



NAMI PA, Main Line  
 Affiliated with National Alliance on Mental Illness  
[www.NAMIPaMainLine.org](http://www.NAMIPaMainLine.org)  
[info@NAMIPaMainLine.org](mailto:info@NAMIPaMainLine.org)  
 267-251-6240

## Main Line NAMI Newsletter – November, 2016

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### President's Message

As the holiday season approaches, we are seeking your support for our free services for people with mental illness and their families. We encourage you to make a [donation](#) to support our work (see our **accomplishments in 2016** on page 6). We appreciate all types of donations, including donations in honor of or in memory of someone and United Way donations (donor code is 214).

In addition, if your membership is due for renewal, we will soon send you a personalized message. If you are not already a member, we encourage you to [join our affiliate](#). Your memberships and donations give very important support for our free services and advocacy work, which is provided in large part by our dedicated core of volunteers. We very much appreciate your support!

You can also support our affiliate if you shop on Amazon by starting from our AmazonSmile page at <https://smile.amazon.com/ch/23-2101162>. When you shop through AmazonSmile, a percentage of your qualifying purchases is donated back to us.

We are pleased to announce a new online resource, “[Inpatient Hospitalization – Navigating and Understanding the Adult Inpatient Hospital System](#)”. This informative article will answer many of your questions about psychiatric inpatient hospitalization and provide advice that can help to make hospitalization a bridge to long-term recovery.

Best wishes for the holiday season,  
 Ingrid Waldron, President

### NAMI PA, Main Line Activities

**Event: Bryn Mawr Family Member Support Group**

Date: Meets the first Monday of every month at 7:00 p.m. (The next meeting will be on **November 7.**)

Place: Bryn Mawr

Note: For family members of people with mental illness. For more information, please contact the group facilitator, Susie Vernick, at 610-649-5206.

**Event: Havertown NAMI Family Support Group**

Date: Meets on the third Tuesday of every month from 7-8:30 p.m. (The next meeting will be on Nov. 15.)

Place: Presbyterian Church of Llanerch\* (211 Lansdowne Rd. in Havertown, PA 19083)\*

Note: This is a free, confidential and safe group of families helping other families who live with mental health challenges. In this support group, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges. For more information, please contact Nora at [nora@huntjohnson.org](mailto:nora@huntjohnson.org).

Event: [Family-to-Family \(F2F\) Education Program](#)

Note: **Family-to-Family (F2F)** is a course structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is taught by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. F2F is offered as a community service without charge and will be offered this coming winter/spring in two locations. We are currently in the planning stages and have not yet identified start dates. For questions or more information, please contact us at [info@NAMlpaMainLine.org](mailto:info@NAMlpaMainLine.org) or 267-251-6240.

Event: **Ask the Experts**

Date: Sunday, **March 5**, 2017 from 2-4 p.m. (snow date: March 12)

Place: Ardmore Presbyterian Church (5 W. Montgomery Ave in Ardmore; free valet parking is available across Montgomery Ave. in the Suburban Square parking lot; parking at the church is reserved for those who are less mobile)

Note: For more information, please contact us at [info@NAMlpaMainLine.org](mailto:info@NAMlpaMainLine.org).

Event: **Main Line NAMI on the Move – Stepping out for Mental Health Awareness**

Date: Saturday, **May 20**, 2017

Place: Bryn Mawr

Note: We are pleased to announce that this spring we will host our third annual local awareness-raising and fund-raising walk. This event, in the heart of the Main Line, will serve as a beacon to help light a path to services and resources available for individuals with mental illness and their family members. In addition, we will raise awareness of the need for better treatment and more supportive services. This walk will raise funds to support our ongoing free services for individuals with mental illness and their families. For more information, please contact us at [info@NAMlpaMainLine.org](mailto:info@NAMlpaMainLine.org) or 267-251-6240.

\*Although some of our events are held at religious institutions, they are non-denominational and open to people of all beliefs.

### Other Local Informational and Support Events

(Please see [Support Groups by County](#) for listings of local support groups.)

Event: **Mental Health First Aid: Older Adult Version**

Date: Wednesday, **November 2** & Wednesday, **November 9**, from 9:00 a.m. to 1:00 p.m.

Place: Abington-Lansdale Hospital - Jefferson Health, (Classrooms E and F),  
100 Medical Campus Drive, Lansdale, PA 19446

Note: Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://bit.ly/2ePddLM>.

Event: **Annual Arts Fest**

Date: Sunday, **November 6**, from 1:30 to 4 pm.

Place: Willow Grove Giant Supermarket, 315 York Road, Willow Grove, PA 19090

Note: Join New Directions Support Group for this wonderful free event to see work by poets, singers, visual artists, photographers and more. For questions or more information, please see [www.newdirectionssupport.org](http://www.newdirectionssupport.org).

Event: **Adult Mental Health First Aid**

Date: Thursday, **November 10**, from 8:00 a.m. to 5:00 p.m.(registration 7:45 a.m.)

Place: Giant Food Store-Community Center, In-store, Willow Grove, PA

Note: Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://bit.ly/2eDearp>.

Event: **Mentoring for Re-Entering Summit**

Date: Monday, November 14 at 8:30 a.m. to Tuesday, November 15 at 5:00 p.m.

Place: Center Stone West Chester Inn, 943 South High Street, West Chester, PA 19382

Note: This year's Summit, **Mentoring for Re-entering**, focuses on our grass-roots peer community converging together around our collective experience and practical approaches using WRAP, Peer Support and other Recovery based programs to overcome and transform the challenges of the criminal

justice systems. Please go to <http://bit.ly/2dZRAGi> for more information about specific offerings, registration fees and general questions.

**Event: Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) Meetings**

**Date:** Meets on the 2<sup>nd</sup> Tuesday of the month in Delaware County and on the 2<sup>nd</sup> Wednesday of each month in Montgomery County

**Place:** Delaware County meetings are held at YMCA (2110 Garrett Rd, Lansdowne, PA 19050); Montgomery County meetings are held at Norristown Public Library (1001 Powell Street, Norristown, PA 19401)

**Note:** MY LIFE is made up of youth between the ages of 13 and 23 who have experience with the following issues:

- Mental health
- Substance abuse
- Juvenile justice
- Foster care

MY LIFE is helping to improve mental health, substance abuse, foster care and juvenile justice systems. It gives youth the chance to become leaders in their communities and work on improving systems dealing with issues that are meaningful to them. If you live in Delaware County, please contact Shawn Carroll for more information at [SPCarroll@magellanhealth.com](mailto:SPCarroll@magellanhealth.com). If you live in Montgomery County, please contact Timothy Connors for more information at [TJConnors@MagellanHealth.com](mailto:TJConnors@MagellanHealth.com).

**Event: Youth Mental Health First Aid**

**Date:** Thursday, **December 8** & Friday, **December 9**, from noon to 5:00 p.m.

**Place:** Pottstown YMCA, 724 N. Adams Street Pottstown, PA 19464

**Note:** Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://bit.ly/2dZOOMv>.

## News You Can Use

We are pleased to announce a new online resource, “[Inpatient Hospitalization – Navigating and Understanding the Adult Inpatient Hospital System](#)”. This informative article will answer many of your questions about psychiatric inpatient hospitalization and provide advice that can help to make hospitalization a bridge to long-term recovery.

Our Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania page summarizes the **types of services available and provides information about how to find available services**. For more info, go to <http://namipamainline.org/info-resources/intro-to-services/>.

Mental Health First Aid Guidelines for helping someone with depression, panic, psychosis, problem substance use, and other mental health problems are available at: <https://mhfa.com.au/resources/mental-health-first-aid-guidelines>.

Please visit the [Support Groups by County in Southeastern Pennsylvania](#) page (available at <http://bit.ly/1xV2rlm>) on our website for information about **support groups for family members and for individuals living with mental illness** in [Chester](#), [Delaware](#), [Montgomery](#) and [Philadelphia](#) Counties.

## Mental Health Apps Rated by the Anxiety and Depression Association of America

The Anxiety and Depression Association of America offers many helpful resources on their website (<https://www.adaa.org/>). If you type “mental health apps” in the search box on the homepage, you can access their reviews of mental health apps, which “can be effective tools that make therapy more accessible, efficient, and portable”. Another group of clinicians has recommended the following three free apps for reducing stress and anxiety:

- Headspace (to learn meditation) (<https://www.headspace.com/headspace-meditation-app>)
- Breathe2Relax (<https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>)
- Self-Help Anxiety Management (<http://sam-app.org.uk/>).

## Volunteer American Sign Language Interpreter Needed

NAMI PA, Main Line is seeking one or more volunteer ASL (American Sign Language) interpreters to interpret at one or more NAMI Family Member Support Group meetings. The support group meets on the third Tuesday of the month from 7-8:30 p.m. in Havertown. The group is confidential and can sometimes be emotionally intense. We would like to be able to provide services to the family seeking our help, but the expense of hiring interpreters on a regular basis is prohibitive. If you are interested and only able to commit to one meeting, that would still be helpful. For more information, please contact Kristine at [info@NAMIPaMainLine.org](mailto:info@NAMIPaMainLine.org) or 267-251-6240.

## How Medical Assistance for a Child/Teen with a Serious Mental Illness, Autism, ADD/ADHD, or Substance Abuse Can Provide Access to Valuable Services

Have you ever felt that your child or adolescent is not getting the behavioral health services he or she needs to facilitate appropriate, day-to-day functioning? Did you know that your household's primary, employer-provided insurance may not be enough? To access more comprehensive services, your child or teen may require the added benefit of Medical Assistance (MA).

Sometimes called Medicaid, MA is a government benefit program that provides individuals with public health insurance. Importantly, MA also provides access to health services that can be delivered at home, in the school and in the community. These services are sometimes called "wraparound" services. Usually, MA beneficiaries must fall below a certain income level; however, some states, including Pennsylvania, have an eligibility exception. That is, in Pennsylvania, children and adolescents with significantly impairing mental or physical health disabilities may be eligible for MA regardless of their parent/guardian's economic status. Conditions that may cause significant, serious impairment include: Autism, Pervasive Developmental Disorder, ADD/ADHD, Generalized Anxiety Disorder, substance abuse, and serious mental illnesses.

In 2013, in response to an awareness of the growing need among children and teens for more comprehensive mental health services, the Centers for Medicare & Medicaid Services revised its website to include a special section, Services for Children and Youth with Mental Health and Substance Use Conditions (<https://www.medicaid.gov/medicaid-chip-program-information/by-topics/benefits/mental-health-services.html>). A special bulletin (<https://www.medicaid.gov/federal-policy-guidance/downloads/CIB-05-07-2013.pdf>) was also designed to help educate the nation's state governments and the public about the benefits of enrolling children and teens with mental health needs in Medicaid. In part, the bulletin reports that services available through Medicaid have been proven to:

- reduce overall costs of care in the health care system;
- improve school attendance and performance;
- increase in behavioral and emotional strengths;
- improve clinical and functional outcomes;
- improve attendance at work for caregivers;
- reduce suicide attempts; and
- decrease contacts with law enforcement.

Due to the perception that Medicaid or MA is strictly a welfare program, some families of children who would be eligible for coverage under the exception do not apply or even consider applying. Families may feel it is taking advantage of the system to qualify via the exception. However, families of a child or teen with serious mental health needs should know that MA for their child:

- offers coverage that extends beyond what is ordinarily covered through employer-based insurance and can help children access services that are often inaccessible through employer-offered insurance;
- is essential to obtain "wraparound" or Behavioral Health Rehabilitative Services (an explanation of BHRS is available at <http://www.phlp.org/wp-content/uploads/2011/11/Guide-to-Understanding-Wraparound-Services-Oct-20111.pdf>).
- can serve as secondary insurance to the parent/guardian employer-healthcare program; and
- can help local school districts receive additional monies from the federal and state governments to help subsidize the costs to individual communities (school districts) of providing a free and appropriate public education.

For more information about MA, including screening tools that will help you determine whether your child would benefit from MA, and links to resources that can help you begin the application process, please go to <http://namipamainline.org/how-medical-assistance-for-a-childteen-with-a-serious-mental-illness-autism-addadhd-or-substance-abuse-can-provide-access-to-valuable-services/>.

## Opportunity for People with Tardive Dyskinesia to Participate in Focus Group

On November 18, Mental Health America and MHAPA are hosting a focus group for individuals living with Tardive Dyskinesia (TD), a condition affecting the nervous system that's caused by the long-term use of some psychiatric drugs.

Each participant and one family member will receive an honorarium and can join the group in person in Harrisburg or by phone.

Participants must be older than 18 years, be diagnosed with TD, have a history of taking an anti-psychotic medication for a minimum of three years, have a diagnosis of schizophrenia, schizoaffective disorder, bipolar disorder, or major depression.

**Complete the PDF application** (available at <http://thementalhealthassociationinpennsylvania.cmail20.com/t/y-l-hlurak-puftyuijd-e/>) and submit it to Deb Hodges Hull at MHAPA by email at [dhodgeshull@mhapa.org](mailto:dhodgeshull@mhapa.org) or fax at [717-564-4708](tel:717-564-4708).

**All applications must be submitted by October 28.** Spaces are still available but registration is first come first served so we encourage early registration.

Participants in the focus group can bring one family member. Both the participant and family member will receive \$250.00.

Date and Time: Friday, **November 18**, at 10 a.m.

Location: MHAPA Conference Room, 4105 Derry Street, Harrisburg or by phone

## Thank You to our Wonderful Volunteers!

We would like to express our great appreciation for the good work of our affiliate's dedicated volunteers. Your contributions and volunteer efforts make it possible for us to offer valuable, much-needed education, support and advocacy on behalf of people with mental illness and their family and friends. Thank you!

A Partial List of Our Volunteers:

|                   |                    |                 |                |
|-------------------|--------------------|-----------------|----------------|
| Ivana Anderson    | Ellen Berman       | Andrea Brooks   | Brewster Fay   |
| Jena Fisher       | Sarah Freudberg    | Judy Green      | Michael Harper |
| Nora Hunt-Johnson | Judith Katz        | Peter Johnson   | Brenda Kucirka |
| Lisa Kugler       | Loran Kundra       | Nicole Robinson | Barbara Schick |
| Aita Susi         | Kate Sweeney Smith | Susie Vernick   | Ingrid Waldron |

NAMI PA, Main Line is looking for dedicated volunteers who can help us with our education, outreach and advocacy (<http://namipamainline.org/home/volunteer-with-nami-pa-main-line/>.)

## Thank You to our Generous Donors

If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or send your check to NAMI PA, Main Line, 320 Woodley Road, Merion Station, PA 19066. A tribute is a good way to mark anniversaries, weddings and other special occasions, to show appreciation, or to express sympathy for the loss of a loved one. We will send a note of appreciation to anyone you designate. When designating NAMI in an obituary notice, please specify NAMI PA, Main Line. In addition to donating directly to our affiliate, we also accept donations through your workplace United Way campaign (code 214).

We are grateful for the following donations received in September and October, 2016.

### Tributes

In Memory of Alexis Ariano  
Judy Green

In Memory of Gloria Dunoff  
Judy Green

In Memory of Elaine Glassman  
Carolann and Samuel Kulla

In Memory of Nick Haywood  
Judy Green

In Memory of Gage Kaye  
Judy Green

In Memory of Vince Quinn  
Judy Green

In Memory of Beth Laws  
Judy Green  
Ingrid Waldron

In Memory of Michael Scullin  
Judy Green

### General Contributions

Anonymous (10)

Allison Dodge

William Goldman Foundation

## NAMI PA, Main Line – 2016 Accomplishments

*(with a few of the appreciations we have received)*

### Information and Support

- Family-to-Family (F2F) education program, a 12-week program for family members of people who have mental illness that educates and supports and teaches coping skills. This year we offered three sessions of F2F, two in the spring and one in the fall.

*"You are wonderful in running the class. I wish I had found this organization years ago.  
Your expertise and support are so helpful."*

*"I cannot even begin to describe to you how I felt the other night after leaving our first meeting of F2F. It is just always such a relief to know you are not alone in your struggles.  
I was inspired by the other people and felt like this I was just where I was supposed to be.  
And that is just after the first night! Thank you!"*

- Graduates of F2F have formed multiple informal support groups. Bryn Mawr Family Support Group for family members – meets monthly
- Havertown NAMI Family Support Group for family members – meets monthly
- Developed new resources and outreach to help families with children and adolescents with mental health concerns, including *Resources for Children and Teens (up to age 19)* and *Resources for Transition Age Youth (16-24)*
- Revised our Grant Program for children and teens with mental health concerns to make it more accessible to families who wish to apply
- Summer party for people with mental illness and their families
- Information and support in response to frequent e-mail and telephone requests

*"Thank you so much for all the amazing resources."*

- Main Line NAMI Forum and Workshop presentations:
  - "Dual Diagnosis: What Is It and How Can I Help?", with Dr. Jena Fisher

*"Congrats on your wonderful program!!!"*

*"I very much appreciate your engaging, informative and helpful presentation yesterday. Your general approach and specific suggestions of how to deal with these very difficult situations were very helpful. I really liked the way you engaged the audience, and your warmth and responsiveness were an added bonus."*

- "Understanding, Preventing and Managing Caregiver Burnout", with Edie Mannion, LMFT
- "Communicating with a Loved One Who Has a Mental Illness", with Ingrid Waldron

*"Very helpful and affirming for family members."*

*"Excellent workshop and excellent guidance"*

- "Cognitive Behavioral Therapy for Serious Mental Illness", with Dr. Jena Fisher

### Community Outreach

- Fourteen educational presentations to groups, including nursing students, medical students, physician's assistant students, social work students, psychology students, psychiatry residents, and family therapists

*"Thank you so much for coming to Drexel University on Tuesday to present to the physician assistant students. The feedback from the lecture was overwhelmingly positive and I am so grateful that you took time out of your busy lives to share your stories with the students."*

*"Thank you for taking time out of your busy schedules to help our students, tomorrow's physicians, be more attuned to the impact of mental illness on families."*

*"Students were greatly appreciative of your candor and honesty this week. Your respective stories beautifully illustrated what a wonderful resource NAMI can be in the care of patients."*

- Outreach to churches and communities of faith, including:
  - Presentation on suicide awareness during Suicide Awareness Month in September
  - Presentation at the National Conference of Biblical Counselors
- Information tables at community events
- Displays of mental health-related materials and books in local libraries during Mental Health Awareness Month in May
- "Main Line NAMI on the Move – Stepping out for Mental Health Awareness" raised awareness in our local Main Line community. About 100 people participated in the event and more than 200 individuals and organizations contributed money or in-kind donations

### **Electronic Outreach**

- Developed new pages on our website (<http://namipamainline.org/>), including:

- "Resources for Children and Teens (up to age 19)"
- "Resources for Transition Age Youth (16-24)"
- "Dual Diagnosis"
- "Navigating and Understanding the Adult Inpatient Hospitalization System"  
*"Such an important document! Thank you."*

*"Excellent resource!"*

- "Online and Telephone Support Groups"

*"I think this is a good resource document. Thank you for putting it together."*

- "How to Access Valuable Behavioral Services in PA: Consider Medical Assistance for a Child/Teen with Serious Disability"
- Updated many of our most frequently used pages, including "How to Get Services", "Frequently Asked Questions", "Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania", "Frequently Asked Questions"; updated and reformatted several sections of our "Resource Guide"

*"Once again you have developed a wonderful resource here."*

*"As always, NAMI PA Main Line does a great job of assembling resources, [using volunteers and with very little funding]."*

- Created, updated and posted informational presentations on Slideshare (<http://www.slideshare.net/NAMIPAMainLine>), including:
  - "What Mental Illness Feels Like #B4Stage4"
  - "Multicultural Mental Health Awareness: Facts and Tips to Get Help"
- Reorganized the navigation buttons our website to make it more user-friendly
- Distributed and Web-published to an average of more than 700 contacts:
  - Main Line NAMI bi-monthly President's Message and Newsletter (<http://namipamainline.org/info-resources/newsletter/>)
  - Main Line NAMI Weekly Updates (<http://namipamainline.org/category/news/>)

- Daily posting of announcements of relevant events and information, news and advocacy alerts on Facebook (<https://www.facebook.com/NAMIPAMainLine>), Twitter (<https://twitter.com/NAMIPAMainLine>) and our Latest News blog (<http://namipamainline.org/category/news/>), reaching nearly 1,700 individuals with each post

“OMG thank you so much for this!!!”

- Social media awareness campaigns during Mental Health Awareness Month in May, Minority Mental Health Awareness Month in July, Suicide Awareness Month in September, and Mental Illness Awareness Week in October
- Expanded Pinterest page to include 14 boards containing 39 pins of information related to mental health and mental illness (<http://www.pinterest.com/namipamainline/>), including boards for:
  - Government Services for Mental Health Needs
  - Caregiver Supports
  - Prescription Drug Assistance
  - Holiday Tips for Mental Health

**Advocacy**

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Participation in county committees
- Helping family members advocate on behalf of their loved ones

To join, renew your membership, and/or make a donation, please fill out this form and send it with your credit card information or check made payable to  
 NAMI PA, Main Line, 320 Woodley Road, Merion Station, PA 19066-1413  
 or go to <http://namipamainline.org/sign-up/>.

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Spouse** (optional) \_\_\_\_\_ **Telephone** (\_\_\_\_) \_\_\_\_\_

**Address** \_\_\_\_\_  
Street Town State Zip

**Email** \_\_\_\_\_ **County** \_\_\_\_\_

**Payment Information:**

**Check**    \_\_\_\$35 Individual/ Family membership    \_\_\_\$3-\$34 For those with limited income  
 \_\_\_Additional donation is especially appreciated – Thank you! \$\_\_\_\_\_

We will be acknowledging donations in our newsletters and on our website. If you prefer your donation to be anonymous, please check here. \_\_\_

If you want any additional donation \_\_\_in *honor* of or \_\_\_ in *memory* of someone special, let us know his/her name: \_\_\_\_\_

We would like to acknowledge your donation to the honoree or family/friend for an in memory donation, so please give us the address.  
 \_\_\_\_\_

**Credit Card**    \_\_\_\$35 Individual/ Family membership    \_\_\_\$3 For those with limited income  
 (If you are using a credit card and would like to make a donation in addition to your membership dues, unfortunately that will need to be a separate transaction; please go to <http://namipamainline.org/donate/>.)

Charge my:     Visa     Master Card     American Express

Name as it appears on Card: \_\_\_\_\_ Account No: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Validation Code: \_\_\_\_\_ Signature: \_\_\_\_\_  
(3 digit code on the back or 4 digit code on front of card for AMEX)

NAMI PA, Main Line is a non-profit organization under Section 501(c)(3) of the IRS Code.  
**Dues and donations are income tax deductible.**