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**FALL 2014**



*NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.*

**NAMI – BEAVER COUNTY** is an educational, advocacy and support group for families, consumers, and professionals dealing with serious mental illnesses or brain disorders. We support each other by educating ourselves through research, attending conferences, and sharing this information with others. NAMI-BC members also offer support through our years of experience n dealing with these illnesses on a personal level.

Meetings are held at  
**NAMI BEAVER COUNTY OFFICE- 1229 3<sup>RD</sup> ST., BEAVER, PA. 15009**  
7:00pm on the 3<sup>rd</sup> Thursday of each month

**\*\*\*DECEMBER MEETING, "CHRISTMAS MEETING", DECEMBER 18, 2014 – \*\*\***  
**\*\*\* JANUARY MEETING, "SHORES HOME THERAPY PROGRAM", JANUARY 15, 2015 - \*\*\***  
**\*\*\*FEBRUARY MEETING, " DEINSTITUTIONALIZATION/CRIMINALJUSTICE", FEBRUARY 19, 2015 - \*\*\***

## 2014 NAMI Walk



By Teresa Scibilia

Sunday October 5<sup>th</sup> marked the 8<sup>th</sup> annual NAMI Walk for Southwestern Pennsylvania. With nearly three thousand attending the event on the Waterfront of Pittsburgh, The 5K gait along the Steel Valley River Trail was successful thanks to the multitude of sponsors, volunteers, and participants. Thus far the event has raised \$168,011, with the donors tallying to 1674 people. This means that NAMI Walks Southwestern Pennsylvania has raised 93% of their fundraising goal of \$180,000. With donations being accepted through the end of October, the proceeds benefit NAMI's mission of education, advocacy, and the goal of recovery for individuals and families affected by mental illness.

If you wish to make an online donation go to,  
<https://securewalks.nami.org/registant/LoginRegister.aspx?eventid=142935&langpref=en-CA&Referrer=https%3a%2f%2fwww.google.com%2f>

For offline donations, send the desired amount to: NAMI Southwestern Pennsylvania , 105 Braunlich Drive, Suite 200, Pittsburgh, PA 15237.

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## ANNOUNCEMENTS

**WE HAVE A NEW OFFICE AND MEETING PLACE, 1229 3<sup>RD</sup> ST, BEAVER, PA. 15009. MEETING IS AT, 7:00 PM.**

**NEWSLETTER WILL BE QUARTERLY.** With new office and new responsibilities it was voted by the board to publish the newsletter quarterly.

**SUSCRIBE TO NEWSLETTER BY EMAIL** email [carlabraund@namibeavercounty.com](mailto:carlabraund@namibeavercounty.com)

**VIEW MENTAL HEALTH VIDEOS AT NAMI OFFICE.** Call number below for dates and times.

**NEW PHONE NUMBER AND EMAIL FOR NAMI BEAVER COUNTY OFFICE.** 724-888-6877 and [carlabraund@namibeavercounty.com](mailto:carlabraund@namibeavercounty.com)

**FACEBOOK** look for NAMI BEAVER COUNTY.....

**NEW WEBSITE:** [www.namibeavercounty.com](http://www.namibeavercounty.com)

***Please contact Carla Braund at (724)888-6877 or [carlabraund@namibeavercounty.com](mailto:carlabraund@namibeavercounty.com) questions or concerns regarding any of the events listed above.***

## What is Schizophrenia?

Schizophrenia is a brain disorder that involves delusions, loss of personality, confusion, agitation, social withdrawal, psychosis and bizarre behavior. Generally appearing in late adolescence to early childhood, schizophrenia commonly arises in men between the ages of 15-35 and women 25-35. However, schizophrenia does not only affect the individual with the disorder, but family, friends and society as well, for many people with schizophrenia are unable to care for themselves.

While the patient suffering from this schizophrenia have to learn to cope with this mental illness for the rest of their life, acquiring treatment can aid in leading a rewarding productive and meaningful life. To this day there exists no laboratory or physical test that can undeniably diagnose schizophrenia, but from observing the patients clinical symptoms, a psychiatrist can make a diagnosis and administer treatment for schizophrenia. The medical management of this disorder involves the drugs used to treat psychosis, depression and anxiety.

Affecting approximately 1% of adults across the globe, schizophrenia is a complex, chronic, disabling brain disorder that experts speculate may be many illnesses masked as one. Research indicates that the illness arises from faulty neuronal development in the brain of the fetus, which emerges as a mental illness later in life. The brain consists of billions of nerve cells that interact to send and receive messages. Endings of these nerve cells release neurotransmitters, which are types of chemicals that relay messages from one nerve cell to another. In the brain of an individual with schizophrenia, this messaging system is not working properly. Experts believe an absence of the neurotransmitter, dopamine, is involved in the onset of schizophrenia. They also believe that an individual's genes have a large contribution to the development of this disorder. While an individual with no history of schizophrenia in their family has a less than 1% chance of developing the disorder, that risk rises to 10% if one of your parents suffered from schizophrenia.

Often the person with schizophrenia may conceal their symptom from others out of fear or confusion. There also exists the factor that the disorder might cause the patient to experience paranoia and become suspicious of family or friends that try to help. For these and many other reasons, schizophrenia can be difficult to diagnose. *by Teresa Scibilia*

[What is Schizophrenia?. \(n.d.\). Medical News Today. Retrieved October 26, 2014, from http://www.medicalnewstoday.com/articles/3](http://www.medicalnewstoday.com/articles/3)

# What's on your plate?

BY TERESA SCIBILIA

To serve as a reminder for consumers to make more conscious health decisions, First Lady Michelle Obama and USDA secretary Tom Vilsack released the MyPlate food icon in 2011. Consisting of five food groups, MyPlate consists of approximately 30 percent grains, 30 percent vegetables, 20 percent fruit and 20 percent protein, with a single serving of dairy. (ideally a glass of milk or yogurt cup)

This model was designed to replace the USDA's MyPyramid guide. They also established *ChooseMyPlate.gov*, which hoped to accomplish the following:

- Provide health information for individuals, health professionals, and the food industry to help consumers become more aware of a healthy diet and be able to assess recourses and tools to do so.
- Reduce rates of overweight and obesity in Americans

## The Five Food Groups

- They are the building blocks for a healthy diet and lead to longevity and prolonged health.
- Fruits/Vegetables
  - To categorize into this category, it must be any fruit/vegetable or 100% fruit/vegetable juice. Can include items that may be fresh, canned, frozen, or dried.
  - Vegetables are further categorized into 5 subgroups: dark, green vegetables, starchy vegetables, red and orange vegetables, beans and peas
- What Categorizes a Food into the Grain Group?
  - Any food made from wheat, rice, oat, cornmeal, barley, or another cereal grain.
  - Grains divided into 2 subgroups: whole grains and refined grains. Whole grains contain the entire grain kernel (bran, germ, and endosperm), while refined grains have been milled, which removed the bran and germ.
- What foods are in the Protein Food Group?
  - Foods made from meat, poultry, seafood, beans and peas, eggs, nuts, or processed soy products.
  - Suggested to consume 8 ounces of seafood per week.
- What Food are included in the Dairy Group?
  - All fluid milk products or any foods made from milk that contain calcium, with the exception of soymilk
  - Ideally dairy choices should be fat-free or low fat.
- Dr. John Berardi discusses the controversies with the MyPlate model on Precisionnutrition.com.
  - Fruit/Vegetable juice is not of equal nutrition value to fresh fruit/vegetables. In fact the process by which the body absorbs, digests, and nutrient profiles these groups of food are different. Fresh fruit and vegetables are superior to juice, canned, frozen, or dried versions
  - The recommendation for grains and fruit with every meal suggests that a high carbohydrate diet is ideal. However, there have been studies that link increased carbohydrate intake to Diabetes.
    - A high carbohydrate diet is ideal for individuals with high glucose tolerance. However, those who do not exercise much, or do not have good glucose tolerance are at risk for developing type 2 diabetes.



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**NAMI – THE NATION’S VOICE ON MENTAL ILLNESS**

Carla Braund, Editor  
Anna Burns, Co-Editor  
NAMI BEAVER COUNTY  
1229 3<sup>rd</sup> Street  
Beaver, PA 15009

**“Happy is he who learns to bear what he cannot change”, J. C. F. von Schiller**

**MEMBERSHIP FORM 2014 *please renew early in year***

*In order to keep the membership process streamlined, we **prefer** renewals to be processed early in the year. It is also possible to renew your membership online at [www.nami.org](http://www.nami.org). Any questions or concerns please direct them to Carla Braund, 724-688-6877 or [carlabraund@namibeavercounty.com](mailto:carlabraund@namibeavercounty.com) All NAMI – Beaver County memberships include subscriptions to all four newsletters.*

\_\_\_\_\_ Enclosed is my check for \$35 for 2014 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

\_\_\_\_\_ I am on a limited income. Dues are \$3 for full membership.

\_\_\_\_\_ I wish to make a tax deductible donation of \$ \_\_\_\_\_ to NAMI – Beaver County.

NAME(S) \_\_\_\_\_

Please check one:  Family member  Consumer  Mental health professional

ADDRESS \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

Make checks payable to: <b>NAMI – Beaver County</b> <b>Send to: NAMI – Beaver County 1229 3<sup>rd</sup> Street -- Beaver, PA 15009</b>
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