

## Reporting Meeting of 17 July 2023

### Calendar of Events

- Last Week:** 7/10 Club Assembly, Dinner at Town Hall  
7/15 (Sat) Service at Anchor Diamond Park
- This Week:** 7/17 Speaker and Dinner, at Town Hall  
National Alliance on Mental Illness (NAMI)  
7/22 (Sat) 4 Season 4K – Camp Stomping Ground
- Next Week:** 7/24 Community Service at Charlton School
- Coming Up:** 7/31 No Meeting (Skipped for 8/3 Social Event)  
8/3 (Thurs) Baseball Game – Social w/District at Joe Bruno Stadium  
8/5 (Sat) BH-BL Rotary 9-Hole Golf Tournament

**Note: Regular Meetings are held Mondays at 6:00 pm.** Dinner at 6:00. Check your e-mail inbox the day of the meeting for the computer Zoom link and password, as well as the phone number you can use to phone in if using your cell phone to participate.  
Note: Fewer meetings will be hybrid or on Zoom going forward.

*Please give suggestions for future programs to Linda LeTendre  
Find us at [bhblrotary.org](http://bhblrotary.org) and on Facebook  
Together, we see a world where people unite and take action to create  
lasting change – across the globe, in our communities and in  
ourselves*

The meeting was opened by President Peter Sawyer with the Pledge of Allegiance to the Flag, followed by the invocation by Dan Stec, and recitation of the Rotary Four-Way test led by Rey Whetten. Fourteen members and no guests attended. The presentation followed.

### National Alliance on Mental Illness (NAMI) Mary Beth Honsinger

NAMI, The National Alliance on Mental Illness, is a United States-based nonprofit organization originally founded in 1979 as a grassroots group by family members of people diagnosed with mental illness. Headquarters are in Arlington Virginia. Since its founding it has grown to over 600 local organizations with about 20 in New York State.

NAMI-NYS is the state organization of the National Alliance on Mental Illness, the nation's largest grassroots organizations that provides free support, education, and advocacy for families and individuals impacted

by mental illness and addiction issues. NAMI-NYS provides early intervention and prevention programs for students and teachers, training and programs for law enforcement and families of veterans.



Mary Beth Honsinger is the President of the Board of NAMI Capital Region, serving residents of Albany, Greene, Rensselaer, and Saratoga counties. Free mental health support, online groups, resources, and education are provided.

NAMI employs a peer-education approach. Their programs are created and led by individuals with lived experience. A sampling follows:

NAMI Connections is a recovery support group for any adult who has experienced symptoms of a mental health condition. Insight is gained from hearing the challenges and successes of others. The groups are led by trained leaders who have been there. A structured model is employed to assure an opportunity to be heard.

NAMI Family Support Group is a free peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Designed for adult loved ones of people with mental health conditions.

NAMI Basics is a free 6-week program for parents and caregivers of children and teens who are experiencing symptoms of a mental illness.

NAMI Family-to-Family is a free 8-week educational class for family members and friends of a loved one with mental illness such as depression, post-traumatic stress disorder, anxiety, and bipolar disorder.

NAMI In Our Own Voice is an educational presentation that offers insight into the hope and recovery that is possible for people living with mental illness. It is a 90-minute presentation given by individuals living with a mental illness. It works to change attitudes,

assumptions, and stereotypes by describing the reality of living with a mental illness.

NAMI Ending the Silence focuses on middle and high-school students by offering an understanding of mental illness. It is 50-minute presentation usually given in a health class.

NAMI Provider Education is a 5-session program for mental health professionals and staff work directly with individuals living with a mental illness and their families. Presented by a trained team to medical professionals, individuals, and family members.

A question was asked about NAMI services in Schenectady County. Yes, they provided by the affiliate NAMI Schenectady

### Announcements

- Dues of \$85 for July through December are due
- The hyperlink connecting to reservations for the 8/3 Rotary social event at the Joe does not work; Peter Parker will investigate.
- A 4H chicken barbeque will be held on 7/20 at the Saratoga County Fairgrounds.
- Rick Reynolds, Town of Ballston's Historian will conduct an historical tour of the Hillside Cemetery in Burnt Hills on 7/19.
- A Goggle-Docment containing the activity schedule for the BHBL Rotary 2023-2024 Year may be found at:  
<https://docs.google.com/document/d/1s5NEGkLJNFEIYIoDKU8HdgGMjpnzGSvvGcbAV-flYM/edit>. It should be opened each time used, to assure up-to-date information.

*Reported by Fred Baily*