



Alger/  
Marquette Co.

**Alger/Marquette Affiliate  
NOTES FROM THE CHAIR  
By Cindy K. Bertucci, President  
JULY, 2024**

Hello everyone and I hope you are enjoying your summer so far.

The weather here so far has been mild in temperature with rain off and on, so we have not had to deal with dry conditions or hot weather. I am happy about it so far as I am not a person who likes the heat, and not a sun bather.

We are still having our Support Group Meetings the 2<sup>nd</sup> Monday and 3<sup>rd</sup> Thursday of each month. I do offer Zoom meetings once a month, but that date varies.

In my previous letter I mentioned we have a new meeting address. 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 SAIL! Our meeting room is wonderful.

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 notice of any other function. If you are not on my list, please send me your email.

I have mentioned previously 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. 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 and feel free to pass this information on as there is always someone who needs to have someone to talk to. This is the purpose of our support group meetings. 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 an illness of the brain with a chemical imbalance. Mental illness does not pick favorites. I know that firsthand as I have bipolar disorder. Mental illness can be difficult for the individual with the illness but also family and friends of someone with the illness. Finding out more about mental illness will help in so many ways.

Also, if you have any ideas for fundraisers, please let me know.

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.