



Alger/Marquette Affiliate
NOTES FROM THE CHAIR by
Cindy K. Bertucci, President, NAMI Alger/Marquette
Fall 2022

Hello everyone!!!

Fall is upon us, with Winter just waiting to attack. I live in Ishpeming and over a week ago we had a bad winter storm with approximately 18" to 2 feet of snow. Anyone living in this area knows this can happen and can only hope it doesn't stay. This one did not, but there have been years it HAS!!!!

I hope this finds everyone doing as well as they can. As we know some people struggle with mental illness, medicated or not. I feel one of the biggest misunderstandings of people with the illness, and those who have family or friends with such an illness, is that when medication starts everything will be great and they are cured. Medication can lessen the symptoms but not take them away permanently, same as so many other illnesses and medications. Any type of relief is very welcome. For me, medication + therapy is the key. However, there isn't always a therapist available, and many people may not have the money for either one. We need more programs to help people with such circumstances.

Our affiliate has started in-person meetings twice a month and looking at starting educational meetings again. I will always keep you informed of the meeting dates. For the educational meetings please let me know of a topic you would like to have discussed. We are always looking for ideas and people to present such topics. And I am still doing one Zoom meeting a month, with the dates on the same page with the meeting dates.

Anytime you need to talk please contact me as I know sometimes people cannot always attend the meetings, in-person or online.

In my previous letter I mentioned we were going to have a NAMI Walk in September. However, that was not possible. We are looking forward to 2023 for another opportunity. We are always looking for people to help us in fundraising and be involved with the Walk.

Next time I do my letter Winter will be upon us, and we always need to make the best of it. I hope you have Happy Holidays as best as you can because we know such times are difficult for some people. Hang in there and you will get through it.

We are always looking for new members so that we can continue with our NAMI Alger/Marquette affiliate. Please contact me if you need more information about joining us.

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

Cindy K. Bertucci
President, NAMI Alger/Marquette