



NOVEMBER-
DECEMBER

SPOTLIGHT



Our Mission: NAMI Greater Seattle addresses the unmet mental health needs within our community through support, referral, education, and outreach.

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We want your feedback!

Please take a few minutes to complete our online year-end survey. Tell us what you liked about 2014 and what you'd like to see more of in 2015.

<http://goo.gl/forms/UMV VHDpQMH>

Letter from the Executive Director

Dear NAMI Greater Seattle Friends and Supporters,

Wow, what a year 2014 has been! As we work on the last Spotlight of the year, we're reflecting on our most important asset: you!

You crushed our NAMIWalk fundraising goal. You brought in a record amount through GiveBIG. You raised awareness during Mental Illness Awareness Week at the Depressed Cake Shop event. Because of you, thousands of people got the support they needed at NAMI Greater Seattle. I almost feel like we couldn't ask for more. (Almost!)

I know that November signals the beginning of a veritable mail storm from all your favorite nonprofits, us included. Please keep NAMI Greater Seattle in mind as you plan your year-end gifts. Donations are simple through our website: www.nami-greaterseattle.org/give. You can even setup a recurring gift and let PayPal do the work for you. You have many worthy causes to choose from when it comes to charitable giving, and we are honored that you choose NAMI Greater Seattle.

Thank you for your tremendous support this year. I sincerely appreciate the warm welcome and genuine caring I have received from everyone – volunteers, staff, members, and community partners – in taking on this role. Your support and enthusiasm for NAMI Greater Seattle's mission energizes our work every day.

Here's to a beautiful new year for all.

-Ashley Fontaine

P.S. Don't forget to read the 2015 Board Nominee bios on page 3 and 4 before our Holiday Party and Annual Members Meeting on December 11th. We need your votes!

Upcoming Events

November 13: King County Mental Health & Substance Abuse Forum, 6:30 – 8:30pm

Town Hall, 1119 8th Ave. at Seneca., Seattle, WA 98101

Public Reception at 6:30pm, program begins at 7pm. Free!

December 6: Mental Health First Aid

*Scholarships still available for King County Residents!

Email Lyndsay at office@nami-greaterseattle.org for more details.

December 11: NAMI Greater Seattle Holiday Party and Annual Member Meeting, 6pm-8pm

Greenwood Senior Center, 525 N. 85th St., Seattle WA 98103

Join us for hors d'oeuvres and beverages, and vote on our incoming Board members. Bring a potluck dessert to share!

The Incredible Intensity of Just Being Human: De-stigmatizing Mental Illness **City Hall, Ann Focke Gallery, 600 4th Ave.** **Opening Reception January 9th, 2015, 4-6pm**

Curator and artist Kate Vrijmoet along with other local artists will shed light on the affect mental illness has on individuals, loved ones, and ultimately our society. This exhibit aims to create a space where the prejudices and the fears we all have can speak to the compassion and the humanity we all have, so that we can engage with one another to eliminate the shame of mental illness.

Visit <http://katevrijmoet.com/work/curatorial-projects/> for more information, or to volunteer for this unique event!

2015 Board Nominees

Terry Proctor

After being a small business owner for many years, in 1987 Terry became a real estate agent with Windermere Real Estate. He retired in 2004 and has spent much of his free time volunteering with Habitat for Humanity primarily in fund raising and community engagement, in addition to volunteering at Cathedral Kitchen with St. James where they prepare and serve dinner to 150 guests, many of whom are homeless and live with mental illness.

Terry and his wife have a son with schizophrenia. About 10 years ago, after attending NAMI's Family-to-Family 12 week class, Terry began helping facilitate a NAMI family support group that meets weekly at Harborview on Saturdays. He has recently started 2 new family support groups which each meet once a month. "I have a passion for helping to end the stigma associated with mental illness and for advocating with both government and private health insurers to bring about true parity in today's health care system."

Laura K. Umetsu

Laura grew up in Seattle, Washington. She has a passion for project management and networking, which led her to be accepted to the Michael G. Foster School of Business, where she graduated with distinction with an emphasis on project management. While she was still a college student, as her senior project she chose to oversee the business plan and architecture design project for the International Leadership Academy of Ethiopia, which opened in Fall 2013. Laura first became involved in NAMI by co-coordinating their annual NAMIWalk, due to a family member's diagnosis with a mental illness.

Laura's projects have been featured in the United Nations International Women's Day celebration, the University of Washington Daily Newspaper, the Acting Globally Newsletter for the Foster School of Business, the University of Washington's President's Newsletter, Harvard University, and KOMO 4 News. She has recently finished the tenure of a three year educational grant in Louisiana

2015 Board Nominees (Continued)

as an Ernest N. Morial Scholar at Louisiana State University. In 2014, she co-coordinated a fundraising walk for a local nonprofit, Friendship Circle Washington, and raised nearly \$80,000 in less than 5 weeks for children with disabilities. Laura is now a licensed attorney in the state of Washington, representing a wide variety of clients in a wide diversity of legal matters, such as criminal traffic hearings, landlord tenant issues, disability rights, and child custody disputes. In her time between clients, she also works as an ESL instructor in the Seattle area.

Karalee Woody

Karalee is the Executive Director for IT Customer Service at the University of Washington. She has previous Board experience working with non-profits providing on the ground support in the developing world. Her passion is empowering individuals to leverage difficult circumstances to excel in their life goals.

Karalee completed the Family-to-Family program at NAMI Greater Seattle and has also attended Mental Health First Aid training. She has been an active NAMIWalk participant for the last two years. In her previous Board roles her focus has been on fundraising efforts, a skill set she will bring with her to the Board of Directors for NAMI Greater Seattle.

Current Board Members: Re-Election

Carole Magouyrk (Development Committee Chair): Carole has served since January 2013, and is running for her second term.

Molly Maloney, JD (Treasurer): Molly has served since April 2011 and is running for her third term.

Linda Worthington, JD (Vice President): Linda has served since January 2013, and is running for her second term.

“Listen Up, I’m Mentally Ill!” Book Reading & Signing

We have just a few signed copies left, available on our events page: www.nami-greaterseattle.org/events

“Dr. Gallagher’s book transformed my life. I have read scores of books on mental illness and never has a book impacted me more profoundly than Dr. Gallagher’s - he is an alchemist. This book healed me from decades of pain. I now know I am not my illness.”

Gretchen, NGS Board Member



Dr. Michael Gallagher, retired psychiatrist and Spotlight writer, has self-published a book based on his years of working with people toward their personal recovery. On Oct. 25th he hosted a book signing at Ada’s Technical Books & Café and raised over \$600 for NAMI Greater Seattle!

Depressed Cake Shop NGS 2014

Local bakeries and sweets artists designed custom treats, grey on the outside with pops of color on the inside, to help raise awareness of mental health issues and raise money for NAMI Greater Seattle. Our Depressed Cake Shop popped up at The Coterie Room in Belltown on Friday October 10th, from 4pm-8pm. We raised almost \$2,400 and brought attention to NAMI during Mental Illness Awareness Week.

If you have any photos to share, be sure to use our tag #DepressedCakeNGS on Facebook and Twitter so we can see them!



If you missed out on the fun, you can...

- Live vicariously through the photos on our Facebook page
- Watch KOMO News' coverage here: <http://goo.gl/8K5mrZ>
- Make a donation on our website at www.nami-greaterseattle.org/give



Thank You!

Development Committee:

- Carole Magouyrk
- Shaida Hossein
- Gretchen Hawkins
- Lyndsay Campbell
- Ashley Fontaine

DCS Volunteers & Helpers:

- Suzie Hill
- Kelly Campbell
- Chris Fontaine
- Rowan Lasky
- Molly Maloney
- Gail Wilder
- Bruce Wilder
- Lucy Woodworth
- Linda & Brooke Worthington
- Michelle Bernard

Local Business Supporters:

- Sweet Wheels
- Baked
- Finn's Bakery
- Navos Café
- Ada's Technical Books
- Dangerously Sweet Cake
- Designs
- Stuffed Cakes
- Parfait
- Divine Confections
- Madison Park Bakery
- Whole Foods SLU
- Saucy Pirate Catering
- Peekaboo Sweets
- Central Cinema
- Tom Douglas
- The Majestic Bay Theater
- Stella & Dot, Stylist, Lyndsay Campbell

Memorials & Honorariums

In honor of Rosario and Cesar DeGracia's 50th Wedding Anniversary

Paula Santos Frial

In memory of Sally Gulacsik

Susan Cleva

Joan Klyn

In honor of Dr. E. Fuller Torrey

Susan Cleva

In memory of Paul Fitzpatrick

Anne Fitzpatrick

In honor of Spencer Mullis

David Mullis

In memory of Marilyn Mowan

Janet Moore

Marie Martell

Bequest Donation

Estate of Charles Ludwig

In Honor of Janet Hunter's 70th birthday

David Haining

Workplace Giving

NAMI Greater Seattle benefits every year from workplace giving campaigns in the Pacific Northwest. Does your employer participate in work place giving? Look for NAMI Greater Seattle in your charity directory.

Some of our 2014 supporting campaigns:

Community Health Charities

King County Employee Giving

Boeing

Deloitte

Costco Wholesale Corp.

Safeco

United Way

Bill & Melinda Gates Foundation

Microsoft

Liberty Mutual

Bank of America

Macy's

Honeywell

Merck

Starbucks

Novartis

Allstate

Network for Good

UPS

Benevity

Washington State Combined Fund

Drive

Year-End Giving



There are many ways to include NAMI Greater Seattle in your year-end giving. Founded in 2012, **#GivingTuesday** is the day after Black Friday - a global event dedicated to giving back and celebrating generosity. Thousands participate, and you can too! Click the image above to give to NAMI Greater Seattle via PayPal on December 2nd.

Amazon Smile: You can give while you do all that holiday shopping, too. Make NAMI Greater Seattle your charity of choice at smile.amazon.com and Amazon will donate .5% of your purchase.



Link your **Fred Meyer Rewards Card** to NAMI Greater Seattle at www.fredmeyer.com/communityrewards. You can search for us by non-profit number **83973**. Every time you shop with your Rewards Card at Fred Meyer, you help NAMI Greater Seattle earn a donation!



We appreciate donations of all kinds. For a full list of ways you can support NAMI Greater Seattle – including our favorite method, recurring gifts! – visit our website: <http://www.nami-greaterseattle.org/give/>