life in a way that is satisfying and meaningful to you. At the NAMI Tarrant County affiliate we strive to be a caring and supportive community of people who provide understanding, and education through our various NAMI support groups to eradicate the

*continued on page 3*

**The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.**

*~ Helen Keller*

**Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.**

*~ Francis of Assisi*

#### Special points of interest:

- **Monthly Meeting**  
**July 16**
- **Kick-Off Luncheon for NAMIWalk**  
**August 4**
- **NAMIWalk Website is now OPEN**  
[www.namiwalks.org/tarrantcounty](http://www.namiwalks.org/tarrantcounty)
- **NAMIWalk**  
**October 3**
- **NAMI Texas Conference**  
**October 23 & 24**

#### Inside this issue:

Meet Your Board	1,3
Meet Your Walk Committee	2,3
Support Groups	4
Monthly Meeting	5
Donation Request	5
FDA Basics	5
Resiliency	6
Heatstroke	6,7
Trans-Fat	7
Recipe	8

## Monthly General Meeting, July 16

**Topic:** Mobility 101  
**Speaker:** Stephanie Morris, MY RIDE

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

If opportunity  
doesn't knock,  
build a door

~Milton Berle

Nothing is  
impossible, the  
word itself says  
'I'm possible'!

~Audrey Hepburn

My mission in life is  
not merely to  
survive, but to  
thrive; and to do so  
with some passion,  
some compassion,  
some humor, and  
some style.

~Maya Angelou

---

## 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 WALK HONOARARY CHAIR: Tobi Jackson

Tobi Jackson is a parent, educator, and administrator. A lifelong resident of East Fort Worth who attended: Eastern Hills Elementary, Meadowbrook Middle School, and proudly graduated in 1978 from Eastern Hills High School.

This FWISD education prepared her for a successful transition into college, where she received a B.A. from The University of Texas at Arlington and an M.S. from the University of North Texas. She and husband Bruce have two children, Alex and Zoie, ages 15 and 11. Alex is a freshman at Paschal High School and plans to become a physician.

Public service and volunteerism are core components of The Jackson Family. Mrs. Jackson's husband Bruce served as General Contractor of HOPE FARM on E. Ramsey Avenue and has an extensive work history with Habitat for Humanity, where he directed the Arlington Rangers Ballpark Build for nearly

a decade. As well, their daughters are the youngest members of The City of Fort Worth Adopt a Park Program. As lifelong stewards of Eastern Hills Park, they initiated the adoption in 2012. This was not the girls first foray into community service, as at the ages of four and eight, they worked to develop a program with Mission Arlington entitled, "Shoes to Share". This group fulfilled Mission Arlington founder, Ms. Tillie Burgin's greatest need, shoes. The "Shoes to Share" program provided Mission Arlington with over 1000 pair of shoes within an eight month time period. The program is still unprecedented.

With over four decades of community service in Tarrant County, Ms. Jackson's focus now is firmly planted in those organizations that move the needle in education. On the FWISD Board, she is: Chair of Oil and Gas, Co-Chair of the Athletic

---

## MEET OUR WALK HONORARY CHAIR: **Tobi Jackson** (continued)

Committee, and liaison for the bond committee. She currently serves as Vice-Chair of SPARC (Strengthen after-school Programs through Advocacy, Resources and Collaboration), is a member of VEL, East Fort Worth Optimists, Women's Policy Forum, and East Fort Worth Business Association. Her professional experience in education includes administrator, faculty member, liaison and counselor in public, private and corporate arenas.

Ms. Jackson's area of interest in education is The Economic Burden of Opportunity Youth—those students who stop attend-

ing school and are aged 16-24. In 2012, The United States of America has 17% or 6.7 million "Opportunity Youth", capable of producing a \$4.7 trillion full lifetime burden, which is approximately 33% of the current Gross Domestic Product (GDP). This compelling data which was published by Dr. Henry M. Levin in January 2012, certainly demonstrates the importance education plays on all aspects of a community and its ability to thrive.

Her current professional focus is re-engaging our "Opportunity Youth" in school, work and civic life.

---

## MEET OUR WALK COMMITTEE: **BONITA OCAMPO**

I am wife to a good man Charles Ocampo who has his own law firm, over which I am the administrator; and the mother to four awesome children, Jace age 14, Trace age 11, Francesca age 9 and Beau who will be two on July fourth.

I recently became involved with NAMIWalks after meeting Julia Webb. I strongly related to how passionately she spoke of NAMI. I related to her in her strength in advocacy as I too am an advocate. Both myself and my daughter suffer from epilepsy and this is where my passion in advocacy began; but now that I have come to be educated on NAMI, I know it is not where it ends.

Depression is common in people with epilepsy. I have endured the weight of depression on and off for the twenty eight

years I have endured the constraints of my epilepsy. It wasn't until my late twenties that I came to be somewhat educated in living with depression, and it wasn't until my early thirties that I sought help with my depression. I was scared to reveal what I felt was abnormal and weak; I had nobody to relate to. My long battle with depression with nobody to turn to or in general the embarrassment of admitting my thoughts and struggles is why I have come to be involved with NAMI. I want to help end the stigma. The mark of disgrace in relations to my views of myself in depression is no longer welcome in my life and I aim to help others fight against that stigma. I am happy to be part of this team to help educate and advocate for those suffering with mental illness.

---

## MEET OUR BOARD PRESIDENT:

### **SHERRY FAIRCHILD, Ph.D., LCSW-S** (continued from page 1)

stigma of mental illness. Recently I completed the NAMI Family Support Group facilitator training to facilitate groups at our monthly meetings. Since 2013 I have joined with NAMI Tarrant County where I am honored to be serving as president of the NAMI Tarrant County Board.

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

*-Teddy Roosevelt*

**Today I choose life.  
Every morning when  
I wake up I can  
choose joy,  
happiness,  
negativity, pain... To  
feel the freedom  
that comes from  
being able to  
continue to make  
mistakes and  
choices - today I  
choose to feel life,  
not to deny my  
humanity but  
embrace it.**

*-Kevyn Aucoin*

---

## 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

---

<b>NAMI TC, Southlake-76092</b> <i>Family Support Group</i>	<b>no July meeting / August 3</b> <i>First Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>White's Chapel United Methodist Church</i>
--	---	---

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.

---

<b>NAMI TC, Ft. Worth-76107</b> <i>Family Support Group</i>	<b>July 13 / August 10</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>
--	---	--

---

<b>NAMI TC, Johnson County</b> <i>Family Support Group</i>	<b>July 9 / August 13</b> <i>Second Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Joshua City Library</i>
---	--	--

located on the High School Campus in Joshua. The address is Highway 174.

---

<b>NAMI TC, Ft. Worth-76109</b> <i>Family &amp; Peer Support</i>	<b>July 16 / August 20</b> <i>Third Thursday of every month</i>	<b>6:00 to 8:30 pm</b> <i>University Christian Church @ TCU</i>
---	--	--

**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.**

---

<b>NAMI TC, Arlington</b> <i>Family Support Group</i>	<b>July 30 / August 27</b> <i>Last Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Trinity UMC,</i>
--	---	---

1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

---

<b>H.O.M.E., NRH*</b> <i>Peer and Family Support</i>	<b>July 12 &amp; 26 / August 9 &amp; 23</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>
---	---	---

Room 207. Individuals with mood disorders and their loved ones are invited to this support group meeting

---

<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>
---	--	------------------------

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.**

---

## MONTHLY MEETING—JULY 16

Topic: **Mobility 101**

Speaker: **Stephanie Morris, MY RIDE**

Starts at 6 p.m.

---

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

*~ Ronald Regan*

## 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? ...ie...paper, binders, ink, nametags, pens, paperclips, tape, staples, etc...
- Donate electronics? ...ie...computers, printers, shredders, projectors

**The measure  
of who we are  
is what we do  
with what  
we have.**

*~Vince Lombardi*

---

## FDA BASICS— DIETARY SUPPLEMENTS

FDA's Center for Food Safety and Applied Nutrition (CFSAN) is responsible for the agency's oversight of these products. The Dietary Supplement Health and Education Act (DSHEA) of 1994, which amended the Federal Food, Drug, and Cosmetic Act, created a new regulatory framework for the safety and labeling of dietary supplements.

What is the difference between a dietary supplement and a conventional food? Conventional foods are not dietary supplements. A dietary supplement is a product taken by mouth that is intended to supplement the diet and that contains one or more "dietary ingredients." The "dietary

ingredients" in these products may include

- vitamins
- minerals
- herbs or other botanicals
- amino acids
- other substances, such as enzymes

Dietary supplements must be labeled as such and must not be represented for use as a conventional food or as the sole item of a meal or diet. One way to distinguish dietary supplements from conventional foods is by looking at the nutrition information on the label; dietary supplements must have a "Supplement Facts" panel.

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm193949.htm>

**If you believe  
in yourself and  
have dedication  
and pride - and  
never quit, you'll  
be a winner. The  
price of victory is  
high but so are the  
rewards.**

*~Paul Bryant*

**To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless.**

~ Gilbert K. Chesterton

## 5 WAYS TO BUILD YOUR RESILIENCY

Turn to these tried-and-true strategies for trying times. Change. Some of us handle it better than others. Even welcome events, such as starting a new job or having a baby, can rock us out of our comfort zones. And more upsetting ones — the loss of a relationship or a serious illness — can leave us feeling troubled, helpless and alone. The good news: Resiliency can be a learned skill, not just a personality trait. You can develop the ability to bounce back — and cope with change — at any age. These five strategies have worked for others. Maybe they can help you too.

1. Write things down - The simple act of writing about problems may offer stress relief and clearer thinking. Take a few minutes a day to:

- Jot down thoughts
- Draft a list of problems or goals
- Come up with potential solutions or plans of action

List some specific, realistic steps to act on

2. Take a step forward - Pick one immediate, but doable, task. Tackle it. When it's finished, move to another.
3. Picture the positive - Worrying about what you fear can keep you stuck. Instead, think about what you want and how to achieve it. Visualize the positive outcome in your mind.
4. Reach out to others - Friends, mentors and loved ones can offer advice, tips, perspective or just moral support. If you're having difficulty coping day to day, you might consider professional counseling, as well.
5. Be kind to yourself - Give your body extra TLC. Eat healthfully, and don't skimp on exercise and rest. With this strategy, you'll be better prepared to tackle each new task and challenge.

## Hit by heatstroke: Would you know the signs?

Extreme heat can be hazardous — be alert and stay cool too. When it's sweltering hot, mere minutes can seem like hours. But that intense summer heat can do more than sap your energy and make you sweat. If you're not careful, it puts you at risk of heat illness. If you become dangerously overheated, it can result in heatstroke.

Heatstroke is the most severe type of heat illness, and it's a medical emergency. It occurs when our natural cooling system gets completely overloaded. Normally, sweating helps protect us from overheating. But with heatstroke, a person's temperature can soar rapidly — above 103° F, and sweat doesn't evaporate fast enough to cool the body.

Heatstroke often results from outdoor activity, but without air condi-

tioning, indoor temperatures can get dangerously high too. In some cases, heat stroke can be deadly. Young children and older adults are especially vulnerable. If you have a chronic health condition or take certain medications, you may also be more heat sensitive. Talk with your doctor about your risk.

### Spot danger, save a life

Signs of heatstroke vary — but they may include:

- Skin that is red, hot and dry
  - but not sweaty
- Rapid pulse
- Dizziness
- Labored breathing
- Confusion, hallucination or seizures
- Unconsciousness

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

~ Robin Williams



## Protecting Consumers from *Trans* Fat

FDA is taking a step today to remove artificial *trans* fat from the food supply. PHOs or partially hydrogenated oils have been used as ingredients since the 1950s to improve the shelf-life of processed foods. FDA has issued a final determination that PHOs, the primary source of industrially-produced *trans* fat in processed foods, are not “Generally Recognized as Safe” or GRAS. This means that PHOs may no longer be added to food after June 18, 2018, unless they are otherwise approved by FDA.

In this case, it has become clear that what’s good for extending shelf-life is not equally good for extending human life. A 2002 report by the National Academy of Sciences’ Institute of Medicine found a direct correlation between intake of *trans* fat and increased levels of low density lipoprotein (LDL) cholesterol. LDL cholesterol is commonly known as “bad” cholesterol, because it contributes to clogged, damaged arteries.

In 2006, FDA required that manufacturers declare the amount of *trans* fat on the Nutrition Facts label because of these public health concerns. Many manufacturers responded by voluntarily changing their product formulations to reduce or eliminate *trans* fat, and consumers started avoiding foods with *trans* fat. Despite the declines in *trans* fat in foods, PHOs have continued to be found in some brands of popular food products, such as frostings, microwave popcorn, packaged pies, frozen pizzas, stick margarines and coffee creamers.

We are establishing a three year compliance period. This will allow for an orderly process as companies make the transition — to reformulate products and if they choose, to present evidence to FDA as to whether any uses of PHOs meet our standard for safety. Thus, industry is responsible for providing evidence to FDA to demonstrate safety, while FDA is responsible for evaluating that evidence to determine whether to approve PHOs for any specific intended use.

We know that many companies have already removed PHOs and we expect that others will accelerate the phasing out of PHOs based on today’s action. FDA encourages consumers seeking to reduce *trans* fat intake to check the Nutrition Facts label for *trans* fat. The most effective way to avoid PHOs is to check the ingredient list for partially hydrogenated oils. Even if *trans* fat is listed as “0”, some PHOs could be in the product.

At the heart of FDA’s mission is a responsibility to ensure that the foods we eat, and share with our family, are as safe as possible. It’s a responsibility to protect health by taking action when needed, based on the best available science. This action will ultimately allow all of us to enjoy safer foods and healthier lives.

**Full article location:** <http://blogs.fda.gov/fdavoices/index.php/2015/06/protecting-consumers-from-trans-fat>  
[source=govdelivery&utm\\_medium=email&utm\\_source=govdelivery](http://blogs.fda.gov/fdavoices/index.php/2015/06/protecting-consumers-from-trans-fat)

**We must let go of the life we have planned, so as to accept the one that is waiting for us.**

~ Joseph Campbell

**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

## Hit by heatstroke: Would you know the signs? Continued from page 6

**It's an emergency!** If you think someone has heatstroke, call 911. While you wait for help to arrive, move the person to the shade. Take off any unneeded or tight clothing. And if possible, place cold compresses — or cool, wet cloths — against the skin. Start with these hot spots: the head, neck, groin and armpits.

### Four ways to beat the heat

Here are four ways to help yourself and your family stay safe and comfortable when temperatures climb:

1. **Get a head start on thirst.** Stay hydrated with water or other liquids.
2. **Chill inside**
3. **Be an early bird or night owl**
4. **Dress light and breezy.**

---

NAMI Tarrant County  
Board of Directors

**President -**

**Sherry Fairchild**

**Vice President -**

**Ed Guthrie**

**Secretary -**

**Ruth Collins**

**Treasurer -**

**Brandon Alexander**

**Lynda Bryant**

**Scott Collins**

**Jerri Escobedo**

**Rachel Lubke**

**Jennifer Nunley**

**Vivian Siao**

**Elizabeth Valderas**

## July is National Ice Cream Month



In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. Below is a quick, easy recipe to help celebrate.

Peanut Butter Cup and Pretzel Terrine

Total Time: 70 minutes

Serves 8

### Directions

Line a loaf pan with parchment, leaving an overhang. Press 1½ pints softened **vanilla ice cream** into the pan, top with 20 chopped **mini peanut butter cups**, another 1½ pints **vanilla ice cream**, and ¾ cup broken **pretzels**. Freeze until firm, at least 1 hour and up to 2 days.

To serve, remove from pan and slice.



**Changing Minds One Step at a Time**

3136 West 4th Street  
Fort Worth, TX 76107-2113  
Phone: 817.332.6677  
E-mail: [info@namitarrant.org](mailto:info@namitarrant.org)