

MEET OUR BOARD: BRANDON ALEXANDER

Special points of interest:

- **Monthly Meeting**
June 18
- **NAMIWalk Website is now OPEN**
www.namiwalks.org/tarrantcounty
- **NAMI Texas Conference**
October 23 & 24

I was born and raised in Columbus, Ohio. After graduating high school, I attended Florida A&M University in Tallahassee. In 2008, I graduated with my MBA and moved to New York/Connecticut for five years. While there, I was a successful salesman for a spirits supplier and enjoyed learning about the diversity of cultures.

In July 2013, I moved to the Dallas/Fort Worth Area with my wife Stephanie. Texas has been a second home to us and we've fallen in love with the Texas pride! We enjoy basketball, dancing, and dining out.

Mental illnesses have impacted my immediate family and friends. As a youth, I handled the signs with immaturity, which led to confusion and lost relationships. Unfortunately, I still see insensitivity continue today due to deep-rooted stigmas in our culture. Eradicating those stigmas to ensure the next generation doesn't have my experiences was my introduction to NAMI.

NAMI is a stellar organization that gave me mountains of information and confidence to rebuild those relationships, educate my friends, and work towards a 100% informed community.

I am serving as Treasurer of NAMI-Tarrant County to ensure the longevity of NAMI so that MORE will benefit just as I am.

WE REMEMBER: DANIEL KOVICH

Daniel Eugene Kovich, 62, passed away Saturday, May 16, 2015. Daniel was born May 23, 1952, in Chester, Pennsylvania, to George and Darlene Kovich. Mr. Kovich married his wife, Susan, on Dec. 20, 1975. The couple fostered several children over the years and were blessed to adopt three children of their own, Will, Alex and Anna. Daniel was an active advocate for those with disabilities, including mental illness. He was active in both NAMI Dallas and NAMI Tarrant County; he most recently served on our board as our treasurer. Daniel was an avid believer in advocacy and was a strong voice in Austin at Capitol Day while speaking with our representatives. He will be missed by all that knew him.

Knowing what's right doesn't mean much unless you do what's right.

~Theodore Roosevelt

On the death of a friend, we should consider that the fates through confidence have devolved on us the task of a double living, that we have henceforth to fulfill the promise of our friend's life also, in our own, to the world.

~Henry David Thoreau

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Monthly General Meeting, June 18

Topic: Treatment of Trauma
Speaker: Kristen Conner, LCSW, ACSW
Support Groups: 6:00 / General Meeting: 7:30-8:45

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

Exercise should be regarded as tribute to the heart.

~Gene Tunney

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it

~Plato

Effective philanthropy requires a lot of time and creativity - the same kind of focus and skills that building a business requires.

~Bill Gates

WALKING AND MENTAL HEALTH

It is not a secret that your physical well being plays a vital role in your mental health. Everyone knows the countless benefits to be gained by just simply walking. The way that your body feels has a direct impact on an individuals’ mental condition as well. Walking helps you to cope with issues of life. Exercise such as walking will many times distract you from the worries of life, and prevent you from focusing on negative and unpleasant thoughts. Many times, walking can become the center of a person’s way to cope, and can take the place of alcohol, drugs, and other negative behaviors.

Any kind of exercise, including walking, increases the concentration of Norepinephrine – a chemical that controls the brain’s response to stress. It also boosts the body’s ability to deal with existing mental tension. Along with this, walking also increases brain power by allowing new

cell growth. This new cell growth helps to prevent age-related decline of the brain.

Another benefit of walking is that it causes the body to release the “happy chemicals” known as endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise, including walking, can even alleviate symptoms among the clinically depressed. Exercise can be just as effective as antidepressant pills in treating depression. One does not even have to go to the gym or workout every day to experience these benefits. Walking for just 30 minutes a few times a week can instantly boost one’s overall mood. Walking also raises your self-esteem because you are investing in your mind, body, and soul. So whether you have to cope with various problems of life, or just simply want to become more active, **GET UP AND GET WALKING!**

MEET YOUR WALK COMMITTEE

Walk Manager Julia Webb

Volunteer Coordinator Chair Felisha Bowers & co-chair
Gloria Gonzales

Board Chair Jerri Escobedo

Marketing/PR Chair Bonita Ocampo & co-chair
Donell Ballard

Honorary Chair Tobi Jackson, FWISD Board Secretary, District 2

Route/Venue Gerardo Nieto & Brandon Alexander

Business Chair Dr. Martha de Anda

MEET OUR WALK MANAGER: JULIA WEBB

Julia Webb (Santana) has lived in Tarrant County most of her life. She has been involved with numerous nonprofit organizations. Julia has been instrumental in implementing new healthcare initiatives. Her bi-cultural background and focus on community collaboration has led her to a number of volunteer opportunities and community leadership roles. Julia is a graduate of Leadership Fort Worth class of 2006.

In 2009, Julia joined the first NAMIWalk of Tarrant County and was a part of Ms. Basnot Phillips-Williams of JPS Health Network team "In the Spirit of Recovery."

The first walk took place at the Botanic Garden, she has been a part of NAMIWalks ever since. With the support of her family and friends she is able to fulfill her dreams of helping families realize mental illness is a condition that is treatable and manageable. It is her hope to continue to raise awareness about mental illness and the services available in the region to those in need. Currently, she serves on the Chief of Police Citizens Advisory Board in Tarrant County. Julia is a Texas Christian University alumni where she majored in Criminal Justice with a minor in Sociology.

Charity is just writing checks and not being engaged. Philanthropy, to me, is being engaged, not only with your resources but getting people and yourself really involved and doing things that haven't been done before.

~Eli Broad

MEET OUR WALK COMMITTEE: FELISHA BOWERS

My name is Felisha Martinez Bowers, I was born in Fort Worth and have lived here all but nine years of my life (which I lived in upstate NY). I attended and graduated schools in Diamond Hill. I attended TCC for two years and then took a few classes later in life at SUNY Orange University in Middletown NY.

I'm married to the love of my life, we've been married almost 27 years this September. We have 4 grown sons. I married a New Yorker, which is why I

lived in NY for nine years from 1999 to 2008. I loved living in NY, the way of living up north is somewhat different.

I volunteered to work for NAMI because two of my brothers-in-law are both diagnosed with Bipolar. One of my sons has suffered through depression and I want to make sure that he knows there are places he can go to that will help. Not that can help but that will help. NAMI is just what people need to better understand mental health.

MEET OUR WALK COMMITTEE: DR. MARTHA DE ANDA

Dr. Martha Morolez-deAnda retired after 30 years as an educator and principal for the Fort Worth Independent School District.

She was also an adjunct Professor for UNT.

Her passion is to teach and help people in her community. Because of her passion of helping she volunteers in different

organizations. NAMI Tarrant County is one of her dear organizations where she helps as a volunteer. She is the Volunteer Business Chair for NAMIWalks 2015.

She likes the way NAMI Tarrant County and its dedicated volunteers work together to raise awareness about mental illness and provide essential education, advocacy and support group programs for people in her community.

Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth.

~William Faulkner

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

NAMI TC, Southlake-76092 <i>Family Support Group</i>	June 1 / no July meeting <i>First Monday of every month</i>	7:00 to 8:30 pm <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.

NAMI TC, Ft. Worth-76107 <i>Family Support Group</i>	June 8 / July 13 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC/NAMI Office 3136 West 4th Street</i>
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NAMI TC, Johnson County <i>Family Support Group</i>	June 11 / July 9 <i>Second Thursday of every month</i>	7:00 to 8:30 pm <i>Joshua City Library</i>
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located on the High School Campus in Joshua. The address is Highway 174.

NAMI TC, Ft. Worth-76109 <i>Family & Peer Support</i>	June 18 / July 16 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <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.

NAMI TC, Arlington <i>Family Support Group</i>	June 25 / July 30 <i>Last Thursday of every month</i>	7:00 to 8:30 pm <i>Trinity UMC,</i>
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1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

H.O.M.E., NRH* <i>Peer and Family Support</i>	June 14 & 28 / July 12 & 26 <i>Second and fourth Sundays</i>	5:15 to 6:45 pm <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

Caring Friends, Weatherford* <i>Peer and Family Support</i>	Every Tuesday <i>First United Methodist Church Weatherford</i>	6:00 to 8:00 pm
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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.

MONTHLY MEETING—JUNE 18

Topic: **Treatment of Trauma**

Speaker: **Kristen Conner, LCSW, ACSW**

Kristen Conner, LCSW-S is a Licensed Clinical Social Worker who has worked in the field of mental health since receiving a BSW degree from Illinois State University in 1986. She received a MSSW degree from the University of Texas at Arlington in 1988, and she served as a Clinical Social Worker with adults, children, and families in direct care positions. Kristen has extensive experience working with clients in outpatient, partial hospitalization and acute care facilities. She began to work in administrative roles, later in her career, involving program development and supervision. She taught both Bachelors' and Masters' level Social Work classes at local universities, including TCU and UTA. Currently, Kristen works at MHN, the behavioral health subsidiary of Health Net, Inc.

Additionally, she independently provides clinical supervision to social workers pursuing advanced licensure. She actively pursues opportunities to provide professional presentations at organizations as well as in the community. Kristen is involved in pursuing a post-graduate certificate from the University of Tennessee in Knoxville in veterinary social work, which focuses on the importance of human-animal relationships in the counseling professions.

Join us for support groups, a pot luck dinner and our guest speaker, Kristen Conner.

Starts at 6 p.m.

**Temper us in fire, and
we grow stronger.
When we suffer, we
survive.**

*~Cassandra Clare,
City of Heavenly Fire*

The 2015 NAMI Texas Conference will be held in Dallas, October 23rd & 24th.

Every year, NAMI Texas hosts a mental health conference in a different part of the state. These conferences bring together individuals living with mental illness, family members, professionals, and the general public to highlight the latest updates in the mental health field, exchange information, and celebrate the year's successes. We invite you to join us in the fall for our next conference!

The online registration is at namitexas.org. Early bird discounted rate of \$125 is available online for the full conference until September 24th. Regular conference rate of \$145 is available for the full conference between September 24th and October 15th. Saturday only rate of \$50 is available online.

On-site registration is \$175.00.

Online registration closes on October 15, 2015.

**The way a team plays
as a whole determines
its success. You may
have the greatest
bunch of individual
stars in the world, but if
they don't play
together, the club
won't be worth a dime.**

~Babe Ruth



FDA BASICS: OTC DRUG FACTS

Take care of yourself,
you only get one life,
and you want to live as
long as possible.

~Sonya Parker

Whenever you use an over-the-counter (OTC) medicine, reading the drug product's labeling is important for taking care of yourself and your family. The label tells you what the medicine is supposed to do, who should or shouldn't take it, and how to use it. The labeling of OTC medicines has always contained usage and safety information for consumers. With the introduction of the "Drug Facts" label, the information is more uniform and easier to read and understand.

In March 1999, the Food and Drug Administration published the OTC Drug Facts Label regulation. This regulation required most OTC drug products to comply with the new format and content requirements by May 2002.

Before simplifying the OTC label, the FDA conducted extensive research on how consumers use OTC drug product labels. One major problem has been the readability of the labels, especially for older Americans, who purchase almost 30 percent of the OTC drugs sold in the United States. The FDA also found that consumers thought some medical terms were not easily understood.

Previously, information about product directions, warnings, and approved uses appeared in different places on the label depending on the OTC product and brand. Finding information about inactive ingredients has also been a challenge for those who may be allergic to an ingredient in a drug product.

Patterned after the Nutrition Facts food label, the Drug Facts label uses simple language and an easy-to-read format to help people compare and select OTC medicines and follow dosage instructions. The following information must appear in this order:

- The product's active ingredients, including the amount in each dosage unit.
- The purpose of the product.
- The uses for the product.
- Specific warnings, including when the

product should not be used under any circumstances, and when it is appropriate to consult with a doctor or pharmacist. This section also describes side effects that could occur and substances or activities to avoid.

- Dosage instructions--when, how, and how often to take the product.

The product's inactive ingredients, important information to help consumers avoid ingredients that may cause an allergic reaction.

Along with the standardized format, the label uses plain-speaking terms to describe the facts about each OTC drug. The label also requires a type size large enough to be easily read and specific layout details--bullets, spacing between lines, and clearly marked sections--to improve readability.

If you read an OTC medicine label and still have questions about the product, talk to your doctor, pharmacist, or other health care professional.

The original article can be viewed on the FDA website at the link below. Other useful information can be accessed from the page. <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/ucm143551.htm>

In dealing with those
who are undergoing
great suffering, if you
feel "burnout" setting
in, if you feel
demoralized and
exhausted, it is best,
for the sake of
everyone, to withdraw
and restore yourself.
The point is to have a
long-term perspective.

~Dalai Lama

Drug Facts	
Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:	
<input type="checkbox"/> sneezing <input type="checkbox"/> runny nose <input type="checkbox"/> itchy, watery eyes <input type="checkbox"/> itchy throat	
Warnings	
Ask a doctor before use if you have	
<input type="checkbox"/> glaucoma <input type="checkbox"/> a breathing problem such as emphysema or chronic bronchitis <input type="checkbox"/> trouble urinating due to an enlarged prostate gland	
Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
When using this product	
<input type="checkbox"/> You may get drowsy <input type="checkbox"/> avoid alcoholic drinks <input type="checkbox"/> alcohol, sedatives, and tranquilizers may increase drowsiness <input type="checkbox"/> be careful when driving a motor vehicle or operating machinery <input type="checkbox"/> drowsiness may occur, especially in children	
If pregnant or breast-feeding, ask a health professional before use.	
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
Other information store at 20-25° C (68-77° F) <input type="checkbox"/> protect from excessive moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

Avoiding gluten: A healthy way to eat—Or just another fad?

You see it on food labels and restaurant menus. Everywhere you look, it seems people are talking about going gluten-free. Maybe you've wondered, *What's the real deal with gluten?*

Despite all the talk, it's still a mystery to many people. So to help clear things up, here are a few common questions and answers about gluten, starting with the most basic:

Q. What is gluten?

A. It's a mixture of proteins that occur naturally in certain grains, such as wheat, rye and barley. When breads, cereals and pastas are made with these grains, gluten may help improve their taste and texture. That's why it's sometimes added to other foods too — from french fries to deli meats.

Q. So is there a downside?

A. For most of us, gluten is harmless. And cutting it out of our diet may make it harder to get the nutrients we need. But some people can't tolerate gluten. For those with celiac disease — up to 1 percent of the U.S. population — it's a big concern. They need to avoid gluten entirely.

Q. What's celiac disease?

A. It's an autoimmune disorder — which means the body's natural defenses target and damage healthy tissue. For people with celiac disease, gluten triggers an attack within the lining of the small intestine. That may cause symptoms such as bloating, constipation and diarrhea, especially in children. And the effects aren't limited to the digestive tract. Celiac disease may trigger fatigue, mood changes or other problems as well. Even worse, if you have celiac disease, gluten prevents the body from absorbing certain nutrients properly. That can lead to anemia, osteoporosis and other conditions. The only

way to confirm celiac disease is with a blood test and a follow-up biopsy. So if you think you may have this disorder, talk with your doctor.

Q. Can gluten be harmful even if I don't have celiac disease?

A. It can be — if you have a gluten sensitivity. That means you can tolerate small amounts of gluten. But large amounts may cause symptoms similar to those of celiac disease. The reaction is not usually as strong as in someone with the autoimmune disorder — but it may still be uncomfortable.

Q. What happens if my doctor says I need to go gluten-free?

A. Your doctor or a registered dietitian can help you create a gluten-free eating plan. If you have celiac disease, you'll need to follow it for life. But you'll still be able to eat a variety of healthy foods. Gluten-free staples include fruits, vegetables, beans, and unprocessed poultry and meat. Certain grains — such as brown rice, corn and quinoa — also are OK.

Q. What about weight loss? Doesn't avoiding gluten help with that?

A. There are many gluten-free foods to choose from at the grocery store. But not all of them are healthy. So if you just avoid gluten, you won't automatically drop pounds. You still have to make wise choices and practice portion control. If you're not sensitive to gluten, there's no proven benefit to going gluten-free. So before you change your diet, talk with your doctor about the best way to get the nutrients you need.

See more at: <https://pages.unitedhealthcare-hmhb.com/>

**To insure good health:
eat lightly, breathe
deeply, live moderately,
cultivate cheerfulness,
and maintain an
interest in life**

~William Londen

**Health is like money,
we never have a true
idea of its value until
we lose it.**

~Josh Billings

**A good laugh and a
long sleep are the best
cures in the doctor's
book**

~Irish Proverb

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June is dairy month -

try this Dill Garden Salad as a fresh tasting antipasti-style salad

30 min. prep time 4:30 total time—10 servings

Ingredients

Salad

2 medium tomatoes, cut into bite-sized wedges

1 small cucumber, thinly sliced

1 small onion, cut in half, thinly sliced

1/2 cup pitted kalamata olives

4 ounces mozzarella cheese, cubed 1/2 inch

Vinaigrette

1/4 cup vegetable or olive oil

2 tablespoons white wine vinegar

1 to 2 tablespoons chopped fresh dill weed (or
1 tsp dried)

1/4 teaspoon salt

1/4 teaspoon sugar

1/4 teaspoon pepper

Directions

Place all salad ingredients except the cheese cubes in a large serving bowl and toss lightly.

Whisk together all vinaigrette ingredients in a small bowl.

Pour vinaigrette over salad ingredients from step 1 and toss well.

Refrigerate at least 4 hours to blend flavors.

Stir in cheese just before serving.

Calories: 120

Fat: 10 g

Cholesterol: 5 mg

Sodium: 270 mg

Carbohydrates: 4 g

Dietary Fiber: <1 g

Protein: 3 g



Changing Minds One Step at a Time

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