



NAMI-Linn County (NAMI-LC) is a non-profit, volunteer organization which offers an array of free services including a resource and referral phone line, support groups for consumers, family members, and friends, educational classes and programs.

**NAMI Walk 2020**

Come join our team, NAMI Linn County Stigma Stompers, to help support our largest fundraiser. It is tentatively planned on May 2nd at Terry Trueblood Recreation Area in Iowa City, Iowa. Sign-up or donate for the NAMI Linn County Stigma Stompers at [namiwalks.org](http://namiwalks.org).



**Cocoa and Conversations**



Having a hard day in dealing with the health crisis and worry? Like dogs? Stop in for conversations and relaxing moments with Rita, a Bernese mountain dog who loves to be petted. This bimonthly event will resume in the near future at the Ecumenical Community Center, 601 2nd Ave SE. Stay tuned for details and the upcoming schedule.

**Family to Family Class For Adults**

A free 8-week program designed to help family, friends and spouses of individuals dealing with mental illnesses. It is taught by trained individuals who have personal experience dealing with mental illness. The class has been postponed due to COVID 19 concerns. When classes resume, you may enroll via email [nami-lc@hotmail.com](mailto:nami-lc@hotmail.com) or call (319)-221-1184 and provide your name, phone number and email. The program will be held every Tuesday at the Ecumenical Community Center, 601 Second Ave SE.

**Family Support Group**

NAMI-LC Family Support Group is a weekly or monthly support group for family members, partners, and friends of individuals living with a mental illness. The group has been postponed but will restart after the crisis passes. They will meet at 6 p.m. the first and third Thursday of the month at First Lutheran Church, 1000 Third Ave. SE. All adults are welcome!

**COVID-19**

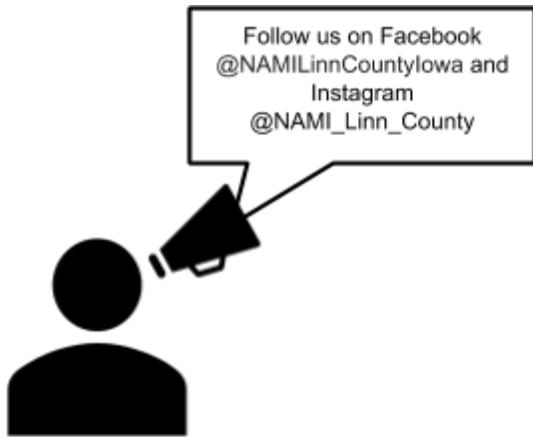
With illness comes stress and with stress comes weakened immune systems and hence more sickness. With the novel coronavirus causing schools and stores to close, stress is rising with wondering where support will come from in such a difficult time. Remember to lean on your support systems and work to support those around you as well. Find good coping mechanisms and focus on self-help when times get rough. There is always support around and we are in this together. More info on ways to be safe at <https://nami.org/>

## Meet the Board Members

Kurt Rogahn-President  
Katherine Shea-VP  
Michelle Allmandinger-Secretary  
Jackie Smith Duggan-Assistant Secretary  
Tyler Bruzek-Treasurer  
Mona McCalley-Whitters, PhD -Executive Director  
Mike Tiernan-Immediate Past President  
John Brobst-Group Facilitator  
Wayne Jerman-Board Member  
Kathy Johnson-Board Member  
Steve Miller-Board Member  
Brad Neff-Board Member  
Stacey Pawlak-Board Member, Webmaster  
Michelle Umbarger-Mackey-Board Member, past secretary  
Julia Miller Hanson-Board Member

## Save the Date

In light of the COVID-19 outbreak we have postponed all of our events in order to keep everyone as healthy as possible at this time. Keep an eye out for more information on our events!



## Meet Our President

Kurt Rogahn in January moved up to a two-year term as board president after serving just over two years as vice president to Mike Tiernan, who remains on the NAMI Executive Board as president emeritus. "Mike Tiernan is a tough act to follow," Rogahn said. "Ultimately, it's his vision and leadership that resulted in staff and an office for NAMI Linn County." And, for that matter, in turn it led to creating this newsletter as well.

Not that Tiernan's successor has been idle. Working with other volunteers, Rogahn has helped organize and teach NAMI Family-to-Family classes (Tiernan also is one of those teachers). Rogahn remains one of four facilitators of the NAMI Family Support Group. He has helped with several grant applications for the chapter and has spoken on NAMI Linn County's behalf in forums, media interviews, and at the annual NAMI Day on the Hill, a lobbying event at the state capitol.

"Our board and our many volunteers have helped to position NAMI Linn County to serve more individuals and families in recent months," Rogahn said. "NAMI Linn County has doubled its membership over the past year or so. Looking ahead, this chapter will extend its assistance and influence deeper into this community as well as beyond."



Mike Tiernan, President emeritus



Kurt Rogahn, President

To sign-up to receive our newsletter, please send a request to [nami-lc@hotmail.com](mailto:nami-lc@hotmail.com) or mail your request to 601 Second Ave. SE, Cedar Rapids, IA. 52401

