



NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties
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History Channel—Lincoln and Depression

A new documentary about Abraham Lincoln and his achievements, including his life-long struggle with depression, will air on the **History Channel on Monday, January 16 at 8:00 PM ET** (Check local cable listings). Based in part on the recent book "*Lincoln's Melancholy: How Depression Challenged A President and Fueled His Greatness*", the program honors the remarkable accomplishments of our 16th President despite his life-long struggle with depression, which the film argues was the driving force behind his ultimate transcendence from modest origins to the American Presidency. THC and NMHA collaboration will focus on educating Americans on mental health through Abraham Lincoln's experiences and work to dispel the stigma surrounding mental health problems and treatments.

"Lincoln is a powerful and telling story of one of America's greatest leaders who used his own personal turmoil to fuel grand achievements," said Judy Klein Frimer, Director of Brand Enhancement at The History Channel. "The NMHA partnership provides the opportunity to advance the importance of[More Details](#)

January 13, 2006



Postpartum Depression

The birth of a child can be a joyous and exciting time, but following child-birth, some women may experience postpartum disorders that can adversely affect a woman's mental health. Mothers commonly experience what is called "the baby blues," mood swings that are the result of high hormonal fluctuations that occur.....[More Details](#)

How is the New Medicare Drug Benefit Working for You?

The new Medicare drug benefit went into effect on January 1. During the initial days of this benefit, NAMI is hearing both positive and negative stories from across the country about the initial transition period to the new benefit -- especially among low-income individuals with severe mental illness who are "dually eligible" for both Medicare and Medicaid. While some "dual eligibles" are getting their prescriptions consistent with the new law -- uninterrupted refills at only \$1 for a generic medication and \$3 for brand name medication, others have experienced severe problems at the pharmacy counter.

In most cases, these problems are the result of Medicare prescription drug plans and pharmacies NOT abiding by the rules set forth by the Centers for Medicare and Medicaid Services (CMS), the federal agency that administers Medicare. NAMI is working aggressively to address these problems.[More Details](#)

Volunteers Needed for Tiffin-Seneca United Way

The Tiffin-Seneca United Way, of which NAMI SSW is an associate member, is seeking volunteers for their BINGO program, that runs on Thursday nights. We have been asked to furnish 3-4 volunteers to cover at least one of the nights during the year. If you are interested in volunteering for this worthwhile event, please contact Dennis Wolf at 419-334-8021 or 888-582-8889 or by e-mail at dwolf@namissw.org.

Upcoming Events

- January 16, 7PM** - Board Meeting, Community Hospice in Tiffin
- January 20, 2:00PM** - Fremont C.A.R.E. Support Group, Pontifex in Fremont
- January 25, 2:00PM** - Tiffin C.A.R.E. Support Group, RTA Building in Tiffin
- January 27, 2:00PM** - Fremont C.A.R.E. Support Group, Pontifex in Fremont
- February 2, 7:00PM** - Upper Sandusky Family Support Group, Angeline School
- February 3, 2:00PM** - Fremont C.A.R.E. Support Group, Pontifex in Fremont
- February 6, 7:00PM** - Membership and Volunteer Meeting, Upper Sandusky
- February 8, 2:00PM** - Tiffin C.A.R.E. Support Group, RTA Building in Tiffin
- February 8, 7:00PM** - Tiffin Family Support Group, Community Hospice in Tiffin

To remove your name from our mailing list, please respond to this e-mail with the word "unsubscribe" in the subject line.

A PDF version of this newsletter is available by clicking [here](#). Questions or comments? e-mail dwolf@namissw.org or call 888-582-8889

NAMI SSW is a Member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.