



NAMI LAKE LINE

NAMI of Lake County · P.O. Box 6356 · Libertyville, IL 60085 · (847) 249-1515 · Web: www.namilake-il.org

March 2007

Protected Tomorrows®

Creating the Future Care Plan for Family Members with Special Needs

Wednesday, March 7th, 2007 at 7:00 PM

As family members of a person with a disability, we so often tend to view life in light of the challenges presented to us. The Protected Tomorrows presentation by Mary Anne Ehlert is an interactive workshop that provides a good basic understanding of some important facts, such as how to apply for government benefits such as SSI, SSDI, Medicare, and Medicaid. The presentation also reviews in an uncomplicated manner how to prepare financially, and how to have your family's wills and trusts set up so as not to disqualify your loved one for benefits in the future. Finally, and most importantly, the topic of family communication is covered in a fun yet serious manner.

Mary Anne Ehlert is a financial professional and sister to an individual with disabilities. She is highly regarded as a specialist in working with families of individuals with disabilities, and serves on the boards of several organizations, including Special Olympics of Illinois. She speaks to conferences and other audiences on financial planning, and has recently completed her book, entitled "The Gift I Was Given."

We are looking forward to seeing you on March 7th. Please consider bringing a friend (or two or three) with you to the meeting and help spread the word about NAMI of Lake County.

Location: State Bank of the Lakes, 50 Commerce Drive, Grayslake. The bank is off Center St., which is the first stoplight north of Route 120, one mile west of Highway 45.

Meetings are FREE and open to the public. Refreshments will be provided.

Support Group Schedule

A NAMI support group is a place to confront fears, to be validated, and to learn and practice skills related to dealing with real life issues which impact families. People learn that they are not alone. Support groups are FREE and open to anyone in need.

Support for families and friends.

Where: Lake County Health Dept. (LCHD)
3012 Grand Ave. Waukegan, IL
When: 2nd Thursday, 6:30 PM
Facilitators: Caroline Lyczko

Support for families and consumers.

Where: St. Lawrence Episcopal Church
125 W. Church St. Libertyville, IL
When: 4th Tuesdays, 7:00 PM
Facilitators: Janet Scherer

Support for parents of young, school age children.

Where: Calvary Church
1221 W. Maple Ave. Mundelein, IL
(Rte. 176 west of Midlothian)
When: Last Thursday of the month, 7:00 PM
Facilitators: Donna DeKruif & Vickie Kukulski

2007 Meeting Plans

NAMI of Lake County has the following topics planned for the 2007 monthly meetings. If you have a suggestion for a future meeting, please contact us with your ideas.

- **April 4, 2007:** Crisis management and how to prepare for and handle a mental health crisis.
- **May 2, 2007:** Trends in medications and treatment.
- **June 6, 2007:** Brain Gym and how to keep our minds strong.
- **July & August 2007:** No meetings
- **September 5, 2007:** Consumer panel about mental health and recovery issues.
- **October 3, 2007:** Emotional wellness and how to bring it into our lives.
- **November 7, 2007:** How to bring humor into our stressful lives and its therapeutic value.
- **December 5, 2007:** Holiday celebration

Volunteers Needed!

NAMI of Lake County has many volunteer opportunities (fundraising, program planning, and publications). Interested? Want to help in other ways? Contact us at namisupport@hotmail.com or at 847-249-1515.

