



NAMI  
National Alliance on Mental Illness

Alger/  
Marquette Co.

**Alger/Marquette Affiliate  
NOTES FROM THE CHAIR by  
Cindy K. Bertucci, President, NAMI Alger/Marquette  
January 2024**

Hello everyone and HAPPY NEW YEAR!!!!

I hope the new year will bring much happiness to everyone. I now understand when they say as you get older time seems to fly by even faster.

We are still having our support group meetings twice a month: the second Monday and third Thursday. I do offer zoom meetings once a month, but that date varies. We did conduct a Family-to-Family class last year. We are hoping to offer another Family-to-Family or a different educational class this year.

We have a new meeting address as the office of S.A.I.L. (Superior Alliance for Independent Living) has moved to 1025 W. Washington St., Suite C, Marquette, MI. Our affiliate is blessed that they allow us to have our meetings there. A BIG THANK YOU TO S.A.I.L!!

For information about our meetings and other events, please check our website, [NAMImqt.com](http://NAMImqt.com), or our Facebook page. I also send emails every month with meeting dates and other functions. If you are not on my email list, please send me your email.

One of our important missions this year is to increase our membership and have some fundraisers to help our affiliate continue the services we offer. We rely on the public to keep us active. Everything we offer to the public is free, however we have costs that we have to pay. Also, if you did not know this, everyone involved is donating their time. There are no salaries. This affiliate is very important to us, and we hope we can keep offering our services.

I hope this information will help you, and always feel free to pass this information on as there is always someone that needs to have someone to talk to. This is what our support groups meetings are for. Many people do not talk about mental illness as they may feel ashamed and/or do not understand the illness. There is nothing to be ashamed of, as mental illness is a chemical illness of the brain with a chemical imbalance. Mental illness does not pick favorites. I know that firsthand as I have bi-polar disorder. Mental illness can be difficult for the individual with the illness but also for family and friends of the person with the illness. Finding out more about mental illness will help in so many ways.

Also, if you have any ideas for fundraisers, please share that with me.

If for some reason you cannot attend our support group meetings, please contact me and I will set up a time for us to meet.

If you need more information, please contact me: Cindy K. Bertucci at [CKBertucci58@charter.net](mailto:CKBertucci58@charter.net) or text/phone 906-360-7107.

Thank you and best wishes for a healthy start to your new year!