



National Alliance on Mental Illness

**NAMI** | **Alger/  
Marquette Co.**

## NAMI Alger/Marquette county affiliate newsletter for Summer 2019

### NOTES FROM THE CHAIR:

**By Cindy K. Bertucci, President, NAMI Alger/Marquette**

Hello everyone. Looks like summer may be on it's way. Looking forward to the perennials, planting annuals, hanging plants etc. Now is a very good time to start that walking or getting outside if able, as sometimes just smelling the fresh air and some flowers will help to boost your mood and for me some calmness.

We finished our 14<sup>th</sup> class for Family to Family on April 30<sup>th</sup>. Another successful class and class members. As always, the 11/12 weeks go by so fast and it is wonderful to see how much this class helps the families, friends, etc. Again a thank you to Louise & Niki for being teachers, they offer so much from their experiences with a loved one with a mental illness and how it changes your life and how to help themselves and others through this. Our next Family to Family will begin on Tuesday, September 17<sup>th</sup> and it is never too soon to register or contact me for any questions you may have. Thanks to everyone that has went through the Family to Family class.

We had a very successful NAMI WALK in 2018 and thanks to everyone for the donations, walkers etc. as this could not have happened without your support. The date of the one this year is SEPTEMBER 14<sup>TH</sup>. Not to soon to start forming your team. There will be a kickoff on July 2<sup>nd</sup> from 5 to 7pm at the Ore Dock Brewery in Marquette. This helps to get the word out about our walk but more importantly mental illness and the need for advocacy and the stigma that comes along with the illness. Would love to see you join us in getting the word out about our WALK.

As I have mentioned previously, we are always looking for information that could be offered for our educational meeting, so please let me know if you have a subject or someone that would be interested in speaking to our group.

We are always looking for more people becoming members, which allows us (NAMI Alger/Marquette) to offer our free services as mentioned previously and to help us get more information out about Mental Illness, work on stigma and advocacy. See enclosed form to fill out and to mail the membership dues.

We are looking for people to also become volunteers for different projects and become a Board Member and taking advantage of all that we offer, our support groups etc.

Thank you again for being part of our NAMI Alger/Marquette family.

If you have any questions you can contact me: Cindy K. Bertucci at [CKBertucci58@charter.net](mailto:CKBertucci58@charter.net) or text / phone 906-360-7107.

## **“HOW TO FIND PEACE AFTER A SUICIDE”**

**THIS MESSAGE COMES FROM A MOTHER WHOSE SON COMMITTED SUICIDE:**

**REBECCA TERVO, CERTIFIED LIFE COACH, AUTHOR, SPEAKER & RETREAT CREATOR:**

Last week, a fellow Mom told me “I just want peace again” I remember what that feeling was like after I first lost my son to suicide. That started me thinking about what peace really means. **The dictionary says peace means “freedom from disturbance, tranquility, calm, calmness”.** That certainly feels as if it’s impossible to find after you’ve experienced the suicide of a loved one. In fact, as I was writing this, I thought about my son and how “unpeaceful” his mind would’ve had to be in order to carry out a suicide. **The opposite of peace is “noise, irritation, conflict”.** With this mom I was talking to, she did not have peace because of the constant thoughts she had around the day her child died. And, of course, what she could’ve done differently. This is what causes all the noise and conflict. Our thoughts. **Our brain can constantly harass us with thoughts that make us feel terrible all the time.** And, the constant noise in our head leads us to feeling irritated and have lots of conflict in our life. I truly know that I had to process through the thoughts in order to find peace. I had to work with my coach to question everything I was thinking. And, I had to learn to think differently. This answer may sound too simple. It is really what needs to be done. It’s not easy....but really worth it. **By clearing out all the noise in my head with my coach, I was able to truly decide what Trevor’s suicide meant for my life.** I was able to find healing and use Trevor’s suicide as something that happened for me in my life. As something that taught me a bunch of powerful lessons on how to live while I’m still living. **I was able to strengthen my spiritual faith, recommit to my marriage, change my career to the work I really wanted to do, publish 2 books, and connect with myself and who I wanted to show up as.** Now, any time I think of Trevor and his suicide, I don’t have noise and conflict. **I have peace. I have love for Trevor.** I still feel the sadness sometimes. And I embrace it as a part of my life. **I know that the way I’m thinking is what causes either peace or conflict in my life.** Peace is possible for you too.

Rebecca has written 2 books: “Shattered” From Grief to Joy after My Sons Suicide & “After Your Childs Suicide : How to find Peace, Purpose & Happiness”. Both of these are available on AMAZON or on her website <https://rebeccatervo.com/shop/> & For more of Rebecca’s writings please go to <https://rebeccatervo.com/work--with-me/> Thank you Rebecca, for all that you have done and are still doing to help people deal with suicide.

# 10 TIPS FOR MINDFULNESS

By Marian A. Smith, MA, RMT, RCC

abridged from her article What's the Buzz about Mindfulness? "Wellness" issue of Visions Journal, 2013, 7 (4), pp. 26-28

What exactly is mindfulness?

Mindful awareness is about befriending the moment-to-moment experience of our thoughts, perceptions, feelings and body sensations with openness, curiosity and acceptance. We can develop understanding and insight from repeatedly observing our experience in this way.

How does mindfulness help?

Mindfulness meditation has been shown to benefit many health conditions that are affected by stress, including anxiety and depression.\* One of the effects of living with prolonged stress is that we can become chronically vigilant. This hyper-vigilance can lead to getting caught in a cycle of negative emotions and distorted ways of seeing. And when we have a hard time regulating our emotions, we're at risk for depression and anxiety disorders

The ability to repeatedly observe thoughts as simply thoughts, without buying into them, brings a freedom from the tyranny of the incessant inner critic. For many, these mindfulness programs are "life-changing."

- Study: Hofmann, S., Sawyer, A., Witt, A. et al. (2010, April). The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169–183.

10 practical tips to start being more mindful right now

1. Take a couple of minutes to notice your breathing. Sense the flow of the breath, the rise and fall of your belly
2. Notice what you are doing as you are doing it and tune into your senses. When you are eating, notice the colour, texture and taste of the food.
3. When you are walking, tune into how your weight shifts and the sensations in the bottom of your feet. Focus less on where you are headed.
4. Don't feel that you need to fill up all your time with doing. Take some time to simply be.
5. When your mind wanders to thinking, gently bring it back to your breath.
6. Recognize that thoughts are simply thoughts; you don't need to believe them or react to them.
7. Practise listening without making judgments.
8. Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth, etc.). Practise bringing more awareness to that activity.
9. Spend time in nature.
10. Notice how the mind likes to constantly judge. Don't take it seriously. It's not who you are.

## **WE ARE INCLUDING SOMETHING NEW! OUR RECIPE PAGE**

**STRAWBERRY WATERMELON POPSICLES:** 3 heaping cups cubed watermelon, 1 heaping cup strawberries (fresh or frozen), zest of juice of 1 lime. Place all ingredients in a blender & puree until completely smooth. Pour into popsicle molds & freeze 3 to 4 hours or until very solid.

**FOR PEOPLE WHO LOVE SMORES – INSIDE RECIPE” SHEET PAN S’MORES:** 1 (8oz) can crescent dough, 2tbsp. cinnamon sugar (you can mix your own to your taste), 6 Hershey chocolate bars, 1 (10 oz) bag large marshmallows. You can now purchase marshmallows that are square, which seems like they might work better. Directions: Preheat oven to 400\*. Line a medium baking sheet with parchment paper. Place crescent dough on baking sheet & pinch seams together. Fold edges of dough in to create a crust. In a small bowl, combine sugar & cinnamon. Sprinkle all over dough. Transfer baking sheet to oven & bake until crust is golden about 10 to 15 minutes. Remove baking sheet from oven. Layer bottom with chocolate bars. Arrange marshmallows on top of chocolate. Return to oven & bake until marshmallows are golden, about 10 minutes. Watch carefully, once they brown, they brown fast! I am gluten intolerant & I am going to try either gf graham crackers or use a recipe for gf sugar cookie recipe for bars. s. Also, if want to you can put graham crackers (gf or regular on top after baked) Suggested by my grandson.

**BLOOMIN’ GRILLED APPLES:** 4 apples, 2 tbsp. melted butter, 1 tbsp cinnamon-sugar, 1/2c. caramel, plus more for drizzling. (can buy caramel sauce in squeeze bottle/regular or sugar-free), 1/3c. chopped pecans. Vanilla ice cream, for serving. Directions: Slice off the top 1/4 of the apples & scoop out cores. Using a paring knife, make a deep cut around the center of the apple. Flip over apples & make narrow cuts all around, making sure to not cut through the bottom. In a small bowl, stir together melted butter & cinnamon-sugar. Brush apples all over with mixture, then fill center with caramel & pecans. Wrap apples in foil & grill until tender, about 15 minutes. Top with ice cream & drizzle with more caramel. I am sure you can bake them in your oven if you do not have a outside grill.

**JELLIED CHAMPAGNE DESSERT:** Ingredients: 1 envelope unflavored gelatin (try 2 envelopes, 1 does not always set properly), 2 cups cold white grape juice, divided, 2TBS sugar, 2 cups champagne or club soda or 7up/Sprite, 8 fresh strawberries, hulled. Directions: In a small saucepan, sprinkle gelatin over 1 cup cold grape juice, let stand 1 minute. Heat over low heat, stirring until gelatin is dissolved. Stir in sugar. Remove from heat; stir in remaining grape juice. Cool to room temperature. Transfer gelatin mixture to a large bowl. Slowly stir in champagne, or for non-alcoholic version: club soda, 7up, sprite. Pour half of liquid mixture into 8 champagne or parfait glasses. Add 1 strawberry to each glass. Refrigerate glasses and remaining gelatin mixture until almost set, about 1 hour. Placed reserved gelatin mixture in a blender, cover & process until foamy. Pour into glasses. Chill until set, about 3 hours.

**THERE ARE ALSO, SO MANY NON-ALCOHOLIC DRINKS FOR SUMMER ON PINTEREST ON THE INTERNET..**

This page we can thank Louise Wilcox for as a new idea. If you have any recipes you would like to have included in future newsletter please email them to me: Cindy K. Bertucci at [CKBertucci58@charter.net](mailto:CKBertucci58@charter.net)

# **NAMI ALGER/MARQUETTE UPCOMING MEETINGS & EVENTS**

**ALL MEETINGS/EVENTS BELOW ARE HELD AT 129 W. BARAGA AVE., MARQUETTE UNLESS OTHERWISE STATED (also known as the Baraga Place Conference Room)**

**MONDAY, JUNE 10, 2019: SUPPORT GROUP MEETING 7 TO 9pm**

**THURSDAY JUNE 20, 2019: SUPPORT GROUP MEETING 7 TO 9PM**

**NO EDUCATIONAL MEETING IN JUNE**

**MONDAY, JULY 8, 2019: SUPPORT GROUP MEETING 7 TO 9PM**

**THURSDAY JULY 18, 2019: SUPPORT GROUP MEETING 7 TO 9PM**

**NO EDUCATIONAL MEETING IN JULY**

**THURSDAY JULY 11<sup>TH</sup> 2019 NAMI ALGER/MARQUETTE BOARD MEETING 2 TO 4PM**

**WE WELCOME NEW ATTENDEES.**

**THERE WILL BE A KICK-OFF ON JULY 2<sup>ND</sup> FROM 5 TO 7PM AT ORE DOCK BREWING.**

**FOR OUR UPCOMING NAMI WALK ON SEPTEMBER 14<sup>TH</sup>. HELP US GET THE WORD OUT**

**CONCERNING ADVOCACY AND THE STIGMA THAT GOES ALONG WITH MENTAL**

**ILLNESS. IF YOU NEED MORE INFORMATION PLEASE CONTACT ME: CINDY K.**

**BERTUCCI AT [CKBertucci58@charter.net](mailto:CKBertucci58@charter.net) OR TEXT / PHONE 906-360-7107. PLEASE**

**HELP US MAKE THIS A GREAT WALK.**

**MONDAY AUGUST 12, 2019: SUPPORT GROUP MEETING 7 TO 9PM**

**THURSDAY AUGUST 15, 2019: SUPPORT GROUP MEETING 7 to 9pm**

**NO EDUCATIONAL MEETING IN AUGUST**

**EDUCATIONAL MEETINGS WILL START BACK UP IN SEPTEMBER.**

**YOU CAN CHECK OUR WEBSITE: [NAMIam.org](http://NAMIam.org) OR CONTACT CINDY K. BERTUCCI FOR MORE INFORMATION ON ANY OF THE MEETINGS OR ANY OTHER QUESTIONS YOU MAY HAVE. EMAIL ME: [CKBertucci58@charter.net](mailto:CKBertucci58@charter.net) OR TEXT OR CALL ME AT 906-360-7107**



<b>MEMBERSHIP APPLICATION</b> Membership Choices: (check one) Please be as generous as you can in support of our work for those with a mental illness. <input type="checkbox"/> New Member <input type="checkbox"/> Renewal Membership <input type="checkbox"/> Individual (\$40) <input type="checkbox"/> Open Door (\$5) <input type="checkbox"/> Family/Household (\$60) Dues enclosed \$ _____ Contribution to NAMI-A/M \$ _____ Total \$ _____ Date _____ Name(s) (please print) _____ Address _____ City _____ County _____ State _____ Zip _____ Phone (Day) _____ Phone (Evening) _____ E-Mail _____ Referred by _____  <i>Make checks payable to:</i> NAMI-Alger/Marquette  <i>Mail application &amp; check to:</i> NAMI-Alger/Marquette P.O. Box 262 Marquette, MI 49855
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**CHECK OUT OUR NEW RECIPIES PAGE!**

**P.O. Box 262  
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