



## CALENDAR

**Family Support Group**  
(3<sup>rd</sup> Tuesdays @ 7:30 pm  
– Presbyterian Church in Cranford)

- May 21
- June 18
- July 16
- August 20

**Public Meetings**  
(4<sup>th</sup> Tuesdays @ 7:30 pm  
– RWJ Rahway Fitness & Wellness Center)

- May 28
- Sept. 24
- October 22
- November 26

## CONTACT US

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Facebook:  
[www.facebook.com/NAMI.UnionCounty](http://www.facebook.com/NAMI.UnionCounty)

## May's Presentation: "NAMI NJ's Meredith Masin Blount"

We are proud to have **Meredith Masin Blount**, the **Executive Director of NAMI NJ**, speak at our May public presentation.

Ms. Blount will talk about the future of NAMI *in* New Jersey and how it will continue to support New Jersey citizens going forward.

All NAMI organizations, at the national, state and local (county) levels, face challenges in funding and legislative advocacy, education of the public and of ourselves, even as we deal with the effects of the symptoms of mental illness in our loved ones. Q&A will follow.



Join us for this thought-provoking discussion, our last public meeting for the season.

Also, the concurrent "**Conversation Among Friends**" group for those who have a mental health diagnosis will be held in a separate room as it was last month. "In Our Own Voice" reps will guide the discussion. Join this opportunity for community and sharing between peers. (You are welcome to attend either presentation.)

Meeting formats are relaxed and audience participation is welcome. If you'd like to learn more about mental illness, please join our discussions. Our information and friendship are free of charge – and priceless.

A free copy of our Resource Guide – *Help in Navigating the Mental Health System in Union County* and other literature is available to attendees. Snacks are provided.

Call 908-233-1628 or email at [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com) for more information, or in the event of inclement weather.

**Tuesday, May 28th  
7:30 PM**

**RWJ Rahway Fitness &  
Wellness Center  
2120 Lamberts Mill Rd.,  
Scotch Plains**

## President's Message

Hi all,

On May 1<sup>st</sup>, as I watched the CBS morning news show with Gayle King, she announced that this was the beginning of Mental Health Awareness Month. They had a consulting doctor and psychologist speak about several topics including the rise in suicide rates among teens and the fact that mental illness is a sickness, like pneumonia, that can be treated. I was impressed that a major TV network loudly and clearly brought attention to this special month of recognition and I am encouraged that here appears to be a change in the outreach about mental illness.

I also want to mention that during a commercial break for a late night show, an ad popped up that is helping young adults talk to their friends about mental illness. You can check it out at [SeizeTheAwkward.org](http://SeizeTheAwkward.org).

I am excited to announce that Mr. Frank Manuella, one of our own affiliate members, has agreed to chair the 2019 Walk to occur on Sept. 28<sup>th</sup>. Please think about becoming a team captain or planning to walk.

Also, our affiliate received a \$500 grant from NAMI.org to begin the "Ending the Silence" program in our public schools. Ms. Julie Isaacs, another of our affiliate members, is the chairperson and needs help in getting this started.

As always, new volunteers are welcome to help with our programs. See you at our public meeting on May 28.

See you soon, *Denise*

**Denise Gesumaria**

President, NAMI Union County

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## Pizza / Dance Party Reminder!



Please call Sandy Powers by Wed., May 22<sup>nd</sup> at 908-272-8049 [after 6 pm] or [sign up with your advisor to register](#) for the Pizza Party to be held on **Tuesday, June 4<sup>th</sup> - 6:30 PM!** See you there!

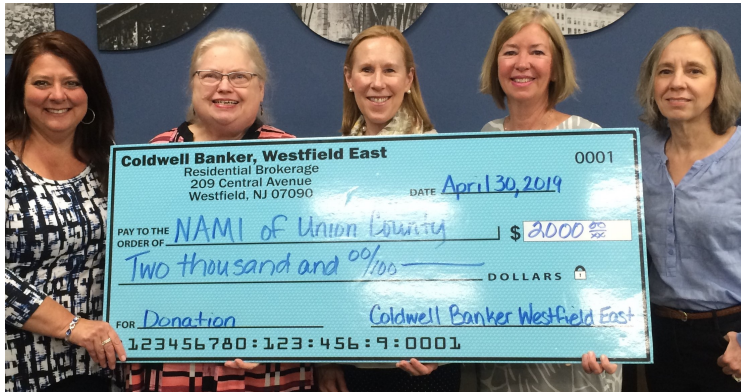
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## NAMI of Union County Board

President	<b>Denise Gesumaria</b>	Vice President	<b>Geri Muller</b>	Secretary	<b>Irene Bieniaszewski</b>
	Treasurer	<b>Pam Eagan</b>	Newsletter Editor	<b>Chris Russo</b>	

## NAMI cited for community work; receives \$2,000 donation

Coldwell Banker CARES Foundation held a “Day of Giving” whose proceeds were awarded to local non-profits. Realtors nominated which agencies would receive awards.



NAMI Union County was selected by Realtor Heidi Mucci. Our \$2,000 award will go towards community programs, all of which are free to participants.

We thank Heidi for facilitating the award, as well as John Bradley (Branch Vice President) and Michelle DePaz (Sales Support Administrator) who manage the Coldwell Banker CARES program. Coldwell Banker Residential Brokerage is located at 209 Central Ave., Westfield.

L-R Michelle DePaz, and from NAMI: Pam Eagan, Julie Donohue, Heidi Mucci, and Chris Russo.

## Traci Roman Memorial Enrichment Scholarship

NAMI Union County is happy to announce that we are again going to accept applications for our enrichment scholarships.

NAMI Union County is pleased to tell you that since the inception of the awards in 2005, we have awarded \$200.00 to 118 people who wished to enrich their lives. This is a total of \$23,600.00 in scholarships awarded.

During the past 13 years the Enrichment scholarship has been awarded to people who were interested in going to fitness classes, guitar lessons, pool therapy, art lessons, crafts, language, dance class, electrical and auto technician, martial arts, driving lessons, acting class, singing lessons, culinary arts, college courses, or needed funds for books at college. As you can see this is a diverse list of the awarded requests.

**WE CAN HELP!!!!!!!!!!** We want to encourage those with a mental illness who are pursuing or want to pursue an enrichment program, academic or non-academic, to apply. Our goal for this award is to enrich your life.

The application should be completed and returned to the address as indicated in the application by the **July 15, 2019 deadline**. We wish to congratulate the past recipients on their accomplishments.

We are always interested in hearing from former recipients and how the award affected their lives. If you are a former recipient please let us know how the award enriched your life.

**The application is enclosed. Good luck!**

**Support your team and help NAMI too!**

## Mental Health Awareness Match Saturday, June 1st, 7:00 PM.

The New York Red Bulls has teamed up with NAMI NJ for **Mental Health Awareness Night** at Red Bull Arena in Harrison.

See the Red Bulls take on Real Salt Lake for an exciting, action-packed game. This is a fun event for dedicated soccer fans – and those new to the game.

Tickets from \$27. A portion of the tickets purchased through this site will benefit both our Union County affiliate and NAMI NJ to help fund our programs, all of which are free of charge to the community.



➔ Click on this link to buy tickets! <https://fevo.me/naminj>

After selecting the tickets you want to buy, notice the drop-down menu, where you select which NAMI County affiliate the donation will go to. Make sure to select Union County!

Which local NAMI County would you like your donation to go to? ▼

Union County ▼

The Red Bulls are a professional soccer club based in Harrison, just outside Newark. The Red Bulls compete as a member of the Eastern Conference of Major League Soccer.

Red Bull Arena is located at 600 Cape May Street in Harrison. Plentiful on-site parking and easy access by NJ Transit. See the Red Bulls link for directions, parking map and transit options:

<https://www.newyorkredbulls.com/redbullarena/transportation-hub>.

Come out to the game! Cheer and root for our team – and our community!