



Open your mind, mental illness is a brain disorder.

*Blessed are those that can give without remembering and receive without forgetting.-- Author Unknown*

## EXECUTIVE DIRECTOR'S REPORT

*Do you have an attitude for gratitude? It is all in your perspective....*

**W**e all have so much to be thankful for! I heard a little boy at church on Sunday exclaim "I just can't wait until Thursday!" His mom asked, "Why?" "Cause I get to eat the biggest chicken leg you have ever seen!" I could not help but laugh because my boys used to think everything was chicken. I wonder if the mom later told him that it is a turkey leg he will be consuming or let him think he will be eating a chicken leg on massive steroids. These last few months at NAMI Greenville have been a lot like the child's thinking. Many times I expect the usual and something miraculous happens.

For those of you who had the opportunity to attend Dining for NAMI, you caught a glimpse of the "NAMI Spirit". After the death of Andrew Torres, it was an honor to have his entire family attend that evening. Our excellent auctioneer Darron Meares started the "fund a mission" live auction and bid paddles went up everywhere. Attendees gave over \$16,000 to Crisis Intervention Training in order to train first responders in Greenville County. The grace and strength of the Torres Family has turned a tragedy into an opportunity to save other lives. We thank the family and all of you who gave toward Crisis Intervention Training that evening. We had the best Dining for NAMI event ever!

Our 1<sup>st</sup> Annual Tour of Homes should be underway as you receive this newsletter. Please come out and support this event. Five families are generously opening their beautiful homes to raise money for NAMI Greenville. The homes are in Kilgore Plantation and I would personally like to thank each family for their generosity: Rick & Kathy Fiddie, Mike & Lynn McBride, Shane & Michelle Hall, Michael & Karen Kissenberth, and Paul & Precia Shaw.

NAMI Greenville could not operate without our active Board of Directors, staff, hundreds of volunteers, and the support of this community. Mental health services are facing a tough year legislatively with more budget cuts on the way. Let's take this next year to show how

NAMI Advocacy works. We are a family and we will not let our loved ones affected by mental illness be silenced. One of our principles of support is that we will never give up hope.

Keep up the good work and remember in 2011 to think like the little boy I mentioned earlier. We might look like a chicken, but when we come together as a family, we can strut our stuff like a huge Thanksgiving Turkey! We are a strong and mighty force to be reckoned with.

With a grateful heart,

Kelly A. Troyer  
Executive Director

**NOTICE to NAMI GREENVILLE Members**

Annual Business Meeting  
Westminster Presbyterian Church  
Monday March 14th, 2011 7:30pm  
Please mark your calendar to attend!

**Please remember NAMI Greenville in your Year-end giving**

Our programs are free, and reach adults, children, parents, teachers, police officers, EMS, mental health professionals, and more.

We don't have fancy facilities or expensive ad campaigns. Our funds go for support, education, and advocacy efforts.

We operate mostly on the generous donations of individuals, local businesses, and charitable foundations. We are an IRS designated 501(c)(3) non-profit corporation in South Carolina, so those donations are tax deductible to the extent allowed by law.

Please help us help others.

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# PROGRAM DIRECTOR'S REPORT

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I want to thank all those people who made so many education classes and support groups possible in 2010.

**Basics:** Cindy, Luana, and Nancy.

**Caregivers:** Carole, Frances, Jim, Lynda, Marsha, Mel, Phil, Sally, and Valerie.

**Connection:** Janet, John, Mark, Raj, Sandra, Tom, and Valerie.

**Crisis Intervention Training:** Celeste, Cheryl, Debbie, Hudson, Jan, Janet, Liz, Lynda, Lynn, Marie, Mel, Paton, Raj, Sandra, Sharon, Sheryl, and Valerie.

**Family-to-Family:** Glenda, Jim, Larry, and Sharon.

**Health Fairs:** Cheryl, Jan, Robert.

**In Our Own Voice:** Ann, John, Muriel, Peggy, Raj, and Sandra.

**Parents and Teens:** Cindy and Kelly.

**Parents and Teachers as Allies:** Carole, Cindy, and Nancy.

**Peer-to-Peer:** Ann, Melissa, Muriel, Sandra, and Sheryl.

**Provider Education:** Cindy, Glenda, Jack, Phil, Sandra, Sandy, Sharon and Terrie.

**Office Volunteers:** Abby, Cheryl, Debbie, Diane, Harriett, Janet, Jill, Jason, Julie, Larry, Liz, Lucy, Lynn, Peggy, Ronda, Sandra, and Wanda.

**Coordination** of all of the above: Janet and Nancy.

**Sponsorship** of NAMI Greenville: our Board of Directors, Red Hype, and other generous donors.

There are so many people who helped that if I have left anyone out, I apologize and extend my thanks to you as well.

I also want to thank those organizations that have provided us with meeting space for our programs: First Presbyterian Church, Greer City Hall, Marshall I. Pickens Hospital, St. Michael Lutheran Church, Taylors First Baptist Church, and Westminster Presbyterian Church. If you have contact with them, please let them know that you appreciate their support of NAMI.

I hope you will give thanks to all those who helped you in your life. Researchers have found significant benefits in “the expression of gratitude – the simple act of thanking God, thanking others, or just counting your blessings. When you express a feeling, you amplify it. When you express gratitude, you become more grateful.” It lowers blood pressure, makes it more likely that you can lose weight or stop smoking, reduces stress and depression, and provides many other benefits. You don’t focus so much on your pain and problems. You realize you have friends, families, and communities to assist in times of need. And you see how you can help others in distress.

“Thank you” to all who helped others in a time of distress. I hope you were helped as much as you helped them.



Fletcher Mann  
Program Director

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## MONTHLY EDUCATIONAL MEETINGS

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**December 13 Holiday Party** It’s time to put away the blues and celebrate! Our annual holiday party is always a fun time of food and fellowship. Bring a covered dish (meat, vegetable, salad or dessert) and NAMI will supply the drinks, ice, cups, plates, utensils, and napkins.

**January 10 Educational Meeting** The Carolina Center for Behavioral Health will tell us about the new addition to their hospital and about the newest developments in ECT (electroconvulsive treatment). The Carolina Center offers treatment for adolescents, adults, and seniors, and is an important mental health provider in our community.

Both events will be held from 7:30pm to 8:30pm at Westminster Presbyterian Church, 2310 Augusta St., Greenville.

### NAMI SPARTANBURG

NAMI Spartanburg is taking enrollment for Peer-to-Peer and Family-to-Family courses. Classes are filling up quickly! Please call for starting dates.

Two more Connection and one more Caregivers support groups will start early next year. Locations and times to be announced.

**NAMI Spartanburg** 864-541-8522  
1850 Old Furnace Road  
Boiling Springs, SC 29316  
Email: [namisp Spartanburg@yahoo.com](mailto:namisp Spartanburg@yahoo.com)

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NAMI Support Groups include “**Connection**” for adults with a diagnosed mental illness; “**Caregivers**” for adults living with adults with mental illness; “**Parents**” for parents of school children with mental illness; and “**Teens**” for teenagers with mental illness.

**CHECK OUT OUR NEW WEBSITE AT [WWW.NAMIGREENVILLESC.ORG](http://WWW.NAMIGREENVILLESC.ORG).**

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# CHRISTMAS TOUR OF HOMES

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December 2, 3 & 4, 2010

*Kilgore Plantation*



Mark these dates on your calendar because you won't want to miss this festive holiday fundraiser! Join NAMI Greenville as we are invited into some of Greenville's grandest homes decked out in all their holiday finery.

Tickets for this inaugural event are \$20 per person; contact Lynn Terry or Susan Cline at 787-2804.

## CONGRATULATIONS!

I had the opportunity to join NAMI members from across the state at the annual NAMI SC training from November 12-14 at White Oak Conference Center. It was an intense, but rewarding weekend.

We appreciate the NAMI trainers from the upstate who were so dedicated to be there. We congratulate the NAMI Greenville students who completed their training and will now be presenters and facilitators. Frances Wilson and Sally Ingerick taught facilitators for the Caregivers Support Group. Thecla Tyner was an outstanding student. Sandra Ledbetter, Florence Sparks, and I trained the facilitators for the Connection Support Group. Debbie Smith and Jan Stenhouse were our star pupils. Wanda Human and Sheryl Sparks graduated the In Our Own Voice training with flying colors and are now presenters. There was also a strong group of trainers and students from NAMI Anderson-Oconee-Pickens and Spartanburg.

Fletcher

## SAVE A TREE

*NAMI Greenville is going GREEN.*

Members can elect to receive the newsletter by US mail or by email. Non-members will receive the newsletter by US mail for 3 months. After that, you must become a member to receive the newsletter by US mail.

Current and back issues of the newsletter will be available to anyone via our website, [www.namigreenvillesc.org](http://www.namigreenvillesc.org).

Call our office or send your email address to [newsletter@namigreenvillesc.org](mailto:newsletter@namigreenvillesc.org). Email addresses are confidential and will not be shared with anyone.

## A Special Thank you to our Volunteers! They Are Butterflies

It is said that the butterfly goes wherever it pleases and pleases wherever it goes. What a tribute to pay a creature otherwise known as an insect! Why do we find butterflies so pleasing?

Aside from their obvious beauty and benefit, probably the most gratifying trait of butterflies is their modest personality. While other insects buzz ferociously or rustle leaves fiercely to announce their might, butterflies quietly perform the miracle of pollination without ever disturbing anything. Their contribution rises to hero proportions as they help make life possible yet ask for nothing in return.

Some people are like butterflies. They go through life performing miracles daily without ever boasting and without ever purposely drawing attention to themselves. They are the reason those around them find work easier or life better. Just like butterflies, their contribution rises to hero proportions as they tirelessly help others yet ask for nothing extra in return.

These tireless wonders go wherever they please wherever they go. They are beautiful. They are beneficial. They are modest. Indeed...they are butterflies.

*Volunteers do not necessarily have the time; they just have the heart. - Elizabeth Andrew*



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## BOARD OF DIRECTORS

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**NAMI Greenville Monthly Support Groups**  
**Connection & Caregivers Support Groups**

**Every Monday at 6:15 p.m.**

Westminster Presbyterian Church, 2310 Augusta Road

**2nd & 4th Thursday at 6:30 p.m.**

First Presbyterian Church, 200 W. Washington Street

**NAMI Spartanburg Monthly Support Groups**

**Caregiver's - 2nd Thursday at 7 p.m.**

St. John's Lutheran Church, 415 S. Pine Street

**Connection - 3rd Tuesday at 6 p.m.**

St. Matthews Episcopal Church, 101 St. Matthews Lane

«Address Envelope»

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## Support Groups/Events

<b>December 6</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>December 9</b>	Combined Support Group	6:30 p.m.	First Presbyterian Church
<b>December 9</b>	Caregivers Support Group	7:00 p.m.	St. John's Lutheran Church, Spartanburg
<b>December 13</b>	All Support Groups	6:15 p.m.	Westminster Presbyterian Church
	<b>Holiday Party! 7:30 p.m. Please bring a covered dish to share</b>		
<b>December 20</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>December 21</b>	Connection Support Group	6:00 p.m.	St. Matthew's Episcopal Church, Spartanburg
<b>December 23</b>	Combined Support Group	6:30 p.m.	First Presbyterian Church
<b>December 25</b>	<b>Merry Christmas!</b>		
<b>December 27</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>December 27</b>	Connection Support Group	6:00 p.m.	Tri-City Baptist Church, Easley
<b>January 1</b>	<b>Happy New Year!</b>		
<b>January 3</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>January 10</b>	All Support Groups	6:15 p.m.	Westminster Presbyterian Church
	<b>Educational Meeting, 7:30 p.m. Carolina Center for Behavioral Health</b>		
<b>January 13</b>	Combined Support Group	6:30 p.m.	First Presbyterian Church
<b>January 13</b>	Caregivers Support Group	7:00 p.m.	St. John's Lutheran Church, Spartanburg
<b>January 17</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>January 18</b>	Connection Support Group	6:00 p.m.	St. Matthew's Episcopal Church, Spartanburg
<b>January 24</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>January 27</b>	Combined Support Group	6:30 p.m.	First Presbyterian Church
<b>January 31</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>January 31</b>	Connection Support Group	6:00 p.m.	Tri-City Baptist Church, Easley