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## Good News!

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Methodist Church) in Champaign, Illinois. You may connect with Emotions Anonymous at (217) 352-3632, or by email at: [eamtg2@gmail.com](mailto:eamtg2@gmail.com), or visit their website at: <http://www.eamtg.com>

**Emotions Anonymous** will be celebrating their 17<sup>th</sup> anniversary with a public information meeting. Emotions Anonymous, a twelve-step program for people whose emotions are causing difficulties in their lives has met continuously in the Champaign area on every Tuesday since the fall of 1999. This special anniversary public information meeting will take

on **Tuesday, September 13, 2016**, at 7:00PM at 1719 S. Prospect Avenue (Faith United

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## Group Updates

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\* **NAMI** invites you to **FIRST TUESDAY FUN NIGHTS!**

Tuesday, April 5, 7-8:30 PM at Colony West Clubhouse, 31 Colony West Drive, Champaign (northeast corner of Windsor & Prospect).

April's theme is **SPRING!** - Bring a **SPRING** (you know- the kind that you might find in a pen, a bed, or a car) and we will use it and other metal objects to make and take a **SPRING** mobile or sculpture - **YOU** decide. In addition, Kim Simpson will have a game to play. Please bring a snack to share. Please call Nancy 217-356-1925 to RSVP.



\*Amanda sends us information regarding the **Depression and Bipolar Support Alliance (DBSA) of Urbana-Champaign:**

The Mission of DBSA is to provide hope, help, support, and education to improve the lives of people who have mood disorders. DBSA of Urbana-Champaign is a peer-run support group for those individuals dealing with mood disorders. The benefits of DBSA:

- Gives you the opportunity to reach out to others and benefit from the experience of those who have been there.
- Motivates you to follow your treatment plan.
- Helps you understand that a mood disorder does not define who you are.
- Helps you rediscover strengths and humor you may have thought you had lost.
- Provides a forum for mutual acceptance, understanding, and self-discovery.

DBSA of Urbana-Champaign meets at Presence Covenant Medical Center, 1400 W Park Street, Urbana IL, on the first floor:

Tuesdays 7:00pm -8:00pm for members dealing with mood disorder along with friends & family who offer support.

Thursdays 7:00pm – 8:00pm for friends and family members “only” of those dealing with mood disorders.

Fridays 7:00pm – 8:00pm for individuals “only” dealing with mood disorders.

For questions regarding DBSA of Urbana-Champaign, please contact Amanda Bryan at [abryan93@gmail.com](mailto:abryan93@gmail.com) or 217-202-9198. Additional information can also be found at <http://www.dbsalliance.org>.

\* Beth sends word that MAY is Stroke Awareness Month and the **Stroke Support Group** would like to invite all stroke survivors, their families and friends to their 1<sup>st</sup> Annual Stroke Awareness Celebration on Wednesday, May 4 from 3 – 4:30 pm. The group meets on the 4<sup>th</sup> floor of the D Wing at Presence Covenant. Please join them for BINGO, fellowship, and refreshments.

\* Karen reminds us that **GROW in Illinois** has two support groups in the Champaign - Urbana area:

Mondays 11:00 am  
First Presbyterian Church  
302 W Church St Champaign – come to the Office Door to be buzzed in.  
Contact: Karen 217-352-6989

Tuesdays 6:00 pm  
Presence Hospital  
1400 W Park St, Urbana  
Auditorium A  
Contact: Charlene 217-871-3426

\* Martha sends word of upcoming scheduled speakers for the **Carle Diabetes Support Group**. The group typically meets the third Tuesday of each month (please note date change in March and no class in December). Meetings are free, open to the public and take place at the Carle facility on Kirby (1813 W. Kirby Avenue, Champaign) at 7 p.m.

-Tuesday, April 19-Frozen Shoulder in Diabetes  
Andrew Eheart, PT, DPT, OCS, Carle Therapy Services  
-Tuesday, May 17-Herbal Gardening and Health  
Karen Lowery, Herb Society  
-Tuesday, June 21-Women's Health Issues  
Dori Puracchio, RN, CDE, Carle Diabetes Educator  
-Tuesday, July 19-Medications that Impact Diabetes  
John House, PharmD, BCPS, Carle Pharmacist

For more information about the Carle Diabetes Support Group, call Martha Trenkamp, RD, CDE, at (217) 383-3490.



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## Announcements

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\* Patti would like you to know about the upcoming **FAMILY KINDERGARTEN READINESS SUMMER CAMP!**

Do you have a 4 - 5 year old who will be attending Kindergarten in the fall of 2016? We have just the camp for your family....families receive a free meal, books, materials, childcare, and workshops to help get your child prepared for school.

**Champaign will host two sites of summer camp in June:**

Tuesday – June 7, 14, 21, and 28 @ Garden Hills Elementary School, 2001 Garden Hills Drive, Champaign  
or

Thursday – June 9, 16, 23, and 30 @ Booker T Washington STEM Academy, 606 East Grove St, Champaign  
Time: 5:30 – 7:30 pm

Text or call Patti at (217) 480-5398 to register or for more information

**Urbana will host one site of summer camp in June:**

Thursday – June 9, 16, 23, and 30 @ Urbana Early Childhood Center, 2202 East Washington, Urbana  
Time: 5:30 – 7:30 pm

Text or call Darcy at (217) 530-5071 to register or for more information

\* **GROW in Illinois** is going Over the Edge! An upcoming fundraiser announcement from GROW: “Don’t miss out on an adventurous chance to experience rappelling eight stories down the Eden Supportive Living Building in downtown Champaign to raise awareness for Mental Health and Recovery. Ninety two people can participate in this exclusive “Over the Edge” opportunity. The first 92 participants to raise \$1,000 secure their rappel spots. We are confident that these spots will go quickly...so REGISTER TODAY”. For more Information, please contact Karen at 217-352-6989 or Karen.shan@growinamerica.org

\* Alicia sends along some great information about the **Champaign/Urbana Public Health District’s Children’s Dental Program**. This program provides a Dental Home to over 7,000 Champaign and Urbana children age 0 -18. Services include exams, cleaning, fluoride, sealants, fillings, some root canals, stainless steel crowns and space maintainer. Please see the attached flyer for more details.

\* Jessica asks: Are you and your toddler ready to SPRING into fun?! Bring your “little flower” and join us for a free hour of playtime, music, snacks, and fun! The Crisis Nursery announces a new **Parent Child Interaction Group**.

**When:** Every Friday from 10:00-11:00AM  
March 25-June 10, 2016

**Where:** Developmental Services Center  
1304 W. Bradley Ave.  
Champaign, 61822

**Why:** Parent-Child Interaction Groups are a fun way to interact with other parents, strengthen the attachment between you and your little one, and learn more about your child’s development. This twelve week session will focus on children ages 12-24 months.

For more information or to register, contact Family Specialists Jessica McCann or Ann Ambrose at (217) 337-2730.

\* Erica and our friends at **Carle** invite health care professionals and members of the community to attend the “My Life. My Health. My Voice”. seminar, providing a half-day educational conference on the Illinois Health Care Surrogate Act, POLST form and other Advanced Directive forms, assessing decisionality, guardianship, palliative medicine, code status and CPR realities, and cultural considerations for Advanced Directives. The seminar will take place on Saturday, April 16 from 7:30 a.m. – 12:15 p.m. at The Forum at Carle, Urbana. \$15 fee for all.

Conference participants and the general public are also welcome to come to the Forum Lobby from 12:15pm-1:15pm to complete Advanced Directives free of charge. Carle Social Workers, Chaplains and Nurses will be available to meet with those who would like to work one-on-one to discuss and complete Health Care Power of Attorney and/or Living Wills. Volunteer attorneys from Land of Lincoln Legal Assistance Foundation will also be present during this hour to complete Financial Power of Attorney forms free of charge with any interested person. To register, visit [carleconnect.com](http://carleconnect.com).

\* Dylan at **PACE, Inc.** informs us of the following upcoming events:

**Independent Living Skills Trainings:**

April 18: MTD bus scheduling and safety

May 16: Time management

June 20: Affordable recreation options

All of the above listed meetings are on the third Monday of each month (except January) from 2:00 p.m. – 3:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

In addition, PACE announces the following **Job Readiness Trainings:**

April 7: Cover letters and references

May 5: How to conduct a job search

June 2: Tips for applying for jobs

All of the above listed meetings are on the first Thursday of each month from 1:00 p.m. - 2:30 p.m. at PACE, Inc. (1317 E. Florida Ave, Urbana).

For more information, please contact Dylan Boot at [dylan@pacecil.org](mailto:dylan@pacecil.org).

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## The Journey of Caregiving for Your Loved One with Alzheimer's

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Today, there are more than five million people living with Alzheimer's disease. As the disease progresses, loved ones struggle more and more with "memory, thinking and behavior". It is a journey that tests the limits of the human soul.

Alzheimer's is a sort of helpless darkness that is emotional and all-consuming. Within this sadness, though, there exists a light. There are more than 15 million caregivers who lovingly care for their ailing loved ones. The task is immensely challenging, both emotionally and physically, but it is a job that arises out of love.

Betsy Broyles Arnold, daughter to coach Frank Broyles (Athletic Director for Arkansas State Razorbacks), was devastated to learn that her mother Barbara had Alzheimer's. It was then that she became a caregiver for Barbara. It was through her journey that Betsy experienced learning and love on a level that few people will ever know. Caring for her mother was both a struggle and a huge learning experience. She wished that there was a manual on how to give the care an Alzheimer's patient needed. It was only after her mother's death that Coach Broyles approached his daughter with the idea of writing a book using the knowledge the family had acquired through their own experience. The book is entitled "Coach Broyles' Playbook for Alzheimer's Caregivers." Currently, 850,000 books have been distributed.

Caring for someone with Alzheimer's disease requires an intense level of dedication and unconditional love. Betsy is sharing the life lessons that she learned in caring for her Mother. Betsy states, "When you have lived through it you naturally want to help others." Betsy went onto say, "Everyone has compassion, but when that compassion turns into passion, it propels action." It is truly her passion to help others. Betsy and her daughter Molly and will be coming to Piatt County to share those lessons on Tuesday, May 10 at 10:00 a.m.- 2:30 p.m. at the First Christian Church, 1699 N. State, Monticello, IL. A light lunch will be served. On site respite care will be available. **The Piatt County Nursing Home Foundation, Piatt County Nursing Home and Faith in Action of Piatt County** are sponsoring this event. This event is free and open to the public however, pre-registration is required by phoning 217-762-7575 ext. 3.

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## Send us your news!

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We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you'd like to share about your group.

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Contact SHC Coordinator Loreale Liss by phone at (217) 352-0099, ext. 144 or e-mail: [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org)

Self-HelpCenter, 405 S. State St., Champaign, IL 61820  
Website: [selfhelp.famservcc.org](http://selfhelp.famservcc.org)

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