

NAMI Kentucky  
2441 S. Hwy 27  
Somerset, KY 42501 Phone: 1-606-677-4066 or 1-800-257-5081

*NAMI Kentucky is proud to announce our  
2018 Annual Conference Keynote Speaker  
Amy Gamble, Executive Director  
NAMI Greater Wheeling, WV*



Amy is a small town girl who has always had big time dreams. She followed those dreams all the way to the Olympic Games. She is now the Executive Director of NAMI (National Alliance on Mental Illness) of Greater Wheeling. She is a Certified Mental Health First Aid instructor and a mental health speaker. Amy has over 18 years experience working for Fortune 500 companies in sales and marketing. She has Bachelor's in communication and a Master's Degree in Organizational Behavior.

Amy's mission in life is to help bring awareness to mental illness. She strives to eliminate stigma by sharing openly her struggles and triumphs of living with bipolar disorder. Amy has recently written a book called, "Bipolar Disorder, My Biggest Competitor: An Olympian's Journey with Mental Illness."

Read more about our Conference highlights on pages 2-4 and get registered today. Seating is limited to 250 and is on a first come, first serve basis.

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## 2018 Annual Conference

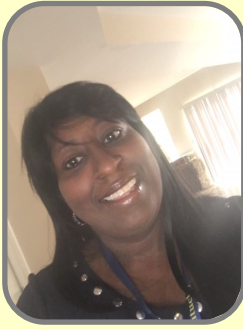
September 22, 2018  
Four Points Sheraton  
1938 Stanton Way  
Lexington, KY 40511



### NAMI Kentucky Board Members

Chair, Donia Shuhaiber  
1st Vice-Chair, Nici Gaines  
2nd Vice Chair, Susan Faris  
Secretary, Carrie Crockett  
Treasurer, Christine Bojanowski  
Past Chair, Brenda Huntsman  
Gary Barr  
Eddie Coleman  
Larry Chandler  
Kathy Miles  
Kelly Ruff  
Roger Smith  
Kimberly Wilburn

## E.D. Corner



Melony has settled very nicely into her position as E.D. at NAMI KY and continues to be out and about in the community promoting NAMI KY and all of the affiliates. After the Annual Conference, Melony and the Advocacy and Conference Committees diligently began working on Advocacy Day and the 2018 Annual Education Conference. Advocacy Day turned out to be a great success with the most ever attendees and great media coverage from WDRB Louisville, WKYT Lexington, WLKY Louisville, and WEKU Eastern Kentucky University Public Radio Affiliate. We appreciate all of our NAMI Presenters, Legislators and participants coming out to support our legislative priorities. Everyone looked great in the newly designed Advocacy Day t-shirts featuring the Capitol and the NAMI affiliates on the front, and the legislative priorities on the back. They were made by Big Bang Customs, a family owned company of Lexington! Next February, we hope to have even more in attendance to continue making an impact! Conference planning is a large undertaking, and with a great team, we planned a wonderful community event. We are excited to announce the Conference will be in Lexington at the Four Points Sheraton on Saturday, 9/22. We are so looking forward to hearing the presentations of our 10 Presenters and Keynote Speaker, Amy Gamble of NAMI Greater Wheeling in W.V. Be sure to check our Face Book, Constant Contact and Twitter as we highlight them every month. We are also having a fun affiliate activity with the T-Shirt and tote bag logo contest and this year. Voting will take place on our FB page so be sure to get your entries in by 4/30. Also this year, all of the affiliates along with sponsors and presenters will have a display table. There will be a fun engagement activity surrounding the booths TBA, along with awards, silent auction, door prizes and excellent food. Melony continues to be on the move and has attended meetings or set up informational booths with KCADV, Kentucky Center for Economic Policy, the 874K rally, U.K. Department of Psychiatry, and Lexington Catholic, Equity & Inclusion program to name a few. We'll see what Melony's been up to in our next newsletter!

Have you heard  
the exciting news?



NAMI Kentucky  
announces a T-Shirt  
Contest for All  
Kentucky Affiliates



The word is out ..... NAMI Kentucky is having a fun contest with all of its' affiliates. For the upcoming annual Conference in September, the affiliates can submit t-shirt designs. The design that wins, will be the design of the 2018 Conference t-shirt and tote bag. Up to 3 ink colors can be used. Our theme this year is "A Turned Leaf, A New Lease on Life!"

Be creative! This year, t-shirts are included in the registration. Contest ends 4/30/18. Submit your designs to [namiky@bellsouth.net](mailto:namiky@bellsouth.net). No more than 3 entries per affiliate. More news to come on the selection process. Get your creative ideas, colored pencils and markers flowing! We are excited to see your entries!



## 2018 Annual Conference Presenters



Tiffany Bryant is a Licensed Professional Clinical Counselor, (LPCC), with a Master's Degree in Rehabilitation Counseling from the University of Kentucky and a Bachelor's Degree in Psychology from Kentucky State University. She is the owner and Clinical Director of Life Navigation Services, which provides holistic counseling to individuals and couples. She is also training to become a registered yoga teacher in order to better help individuals with anxiety and panic attacks. She is the author of *The Unconventional Habits of Growth*.

Tiffany utilizes the following treatment approaches and orientation models: Art Therapy, Coaching, Cognitive Behavioral (CBT), Family/Marital, Gestalt, Humanistic, Mindfulness-based (MBCT), Relational, Family Systems, Family/Marital, and Solution focused Brief (SFBT), with individuals, couples and groups.

Tiffany has two therapeutic groups that she holds in Lexington: The Anxiety & Stress Management Group and the Mindfulness Group. The anxiety and stress management group discusses the pressures and overwhelming things that are going on in each other's lives and provides support and coping skills and techniques. This class also teaches effective techniques to calm the mind and body. The mindfulness group teaches one how to calm their mind from anxiousness and over-thinking. One also learns how to calm the mind and relax the body, as well as how to meditate.

When you attend the Conference, please be sure to stop by Tiffany's booth to pick up information and learn more about Life Navigation Services, located at 1500 Leestown Road, Suite 306, Lexington, Kentucky 40511, 859-340-1781.

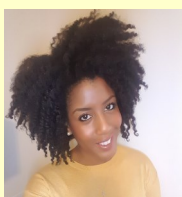


Sherry Sexton is currently studying at the University of Kentucky pursuing her Master of Clinical Social Work Degree. She also lives with a mental health diagnosis and is a Kentucky Adult Certified Peer Support Specialist. She holds an undergraduate degree with a major in Psychology. She currently has 8 years of combined experience at Eastern State Hospital in a volunteer role and as the Peer Support Specialist Team Coordinator which is a contract position through her employer, NAMI Lexington. Sherry has countless hours of experience working one-on-one in direct patient care settings sharing stories of hope, recovery tactics, and coping skills. Sherry empathizes with and understands the clients at the hospital personally, as at one time, she was a patient there herself. Her passion is to share the reality of recovery. Her message to anyone who is living with a mental illness or has a loved one diagnosed with a mental condition is that,

"We do recover! We can indeed find meaning and purpose for our lives! A mental health diagnosis is not the end, it can be just the beginning!"

Sherry applies herself and works diligently at her studies to learn the background clinical knowledge to support her first hand lived experiences, and is proud to say that she currently holds a 4.0 GPA. In addition to her work and education regiment she spends ample time working on her personal self-care, self-education through reading, spending time with her fiancé Danny, and deepening her relationship with Christ. Sherry enjoys working out, nature, & living and "loving" life! In addition, she enjoys volunteering her time to agencies such as NAMI Kentucky, Mental Health America of Kentucky, The Kentucky Department of Behavioral Health, and others to promote the reality of recovery! Sherry is an Ending the Silence and Parents and Teachers as Allies state trainer for NAMI Kentucky, and has had opportunities to speak to high school students about accepting others and the dangers of bullying. Sherry sits on the Kentucky Department of Behavioral Health Planning and Advisory Council and has served as vice-chair. She enjoys motivational speaking, inspirational singing, advocating, fighting stigma, and working hard to educate others about mental illness. She hopes to someday become a published author in the mental health arena.

Sherry is a Christian and thankful to her God for his strength, guidance, determination, and will he has given her to try to make this world a better place for herself, her loved ones, and those individuals and families who in any way has been or will be affected by a mental health diagnosis



Mrs. La Shonda Sims - Duncan empowers individuals to overcome personal obstacles and explore alternative ways to show up in the world. La Shonda believes that thoughts directly impact our feelings and behaviors; and works collaboratively with individuals to identify their strengths and personal motivation. She believes in the power of healthy relationships; whether it's the relationship with yourself, your family, or your partner.

In 2009, after completing her Master of Art in Education degree in Marriage & Family Counseling at Western Kentucky University, La Shonda relocated to Charlotte, North Carolina to begin her career. As a Licensed Professional Counselor, Mrs. Sims Duncan has extensive experience providing cognitive behavioral based therapy across varies treatment settings with children, adolescents, and adults.

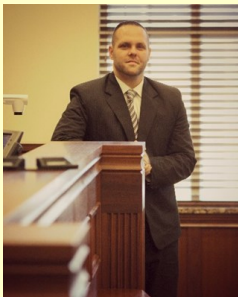
Continued from pg. 3

La Shonda is a National Certified Counselor, and is dually licensed in Kentucky and North Carolina as a Licensed Professional Clinical Counselor. She is passionate about working with young women. La Shonda helped organize and facilitate resiliency based teen retreats for adolescent girls in rural counties in western Kentucky. In 2017, she spoke about the emotional and behavioral responses of women growing up in fatherless homes for The Louisville Urban League.

La Shonda's dedication to supporting those in need goes beyond her community and borders; as she has spent the past five years of her life counseling the brave men and women of the U.S. military in both Europe and Asia. Living abroad, she was afforded the opportunity to submerge herself in many cultures and gain insight into the beliefs, challenges, and practices of people all over the world. Spending time in over 18 countries has strengthened La Shonda's cultural sensitivity and given her an inept ability to understand and empathize with the needs of individuals from diverse cultural backgrounds. Native to Louisville, La Shonda decided to unpack her luggage and return home to start her very own private practice. In 2015, she opened the doors of Sims Counseling & Consulting, LLC to begin helping and healing the people of her hometown one session at a time.

La Shonda is an advocate for eliminating the stigma related to mental health in minority communities and speaks about the importance of seeking the help and healing you need. In private practice, she provides a safe nonjudgmental place for individuals to explore their life experiences and their core beliefs that shape the reality they are living. No person is the same, therefore she integrates a variety of therapeutic interventions that will yield optimum results for each unique individual. La Shonda helps individuals learn to remain present while reprocessing experiences and exploring self-belief systems. She primarily works with individuals addressing issues related to anxiety, depression, self-esteem, coping with transitions, and relationship concerns.

At Sim Counseling & Consulting, LLC, La Shonda offers couples counseling, group counseling, family counseling, and individual counseling in addition to traditional counseling, she is in the process of expanding her practice to include life coaching in the areas of women's healing workshops, teen girl workshops, and premarital workshops. La Shonda is in the processes of training to become a certified and registered yoga instructor. Once certified, she will begin integrating yoga, mindfulness practices, and meditation into her practice. She believes in the "whole being" approach to health, growth, and change. La Shonda wants individuals to live the life they imagine, and understand that transformation begins with renewed thoughts meaning it is essential to change you think to change your life!



Justin Hamilton is a Licensed Attorney in the State of Kentucky, with a Juris Doctorate from the Appalachian School of Law and Bachelor's Degrees in Political Science, History, and Criminal Justice. He is a solo-practitioner with a focus on Veteran Affairs, Juvenile Justice, and Worker's Rights. He is also a Veteran of the Marine Corps from 2000-2008, and a current member of the Army Reserves from 2013 to Present. He has deployed to several different Middle Eastern countries during Operation Iraqi Freedom, Operation Enduring Freedom, and Operation Spartan Shield.

Justin utilizes his law degree and expertise in the field to assist Veterans and Active Duty Service Members to obtain benefits, financial assistance, mental health counseling, and drug and alcohol rehabilitation. He also assists the widows and orphans of service members in obtaining financial assistance and other benefits, of which they are entitled.

Justin routinely assists his fellow veterans, who find themselves in need of drug counseling and/or rehabilitation, to obtain the appropriate level of treatment and community resources. Justin, along with his colleagues, and several judges, are having their Veterans participate in a court-ordered Veterans Drug Court program. Justin adamantly believes that the key to overcoming drug abuse is learning how to manage stress and living amongst peers. The Veterans Drug Court program not only provides medical assistance for overcoming drug abuse, but it provides the appropriate level of counseling for Veteran specific ailments such as Post-Traumatic Stress Disorders, Traumatic Brain Injury, Paranoia, and separation anxiety issues. Not only does the program focus on overcoming substance misuse, but returning to society as a productive member. They do this by assisting Veterans with job placement, housing, and family reunification.

When you attend the Conference, please be sure to stop by Justin's booth to pick up information and learn more about Justin's assistance with Veteran Affairs. Justin's office is located at: 117 Caroline Avenue, Pikeville, Kentucky 41501, [606-437-6557](tel:606-437-6557).





## Advocacy in Action

By Nici Gaines, Advocacy Committee Chair and  
Michael Gray, NAMI Kentucky Advocacy Coordinator



### **SB107 – Mental Illness Exemption to the Death Penalty**

#### **What is it?**

SB107 would exempt people with the most serious types of mental illness from the death penalty in Kentucky. This is a priority for mental health advocates in the Commonwealth because people with serious mental illness sometimes lack the ability to understand what they are doing at the time of the offense. Current law looks to mental status at the time of trial and at the time of execution but fails to ask the very important question about the mind of the defendant when the crime took place. Primary sponsor: Sen. Julie Raque Adams. Cosponsors:

#### **How's it Going?**

We expect SB107 to be heard by the Senate Judiciary Committee on or near March 1. If it passes the committee, it will be on to the Senate floor and we will need your help asking leadership to bring it to a vote. We will let you know when mental health advocates should spring into action. Look for emails from NAMI Kentucky on SB107 in the near future.

### **HB317 – Payday Lending Reform**

#### **What is it?**

**HB 317 institutes an ability-to-repay test. This bill requires lenders to examine the income and expenses of a person seeking a loan and answer one simple question: Does the person have the ability to repay this loan on time?** If not, then the lender may not issue the loan. Primary sponsor: Rep. Myron Dossett. Cosponsor: Rep. Joni Jenkins

#### **How's it Going?**

NAMI Kentucky, alone with the Kentucky Center for Economic Policy and the Kentucky Equal Justice Center are working with the sponsor, Rep. Myron Dossett, to get a hearing in the House Banking and Insurance Committee. We will email updates to NAMI members when this happens.

### **State Budget**

#### **What is it?**

HB 200 is the budget of the Commonwealth that contains many items, including funding for community mental health services.

#### **How's it Going?**

The Governor asked the General Assembly to cut community mental health funding significantly in order to cover the rising costs of Kentucky's broken pension system. There has been little indication that the General Assembly will go against the governor's wishes, but we are working on it, behind the lead of friends like the Kentucky Association of Regional Programs and the Kentucky Mental Health Coalition

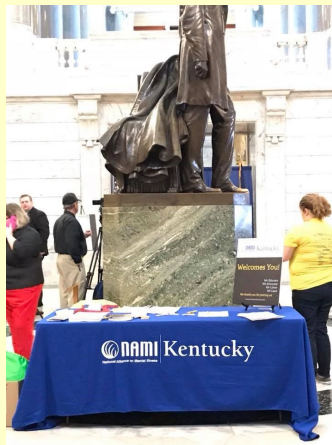
### **Third Annual Rally for Mental Health**

NAMI Kentucky's annual rally was a great success. We had over 150 people in attendance and heard from a number of elected officials and people impacted by mental illness.

## 2018 Advocacy Day in Frankfort



**Michael Gray**



**Dante Murray**



**Senator Julie Raque Adams**



**Senator Ralph Alvarado**



**Sheila Schuster**



**Rep. Joni Jenkins**



**Rep. Walker Thomas**



**Allison Ball**



**Rep. Jim Wayne**



**Justin Hamilton**



**Rep. McKenzie Cantrell**



## 2018 Advocacy Day in Frankfort



# NAMI Happenings

## Trainings

NAMI Kentucky is accepting ongoing applications for Connection and Family Facilitator, IOOV, Basics, Ending the Silence, Homefront and Family-To-Family Teacher Training. **All applications are on the NAMI KY website under Stay Informed.**

## TRAININGS

**NAMI Connection Facilitator Training** was held on August 26—27, 2017 in Somerset. 15 students graduated Congratulations! A big thank you to Connection Trainer Candace True .

**NAMI Family-To-Family Teacher Training** is scheduled for April 6-8, 2018 in Louisville. Applications are due by March 23, 2018. (this was rescheduled due to bad weather)

**NAMI Family-To-Family Teacher Training**, is scheduled for Lexington, April 13-14, 2018

**NAMI IOOV Presentation Training** will be held on April 21, 2018 in Winchester. The training has changed, please call NAMI KY at 606-677-4077 for application and instructions.

## Classes

**NAMI Lexington** Held a F2F class starting September 6th with 21 students and on Nov. 15th there were 21 students graduating, A big thanks to Greg Lavy and Janice Huber.

## Up Coming Classes

**NAMI Northern KY** will start a Basics Class on April 11, 2018.

**NAMI Northern KY** will start a Family-To-Family Class on April 9, 2018.

Please register for these classes at  
NAMI Northern KY 513-250-4118

## Presentations (October-December)



Lexington's total of IOOV presentations  
10 Presentations with 38 in attendance

Rock Blackburn and Kirk Reynolds  
EKU— 1 presentation with 38 in attendance



Cheryl Anness & Russell Hollis—4 presentations reaching  
312 students

## NAMI Buffalo Trace



NAMI Buffalo Trace donated items to fill Bravery baskets at the Buffalo Trace Children's Advocacy Center, Inc.

Donations to the Bracken County Library's Drop Your Drawers and Pull up Your Socks Project (47 pairs of underwear)



Donation to the Robertson County Library's Drop Your Drawers and Pull Up Your Socks Project. This project was a state wide project to help all county schools in KY.

## NAMI Informational Meeting for Ashland Area



**Date:** March 28, 2018

**Time:** 7:00—8:00 PM

**Where:** Boyd County Library  
10699 Us Rt. 60 Suite 920  
Ashland, KY 41102

For Questions call Trisha 606-571-1084

Check out their new Facebook page

<https://www.facebook.com/NAMITriState/>



## NAMI Heartland/ Participation Station Christmas

### Party



NAMI Heartland and Communicare held their Christmas Party at Participation Station on December 12, 2017. Lots of fun and fellowship with 27 people attending.

If you would like to be a part of NAMI Heartland/ Participation Station, contact

Gary Barr at 502 471 4064 or email : [Gary.Barr@geappliances.com](mailto:Gary.Barr@geappliances.com)



**Become a Member  
TODAY!!**

**[nami.org](http://nami.org)**

**Don't judge  
what you don't  
understand**

## NAMI Kentucky's Board of Directors will meet on April 28, 2018

Current NAMI members are welcome. Call NAMI Kentucky for information. 606-677-4066.

Place to be announced at a later date.



## NAMI Winchester Christmas Party 2017

NAMI Winchester held their Christmas party on December 5th with approximately 50 participants in attendance. Extended family was invited and it gave everyone the opportunity to get to know them. They played games, sang carols and fellowshiped together.



On New Year's Day, NAMI Winchester shared "Silver Linings Playbook" and dinner before the support group meeting. They are off to a great start in 2018!



## Meet Our Board Members



**Larry Chandler:** My first contact with a severely mentally ill person was in 1978 when I was the Trimble County Jailer. In those days, the Madison State Hospital in Madison Indiana housed mentally impaired individuals. Occasionally, one would walk away, cross the Ohio River bridge at Milton Kentucky, and often be arrested for vagrancy or some other misdemeanor, and ultimately placed in my jail for disposition. Fortunately, those were simpler times. The District Judge would dismiss the charge, and I would call the Jefferson County Indiana Sheriff, meet him at the Hoosier side of the bridge, and he would return the subject to the State Hospital.

In those days, Seven Counties had an office in every county seat, even as small as Bedford. My first guidance on dealing with mental illness came from the professionals who worked for that office. The Madison State Hospital is now a minimum-security prison for the Indiana Department of Corrections and Seven Counties has struggled to survive. Seven Counties is now a part of Centerstone Community Behavioral Healthcare system known as Kentucky Centerstone.

Also, in that small county jail in Bedford, I saw my first person on Angel Dust, an insidious drug favored by young people. Also inmates there were addicted to cocaine and other drugs, and I witnessed my first person suffering from DT's (delirium tremens) due to alcoholism. The Madison Regatta and Interstate 71, after the Derby, provided a wealth of experiences, some good and some bad. I quickly realized I needed training to deal with the issues facing even small detention facilities.

I witnessed an increase in mental health issues, as I traveled around the state doing audits of other facilities and serving as Deputy and Warden at four facilities (Bell County Forestry Camp, Green River Correctional Complex, & Luther Luckett Correctional Complex). I returned to the Kentucky State Reformatory as their Warden. The 15 bed Special Needs Unit and KSR was now a 150 Correctional Psychiatric Treatment Unit, fully staffed with medical and mental health professionals, but it was still not enough. With the mass incarceration rate, the inmate population grew some 450% during my career. With longer inmate sentences, came more medical and mental health problems.

Over half the incarcerated population in Kentucky is housed in Kentucky jails. As a member and Chair of the Kentucky Parole Board, I had an opportunity to see the problems facing Kentucky jailers. My purpose with NAMIKY is to help jailers and jail staff understand how to deal with these critical issues. NAMIKY and affiliates can help inform the public about mental health issues facing incarcerated men and women and I want to be a part of that effort.



**Nici Gaines** really has just one goal: to make the world a better place. That goal has guided her throughout her life...from her start in lobbying/advocacy at the Kentucky legislature to her current role at Kentucky River Community Care, a community mental health center in rural southeastern Kentucky. Nici wants to Stamp Out Stigma, and dreams of a world in which people can discuss their mental health and substance use struggles as freely as they discuss their physical ailments! She is married to Keith, a retired Lexington police officer, and has two amazing stepkids: Megan (28) and Travis (23). Her 3 big rescue dogs (Miss Pickles, Beau M. Hound, and Wild Willie Woo) complete her family. Nici loves animal rescue work for creatures both great and small, and works with a variety of organizations including Lexington Pit Crew, Holly's Place, The Primate Rescue Center, and the South Florida Wildlife Center. Her educational background includes an MBA in healthcare from the George Washington University, and a BS in Biology and BA in Journalism from Eastern Kentucky University.



I'm pleased to serve on the NAMI Kentucky Board of Directors, currently as the second vice-chair. And what does that mean? The main function of the second vice-chair is to serve as a voting member of the Executive Committee in the event another member of the executive committee is unable to fulfill his/her position. This ensures that there will always be an odd number of voting members.

Before that, I served as secretary for the previous two years. I joined the NAMI Board in 2013. Being a board member has given me the opportunity to meet many new and interesting people. I have collaborated and worked with people with whom I would have otherwise never had contact. As a member of the board, I have had opportunities and experiences that have been very different from my former profession.

I retired from teaching in 2012. I taught high school English for ten years in the Kenton County School District. That was the same year I took the NAMI Family-to-Family class. I joined NAMI at that time, and was so impressed with the class, I went on to become a Family-to-Family teacher. Since then, I have taken the training for Basics and Ending the Silence. I have also become a support group facilitator, meeting twice a month for our Northern KY affiliate. Facilitating, teaching F2F, and giving NAMI presentations to IOP groups make up most the activities I do as a NAMI member. Being a member of the board has been an extension of those activities. The people I meet in support groups and classes give relevance and purpose to what we try to achieve on the board, that is the education and support for a better life for those affected by mental illness.

I have lived in Northern KY since 1984. My husband and I moved to Villa Hills from Cincinnati to raise our family. We still live there, but now have two beautiful granddaughters who live in Cincinnati. I am originally from Long Island, NY, attended Ball State University in Muncie, IN, and ended up in Cincinnati with my first "real" job as a speech therapist for the Cincinnati Public Schools. I was a stay-at-home mom, until I decided to go back to school (Xavier University) and switch teaching degrees. As I look back, I realize that I have always been interested in the spoken language and how we communicate with one another. I find language fascinating.

In my leisure time, I enjoy spending time with my family, especially my two granddaughters, who are now six and two years old. I love the outdoors, and make sure I get out each day by walking my dog, regardless of the weather. I also enjoy reading a good book, and usually end each day by immersing myself in my current novel of choice.

Susan Faris



**Tammy Ball**  
**\*Gary & Lynn Barr**  
**Jessica Beal**  
**Bernie Block**  
**Linda Block-Coalter**  
**Leslie Branick**  
**Martha Brown**  
**Anne Bufford**  
**Rebecca Bushong**  
**Kay Bryant**  
**Ryan Bryars**  
**Cynthia Bryars**  
**Sankar Chakravorty**  
**\*Larry Chandler**  
**Esther Chun**  
**Stephanie Clark**  
**\*Eddie Coleman**  
**Zachary Coomer**  
**Menasha Corp**  
**\*Carrie Crockett**  
**Christie D Penn**  
**Kelly Edmondson**  
**\*\*Cathy Epperson**  
**Auhair Farah**  
**\*Susan Faris**

**\*Nicole Gaines**  
**Jamie Goins**  
**Ed & Genie Gray**  
**La Vada Green**  
**\*\*Larry Gregory**  
**Robert & Barbara Honegger**  
**\*Brenda Huntsman**  
**Pearlie Jones**  
**Katrice Kaul**  
**Ashwini Kaul**  
**Constance Keagan**  
**Constance Keagan**  
**Homes By Keeno**  
**Tom & Anne Knox**  
**Grant Lanning**  
**Samuel Gaines**  
**Gregory Gibbons**  
**Anwar Sammour**  
**Katirce Massey**  
**James McCabe**  
**\*\*Rob & May McFadden**  
**\*Kathy Miles**  
**Kelly Miller**  
**James Morton**  
**Theresa Naguib**

Candice Nardine  
Mary O'Doherty  
Barry Plastics  
Gary Prestigiacomio  
Patricia Ramsey  
Rabab Ravichandran  
Gayathri Ravichandran  
\*\*Sean Reilley  
Mr. & Mrs. Sheldon Rein  
Omar Sawaya  
Marwa Shelheber  
Mahfouz Shuhaiber  
Ramzy Shuhaiber  
\*Donia Shuhaiber  
Rabab Sliman  
Eddie D. Sorrell  
Denise Spratt  
Rollin Tarter  
Rebecca Vaughn  
David White  
Donna White  
\*Kimberly Wilburn  
Nakita Williams  
Terry Withers

**Anita Freer—In memory of  
Dr. John Freer— Owensboro  
Watterson Elementary—  
In memory of Joe Bojanowski  
Kathy Miles —  
In Honor of Cathy Epperson**

Thank You!





**Are your dues  
current?**

(Check Mailing Label  
above your name))

**Your Support Matters**



**NAMI Kentucky Mission Statement**

NAMI Kentucky provides education, support, and  
advocacy for the well-being of all individuals  
affected by mental illness.

**Giving to NAMI Kentucky at  
no extra cost to you!!**

  
amazon smile  
You shop. Amazon gives.

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[AmazonSmile.com](https://www.amazon.com/smile)**

and do your shopping and you can pick  
NAMI Kentucky as your non-profit  
charity. Amazon smile will give NAMI  
Kentucky .05% of your eligible Amazon  
Smile purchases at no cost to you

**Register today!!!**



[https://www.goodsearch.com/nonprofit/  
nami-kentucky.aspx](https://www.goodsearch.com/nonprofit/nami-kentucky.aspx)

Add this to your browser, click on the  
Gumdrop by Goodshop to raise money for  
NAMI Kentucky every time you shop.



There has been a change to  
Kroger Community Rewards. In  
past years August 1st began the  
re-enrollment period. Effective  
immediately all participants  
will roll over and stay enrolled in  
their organization instead of hav-  
ing to re-enroll each year.  
Enrollment for NEW participants  
will work the same way as the  
past. They can sign up  
on [www.kroger.com](https://www.kroger.com) or call 1-800-  
KROGERS, option 3.