



Alger/
Marquette Co.

NAMI Alger Marquette
NOTES FROM THE CHAIR
by Cindy K. Bertucci, President
June 2022

Hello everyone!!!

Yes, Spring/Summer is upon us, the sun is shining, and everything is a beautiful green. I hope everyone is doing well and will continue to do so. Of course, there are some people who may not have it that good right now but I always have hope that that will change.

Unfortunately, there has been a lot of disturbing news and violence going on in our country, showing that there are a lot of people with mental health issues, taking it out on the innocent children and adults. More than ever, we need to get the word out about mental health and hope more people will be able to seek the help they need before committing any more violent acts.

Our affiliate is happy to announce we will be having a NAMI Walk on Saturday, September 17, 2022 at the Mattson Lower Harbor Park in Marquette, MI. This year will be an in-person walk and we are hoping for a GREAT turnout. This is a very good way to get people to realize more about mental health, our affiliate, and what we have to offer. So please mark your calendar and join us in helping to raise money so NAMI can continue to do the work that benefits the mental health community. Join us in person, make a team to raise money and/or a single donation, and of course we are also looking for sponsors that can help us advertise our event. If you would like to join us in any way, we would be very grateful. If you need any more information about joining our Walk please let me know.

It is my personal mission is to get the word out about mental illness and help people understand and get rid of the stigma that there still is. I have bi-polar disorder and am very fortunate to be doing well. However, some days are not so great. I take my medication and do what I need to do every day to stay as healthy as possible. I would like to help other people accomplish that also. Our affiliate is also fortunate to have the board members we have and all that they do for our affiliate and people dealing with mental illness including friends and family of someone with mental illness. There are a lot of good people out there dealing with this subject. We are all hoping for a better world.

We are looking forward to starting to hold our support group meetings IN PERSON this summer. At this time, we are still looking for space in Marquette to hold these meetings.

Thank you so much for your support - we can't do this without you!!!!!!

Cindy K. Bertucci
President, NAMI Alger Marquette