

Alger/Marquette Affiliate
NOTES FROM THE CHAIR By

Cindy K. Bertucci, President, NAMI Alger/Marquette

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Hello everyone!!!

A new year is upon us. Hard to believe it is 2023. Sometimes time flies by so fast. My parents always told me as you get older time goes by so much faster, and I thought, what are you talking about. Now I know what they meant. I am going to be 65 in February 2023 and wonder how did I get here so fast.

I hope this next year can be better for everyone than previous years. I know we still have COVID sticking around and that may be for a long time, along with the flu. We must do what we need to do to take care of ourselves and our families. Whatever that may be. I know we all want to be healthier but sometimes it is not that easy for everyone. I am not just talking about physical well-being but also mental health well-being. Sometimes mental health is harder to deal with than physical. As anyone who deals with mental illness knows there are people who do not believe or understand mental illness. Some people think if they can't see the illness that there is not one. And for all of us with a mental illness we for sure know that is not true and more and more I hope we can get more people to understand this. It can be more difficult when it can't be seen and very frustrating for all of us trying to deal with this. Keep spreading the word about mental illness and hopefully more and more people will take notice and try to understand.

There are so many things happening in our world today and we must learn to accept what we cannot change but try to change the things we can. No one can do this all alone.

Our NAMI Alger/Marquette affiliate is looking forward to this new year. Now that we have started in-person support group meetings we are looking forward to bringing back our education meetings. These meet usually the 4th Monday of the month and we have speakers concerning many subjects. We are always looking for ideas, so if there is something you would like to have more information on, please let me know so I can set something up. We are looking forward to adding a program hopefully by the spring of 2023, and also start up our newsletter again.

As always if you are on my email list I send out the meeting dates every month, and they are also listed on our website and Facebook page. However, if you would like to be on my email list, please send me your email address. Sometimes there may be an email that I send out that might have more information than something on our website and you will get these notices directly to you.

I have previously mentioned that if you are not able to attend a meeting in person, I do one monthly support group meeting on ZOOM. If neither of those will work, please contact me and I will set up time for us to talk.

So let us be more aware of our own feelings and take care of ourselves as we know if we can't take care of ourselves, we are not able to be there for anyone else.

If you have any questions, you can contact me: Cindy K. Bertucci at CKBertucci58@charter.net or my phone 906-360-7107, text or call.

I thank you for being there and we are always looking for more people to get involved with NAMI and our affiliate. We love new people and new ideas.

I will update this letter again in April. Again, thank you for all of your support, and hope to talk and see more of you.

Please check out our website, NAMImqt.com, or our Facebook page. When checking for our meetings please be aware of meetings that may be canceled due to bad weather.

Cindy K. Bertucci
President of NAMI Alger/Marquette Affiliate.