



# NAMI News

## Frederick County, Maryland

### National Alliance on Mental Illness

ISSUE 36  
P.O. BOX 1853  
FREDERICK, MD 21702

JULY / AUGUST  
2009



⇒ At a NAMI Connection support group meeting, you share your darkest days to your highest hopes and dreams with other people with serious mental illness. See calendar on P. 5.



⇒ NAMI Family To Family class begins on September 14 at 6pm. See Calendar on Page 5 with separate article for details. Carol Officer of the NAMI Frederick County Board will be happy to speak with you about this opportunity.

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### DeDe Pucino becomes new president of NAMI Frederick County

At the Annual Meeting held on June 2, DeDe Pucino was elected to serve as President of NAMI of Frederick County.

DeDe has lived in New Market for the last sixteen years with her husband Frank, who is a clinical pharmacist. They have six children ranging in ages from 9 to 28, and one granddaughter who is two years old.

DeDe has a BS in Business Management with a minor in

Physical Education from the University of Rhode Island and has spent her working career in schools and recreational facilities. She is now a homemaker and is active as a teacher in St. John the Evangelist Roman Catholic Church in Frederick.

In her spare time, DeDe enjoys knitting, gardening, reading, writing letters, and learning in any way she can.

After taking the NAMI Family To Family Education course, DeDe took the training

to facilitate the NAMI Support Group which meets the third Sunday of the month. She has also been an active member of the NAMI Board of Directors and recently co-taught the NAMI Basics Education Course for family members of children and adolescents.

We hope you will welcome DeDe as President and give her your support and encouragement as her journey begins.



### Note of Hope From DeDe Pucino

It is with excited, though tentative, steps that I become president of our NAMI affiliate. I follow the amazing Fran Wenner, to whom we all owe such a debt of gratitude. Her tireless, selfless leadership has

moved us ever forward, and her compassion brings out all that is good in our affiliate. I am certain that I speak for all of us in wishing Fran the very best and look forward to her gentle presence in other areas

of NAMI Frederick for many years to come.

In following Fran's wonderful example, I envision building on what we do best,

Cont'd on Page 2—  
See "Note of Hope."

### A Message From a Consumer and Provider by Amy Denham

I am a 23-year-old woman recovering from schizoaffective disorder. I also work for a psychiatric rehabilitation center. I feel this gives me a unique perspective on mental illness as both a consumer and a provider. I have learned that it is important for providers to

really understand where their clients are coming from with their illness.

In my profession we help people with things like budgeting at the grocery store, cleaning their house, quitting smoking, drinking or drug use, helping them out at doc-

tors' appointments and understanding both their mental and somatic illnesses. We help out with so many aspects of their lives that we really need to get to know the client as a person: their thoughts,

Cont'd on Page 4—  
See "...Consumer and Provider"

## A Letter From Fran Wenner, Previous Frederick Affiliate President

Dear Friends,

I want to thank each and every one of you for the support you have given to NAMI Frederick over the last few years. I have recently finished my three-year term as President, and I have been extremely encouraged by the dedication of our volunteers.

We all have had something in common – we have been touched in some way by mental illness. Yes, we are a part of the one out of every four persons in this category. Many of us have experienced first hand the pain of watching a family member sink into that deep, dark hole of depression or the devastation we feel when our loved one had been hospitalized following a suicide attempt.

When NAMI enters your life, you find Hope, and you can keep going. You find Strength through others who are going down the same road you are.

I am grateful for the Hope and Strength that those in NAMI have given me over the last three years, and I hope you will give that same support to our new president, DeDe Pucino.

Gratefully, *Fran*

## NAMI of Frederick Board of Directors

DeDe Pucino,  
President

Nancy Gieser,  
Vice President

Daryl Bruner,  
Secretary

Dick Kopp, Treasurer

LaVern Burall

LeRoy Burall

Susan T. Holt

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Georgie Van Brocklin

## Note of Hope, cont'd from P. 1

**NAMI News  
is published  
bi-monthly by  
NAMI of  
Frederick County.**

**Send articles to  
Susan Holt  
[susan.holt@  
namifcmd.org](mailto:susan.holt@namifcmd.org)  
NAMI of Frederick  
County  
P.O. Box 1853  
Frederick, MD 21702  
Phone: 240-379-6186  
or 301-663-9414**

which is offering education and support to our community. NAMI (and when I say NAMI, I mean YOU and all of us who reach out to our neighbors—and even strangers—to offer support and guidance) fill a void in the care given to families and individuals navigating life with mental illness. We are unique and essential in the management of mental health care. Probably for you, like me, NAMI came into your life when things seemed darkest. NAMI offered Hope. Hope is precious and our NAMI community helps keep Hope alive.

So, I am offering you an invitation to take these tentative steps along with me. Please consider being more active in our affiliate. The needs of our community are constantly growing, and Frederick County needs your help. Perhaps you would like to lead a support group. Remember the great Family to Family class you took. Could you see yourself facilitating it? Do you have experience in writing grants? We need you!!! Maybe you have an hour or so a month to distribute brochures to mental health pro-

viders in Frederick. How about walking in our annual NAMI walk? If you are a good listener, would you like to answer the hotline once a week? There are so many possibilities, so JUMP IN!!!! Training is free, the folks you meet are great and the satisfaction that you will feel in caring for our community is priceless. Please call me at this number: 301-831-3764 or email me at [ddpucino@gmail.com](mailto:ddpucino@gmail.com) if you would like to serve in any way. I look forward to reaching out to Frederick County with you!



**PAGE 2**

## Walkers have fun and raise money for NAMI

There were over sixty walkers from Frederick County who participated in the NAMI Walk held May 2 at the University of Maryland, College Park.

A few rain drops started to fall as the local walkers began walking in their bright orange T-shirts provided by Lancaster Craftsmen Build-

ers of Middletown. (We thank you!)

Final totals are not in, but preliminary results show that the five teams from Frederick County raised around \$4,000 for NAMI.

Whatever our final total is, we will receive 55% of the total for Frederick County. The rest will go to NAMI Maryland for their programs.

# 2009 NAMI PICNIC

Sponsored by NAMI of Frederick County

**Saturday, July 11, 11:30 a.m.-3:00 p.m.**

## Gathland State Park

*Food, Fun, Games, Prizes*

**For NAMI members and friends including  
Way Station, On Our Own, The Jefferson School,  
Consumers, Friends, Families and Caregivers**

**NAMI and generous contributors will provide the meat main dishes and beverage, paper plates, napkins, and cups. NAMI members and others who are able to do so are asked to bring items such as green salads, potato salad, vegetables, baked beans, pickles, chips, desserts.**

**Please RSVP and sign up for a dish by calling  
LeRoy and LaVern Burall at 301-695-5521 by July 7**

Directions: Take Route 340 west toward Brunswick and Harper's Ferry. Exit at Route 17 (Brunswick and Burkittsville). Go right toward Burkittsville, about 4 miles to a 4-way stop. Turn left onto West Main Street, which becomes Gapland Road. Continue uphill on Gapland to the park (1.2 miles), which is at top of hill. You will see War Correspondent's Memorial Arch. The picnic pavilion and parking lot are across the road from the monument. Turn right and then a left into the parking lot.

## In Memoriam

We extend our deepest sympathy to the family of Barbara Manos. Barbara died on the 14th of June.

Barbara was a strong advocate for NAMI over the years. She taught Family To Family classes, served as Family To Family Coordinator for Frederick County, was a member of the Board of Directors, and also served as Treasurer for many years.

Her legacy will live on within the many members of NAMI whose lives she touched over the years.

Barbara had asked that, in lieu of flowers, contributions be sent to NAMI of Frederick County or to Mt. Carmel United Methodist Church.



*Two roads diverged  
in a wood, and  
I—I took the one  
less traveled by,  
And that has made  
all the difference.*

—Robert Frost

We welcome author **Amy Denham** to our pages. Besides her gifts mentioned here, Amy is also a **NAMI Connection support group** facilitator, co-leading a group for those with mental illness. See opposite page for meeting dates.

**PAGE 4**

## “Welcome” and “Thank You”

We **welcome** three new members: Amy and Tom Gunnarson and Dr. Richard Haber.

A **“Thank You”** to those who have renewed memberships: Carol and Mark Officer, Leonard Amerise and Louise Laboon, Mary Lou Coder and Leo Claggett, Kimberly and Mark Shrader, Judith Smith, Ruth Calenoff, Nancy Davis, Mary Lyles, Wendy Lerner, Sandy Stewart, James Jeffery, Gordon Taplin, Mark and Sila Bartel, Ira Steinberg and Anita Venner, and Helene Sauriol.

A special **“Thank You”** to Beef O’Brady’s and Mexicali Cantina for making donations to NAMI Frederick.

## ...a Consumer and Provider, cont’d from P. 1

their feelings, how they interact, their hobbies and interests.

It is unfortunate that other professionals such as psychiatrists and some therapists rarely get to know the people they work with because of the lack of time spent with them. Helping someone with recovery, true recovery, requires getting to know the person as a whole. Just as we do not define ourselves or our loved ones by mental illness, providers need not to define their clients by their mental illness. There are many different facets of life that define us and how we overcome our problems.

I do consider myself truly blessed to be able to work at a job like this. I feel that most other jobs would have fired me by now because of the days that I have to take off when I become symptomatic. About a year ago I was hospitalized for about a month, and my work

was completely understanding: My job was still there for me when I got back.

One thing I have learned from my job about recovery is that you can’t have others do it for you. You can have them help out the best they can, but ultimately it all comes down to you as an individual to find the right resources and the right coping skills that work for you. And you have to have the desire to recover and the drive to take care of yourself, which is a truly difficult feat when you are living with a mental illness.

Another thing I have learned about mental illness is the importance of a good support system. I am lucky that I have my family and friends who I can lean upon for support. Many of the people I work with don’t have that luxury. I work with some people where their only support system is their providers. There

lies the problem: A provider cannot befriend a client as it breaches professional boundaries. But at the same time we are there for people to pour out their hearts to and share their deepest feelings and personal lives. It is a difficult task to keep boundaries while being part of the client’s support network.

One thing that draws me to this line of work is the compassion I feel for others who are living with a mental illness like me. If there is one thing I could ask of you, the reader, it would be to please become a vital part of your loved one’s support network. And if you are someone, like me, living with a mental illness, find a way to help support not only yourself, but others living with a mental illness. For me it has proven therapeutic and worthwhile, because through one another we can find recovery.

**ON THE CALENDAR**

- ⇒ July 2 – NAMI **Connection Support Group** for those with mental illness, 6-7:30 at Way Station, 230 West Patrick Street, weekly.
- ⇒ July 2 – NAMI **Support Group** for family members of those with mental illness, 7-8:30 pm, at Good Shepherd Lutheran Church, 1415 W. 7th St., Frederick. For information, call Fran Wenner at 301-663-9414.
- ⇒ July 7 – NAMI Frederick **Board of Directors meeting**, 7:00 p.m., Office.
- ⇒ July 11 – **Frederick NAMI Annual Picnic**. See insert for details (P. 3).
- ⇒ July 19 – NAMI **Support Group** for family members of those with mental illness, 2:00-3:30 p.m. in the Community Room at 4 East Church Street, Frederick. For information call DeDe Pucino 301-831-3764.
- ⇒ July 28 – Way Station **Family Support Group**, 6:30-8pm at 230 West Patrick St. For info call Francy Williams: 301-662-0099 x1205
- ⇒ August 4 – NAMI Frederick **Board of Directors meeting**, 7:00 p.m., Office.
- ⇒ August 6 – NAMI **Support Group** for family members. Same as July 2, above.
- ⇒ August 16 – NAMI **Support Group** for family members. Same as July 19, above.
- ⇒ August 25 – Way Station **Family Support Group**. Same as July 28, above.

## July 2009

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Connection Family Sup- port	3	4 <i>Independ- ence Day</i>
5	6	7 Board of Directors	8	9 Connection	10	11 NAMI Picnic
12	13	14	15	16 Connection	17	18
19 Family Support	20	21	22	23 Connection	24	25
26	27	28 Way Station Support Group	29	30 Connection	31	

## August 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Board of Directors	5	6 Connection Family Support	7	8 <i>Valentine's Day</i>
9	10	11	12	13 Connection	14	15
16 Family Support	17	18	19	20 Connection	21	22
23	24	25 Way Station Support Group	26	27 Connection	28	29
	30	31				



### NAMI Family To Family Education News

The NAMI Family To Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. More information about the class can be found on the national website at [nami.org](http://nami.org). Click on *find support – education*.

We would like to thank Linda and Dennis Coyle for teaching our spring class and congratulate to the 20 “students” who completed the course.

Our next class begins on September 14, 2009. The class will meet Mondays from 6 to 8:30 PM. For more information and to register for the class, contact Carol Officer at 301-371-5899 (home), 301-514-7332 (cell) or email [crofficer@aol.com](mailto:crofficer@aol.com).

# NAMI of Frederick County, Inc.

## Annual Membership Application

New       Renewal

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### Dues:

- Individual or Family \$35.00
- Limited Income \$3.00
- Institution or Business \$35.00

### Donations:

\$500 \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \_\_\_\_\_

Please return this panel & check to:

**NAMI of Frederick County**  
**P.O. Box 1853**  
**Frederick MD 21702**

### Optional:

Self-identified race/ethnicity: (Circle one)

Caucasian   African American   Hispanic/Latin  
Asian/Pacific Islander   Bi-Racial

To help us plan programs, please indicate your  
experience with mental illness:

- as an individual
- as a parent (age of child \_\_\_\_\_)
- as a mental health professional

**For more information call: 240-379-6186**

## NAMI of Frederick County

P.O. Box 1853  
Frederick, MD 21702  
Phone: 240-379-6186

NAMI websites: <http://nami.org>  
[www.namifcmd.org](http://www.namifcmd.org)

ADDRESS SERVICE REQUESTED



### DATED MATERIAL

Look at your label  
for your membership  
renewal date!

<p>Non-profit Organization U.S. Postage PAID Frederick, MD Permit No. 401</p>
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