



## 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 – September, 2017

#### Table of Contents

Main Line NAMI President’s Message – page 1	September is National Recovery Month – page 6
NAMI PA, Main Line Activities – pages 1-2	Mental Illness Awareness Week – page 6
Other Local NAMI Education Courses – pages 2-3	Call for Presenters for NAMI Keystone PA – pgs. 6-7
Other Local Activities and Events – pages 3-4	Thank You to Our Volunteers – page 7
We Have Updated Our Website – page 4	Facts about New Medicare Cards – page 7
Mental Health Books for Children/Teens/Parents – pg. 4	July and August Donors – pages 7-8
MHA’s Back-to-School Toolkit – page 5	Updates on Membership – page 8
Resources for College Students – page 5	Membership Form – page 8
September is Suicide Prevention Month – pages 5-6	

#### President's Message

We hope you will join us for our fall programs and explore our [updated and improved website](#).

This fall NAMI PA, Main Line will offer:

- [Navigating Behavioral Health in Montgomery and Delaware Counties](#), a forum, 2-4 p.m. on Sunday afternoon, **September 17 (see page 2)**
- [Crisis Prevention and Management for the Holidays \(and year round\)](#), a workshop, 2-4 p.m. on Sunday, **October 22 (see page 2)**
- [Family-to-Family](#), a course structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being.
  - **Family-to-Family at Lankenau Medical Center in Wynnewood** will begin in **mid-September**, and will meet once a week for 12 consecutive weeks from 7-9:30 p.m. on Tuesdays. For questions or to register, contact Judy Green at 610-668-7917 or [F2FMainLine@aol.com](mailto:F2FMainLine@aol.com).
  - **Family-to-Family in Devon** will begin on **October 17**, and will meet once a week for 12 weeks through January (with select holidays off), from 7-9:30 p.m. on Tuesdays. If you have questions or to register for this course, please contact Sarah at [484-919-0069](tel:484-919-0069) or [BrynMawrF2F@gmail.com](mailto:BrynMawrF2F@gmail.com).

We hope you will find helpful information on our improved [website](#). Our updated website includes a new page, [Mental Health Books for Children and Teens and Their Parents](#) and several revised pages:

- [Frequently Asked Questions](#)
- [Resources for Children and Teens](#)
- [Benefits, Health Insurance, Legal and Schooling](#) (Section of the Resource Guide)

Ingrid Waldron, President

#### NAMI PA, Main Line Activities

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 in two locations.

- **Family-to-Family at Lankenau Medical Center in Wynnewood** will begin in **mid-September** (date to be posted), and will meet once a week for 12 consecutive weeks from 7-9:30 p.m. on Tuesdays. For questions or to register, contact Judy Green at 610-668-7917 or [F2FMainLine@aol.com](mailto:F2FMainLine@aol.com).

- **Family-to-Family in Devon/Wayne** will begin on **October 17**, and will meet once a week for 12 consecutive weeks through January (with select holidays off), from 7-9:30 p.m. on Tuesdays. If you have questions or to register for this course, please contact Sarah at 484-919-0069 or [BrynMawrF2F@gmail.com](mailto:BrynMawrF2F@gmail.com). Registered participants will receive a schedule and meeting dates the week before the course begins.

Event: **[Navigating Behavioral Health in Delaware and Montgomery Counties](#)**

Date: Sunday, **September 17**, from 2-4 p.m.

Place: Ardmore Presbyterian Church (5 West Montgomery Avenue in Ardmore)

Note: Our next Main Line NAMI Forum will feature speakers Vera Zanders, Deputy Mental Health Administrator for Montgomery County; Donna Holiday, Deputy Mental Health Administrator and Tracy Halliday, Mental Health Director for Delaware County. The speakers will describe crisis services and the continuum of mental health supports in Delaware and Montgomery counties. There will be ample time for questions and answers. For more information, please contact us at [info@NAMIPaMainLine.org](mailto:info@NAMIPaMainLine.org) or 267-251-6240.

Event: **[Crisis Prevention and Management for the Holidays \(and year round\)](#)**

Date: Sunday, **October 22**, from 2-4 p.m.

Place: Ardmore Presbyterian Church (5 West Montgomery Avenue in Ardmore)

Note: Our next Main Line NAMI Workshop will feature speakers Ellen Berman, MD and Amanda Falivene-Rocco, LPC, CPRP. The speakers will give advice for coping with the stresses of the holidays and for preventing and managing crises. Participants will have the opportunity to work in small groups to develop plans, using WRAP (Wellness Recovery Action Plans), both for people with mental illness and for family members. Ellen Berman is a family psychiatrist and Clinical Professor of Psychiatry, Perelman School of Medicine (U Penn) and Amanda Falivene-Rocco is Director of an outpatient day program at a community mental health center in Philadelphia. For more information, please contact us at [info@NAMIPaMainLine.org](mailto:info@NAMIPaMainLine.org) or 267-251-6240.

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

Date: Usually meets the **first Monday of every month** at 7:00 p.m. (Next meeting on **September 11.**)

Place: Bryn Mawr

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

Event: **Upper Darby NAMI Family Support Group**

Date: Meets on the **2nd Thursday of each month**, 7-8:00 p.m.

Place: Crossroads Community Church\*, 104 Heather Rd, Upper Darby, PA 19082

Note: This is a free, confidential and safe group of families helping other families with a special emphasis for parents of youth and young adults ages 26 and younger struggling with mental health and/or substance abuse challenges, but all are welcome. 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 and/or substance abuse challenges. The Upper Darby NAMI Family Support Group is co-facilitated by Michael and Jacqueline Harper. For more information, please contact Michael at [michaeljosephharper@verizon.net](mailto:michaeljosephharper@verizon.net).

Event: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m.

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).

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

## Other Local Fall Offerings of NAMI Education Courses

**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. NAMI PA, Montgomery County will be offering the following Family-to-Family courses this fall:

- **Family-to-Family at NAMI Montgomery County's Lansdale office** will begin on Thursday, **September 7**, and will meet once a week for 12 consecutive weeks from 9:30 a.m. – noon.
- **Family-to-Family at NAMI Montgomery County's Lansdale office** will begin on Monday, **September 11**, and will meet once a week for 12 consecutive weeks from 6:30 – 9:30 p.m.
- **Family-to-Family at Hopeworx in Norristown** will begin on Tuesday, **September 19**, and will meet once a week for 12 consecutive weeks from 6:30 – 9:30 p.m.

For more information and to register, please contact NAMI Montgomery County at [215-361-7784](tel:215-361-7784) or [office@namimontcopa.org](mailto:office@namimontcopa.org).

**NAMI Basics** is a free, six session course for parents and other primary caregivers of children and adolescents living with mental illness. The class is taught by parents or other primary caregivers who have lived similar experiences with their own children. NAMI Basics is an educational program that provides learning and practical insights for families. NAMI Montgomery County will offer a Basics Class this fall at Penn Foundation (810 Lawn Avenue, Sellersville, PA 18960). The classes will begin Wednesday, **October 6**, 2017 and will take place from 6:30-8:30 p.m. For more information or to register, please contact NAMI Montgomery County at [215-361-7784](tel:215-361-7784) or [office@namimontcopa.org](mailto:office@namimontcopa.org).

## Other Local Activities and Events

**Event: Children's Mental Health Expo**

Date: Monday, **September 11**, from 10 a.m. – 5 p.m.

Place: Delaware County Intermediate Unity (200 Yale Avenue in Morton, PA)

Note: In recognition of National Suicide Prevention week, the Delaware County System of Care Children's Cabinet & Coalition and the Delaware County Intermediate Unit are hosting a Children's Mental Health Expo. NAMI PA, Main Line will be there for the first half of the event – stop by our table and say hello!

**Event: Stakeholder's Meeting about the Closing of Civilian Beds at Norristown State Hospital**

Date: Wednesday, September 13, at 10 a.m.

Place: Building 33 of Norristown State Hospital

Note: You are invited to participate in a stakeholders' meeting concerning the planned closure of civilian beds at Norristown State Hospital. This meeting will be open to the public.

**Event: Managing Challenging Behaviors**

Date: Wednesday, **September 27**, from 3-6 p.m.

Place: Devon Senior Living Center, Conference Center Bldg. (445 N. Valley Forge Road in Devon, PA)

Note: In this 3-hour training, participants will develop skills related to challenging behaviors when dealing with special populations. This training provides definitions of behavior, types of behavior and reactions to challenging behaviors. Participants will learn the importance of managing their own behavior and the experience they bring to interactions. The training is \$39 and CEU's are being offered. For more information or to register, please go to <http://www.olderpa.org/event-2633796>.

**Event: Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop**

Date: Beginning on Monday, **October 2**, from 7-9 p.m., and meeting for 10 weeks

Place: Plymouth-Whitemarsh High School in Plymouth Meeting, PA

Note: Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop for Families & Friends of People with Borderline Personality Disorder (BPD), Bipolar Disorder or Major Depression (often Co-occurring with Substance Use Disorders). When someone we love has a disorder that affects their mood and ability to control their emotions and impulses, life can feel like an "emotional roller coaster" with ups, downs, twists and turns that can be overwhelming, draining and sometimes scary. This workshop will help you respond, not just react, so you can get yourself and your life back under better control. You will learn key information about these 3 disorders, as well the key skills of self-care, emotion regulation, emotional validation, limit setting and crisis management. Classes will be co-facilitated by Scott Johnston, M. Ed. (clinician and educator), Denice Buzzetto, CPS (a person in recovery), and a family member/graduate of this workshop. This course is \$300 per person, \$550 for couples, and payment plans can be arranged. Fee waived if you or your family member live in Philadelphia. For more information or to register (space is limited), call MaryCatherine Lowery at 267-507-3865 or write to [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org).

**Event: National Depression Screening Awareness Day –Free Depression Screening**

Date: Thursday, **October 5**, from 10 a.m. – 2 p.m.  
Place: NAMI Montgomery County Office (100 West Main Street, Suite 204, Lansdale, PA)  
Note: Meet with Abby Grasso, Executive Director of NAMI Montgomery County, for a free and confidential depression screening. No need to schedule an appointment. Resources will be given.

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

Date: Friday, **October 13**, from 8:00 a.m. - 5:00 p.m.

Place: Surrey Services for Seniors, 2nd Floor (60 Surrey Way in Devon, PA)

Note: Older Adult Mental Health First Aid is a new public education program designed to teach everyday citizens the skills to help an older adult who is struggling with a mental health concern or crisis. Participants will learn risk factors, warning signs and the impact of mental health concerns; practice the Mental Health First Aid action plan especially for the older adult population; learn local resources for mental health and substance use treatment; and receive a comprehensive, user-friendly 138-page manual & certification. Please note: Participants are required to attend the full training to receive certification. Lunch will be provided. Register for this free training by sending your name, cell phone number, and session date [ChescoMHFATrainings@gmail.com](mailto:ChescoMHFATrainings@gmail.com) by October 10<sup>th</sup>.

## We Have Updated Our Website

NAMI PA, Main Line has worked hard this summer to make several improvements to the overall look and functionality of our website to make it easier for people to find information quickly. Much useful information is available at <https://namipamainline.org/>.

We have made significant revisions for the following pages:

- **Frequently Asked Questions** (<https://namipamainline.org/info-resources/frequently-asked-questions/>)
- **Resources for Children and Teens** (<https://namipamainline.org/support/services-for-children-and-teens/>)
- **Benefits, Health Insurance, Legal and Schooling** Section of the Resource Guide (<https://namipamainline.org/benefits-and-schooling/>)

## Mental Health Books for Children and Teens and Their Parents

**NAMI PA, Main Line** has compiled this list of books related to mental health issues for children and teens (<http://namipamainline.org/mental-health-books-for-children-and-teens-and-their-parents/>). We hope this will be a helpful resource for families where children or teens are coping with mental health issues.

This list has the following sections:

- **[Books for Children and Teens about their Psychological Issues](#)**
  - **[ADD/ADHD](#)**
  - **[Anger and Impulse Control](#)**
  - **[Anxiety, Worry and OCD \(obsessive-compulsive disorder\)](#)**
  - **[Autism](#)**
  - **[Depression and Bipolar Disorder](#)**
  - **[Feelings, Self-Esteem, and Relaxation](#)**
  - **[General and Miscellaneous](#)**
  - **[PTSD and trauma \(including separation, sexual abuse and family violence\)](#)**
  - **[Schizophrenia](#)**
  - **[Lists of Recommended Books](#)**
- **[Books for Children and Teens who have Parents with Mental Health Conditions, including Substance Abuse](#)**
- **[Books for Children and Teens who have Siblings with a Mental Health Condition](#)**
- **[Books for Parents of Children with Mental Health Issues](#)**

If you shop for these books on Amazon, you can support our affiliate by starting from our **[Amazon Smile](#)** page. A percentage of your qualifying purchases will be donated to us.

## Mental Health America's 2017 Back-to-School Toolkit

(Modified from Mental Health America)

Kids and teens today are dealing with some heavy stuff -- cyber-bullying, body shaming, community violence, abuse, neglect, unstable home lives, drug exposure, sexual orientation, immigration issues and more. All too often kids who misbehave aren't given a great deal of attention until they get into trouble at school.

Some children may not have the tools that they need to effectively handle emotions like fear, sadness, and anger, which are often at the root of misbehavior.

Yet, before behavior problems surface, there are emotions that kids are unable to deal with. These emotions come about sometimes from the environment and situations that kids and teens are exposed to.

MHA's [2017 Back to School Toolkit](http://www.mentalhealthamerica.net/back-school) (available at <http://www.mentalhealthamerica.net/back-school>) works to increase emotional intelligence and self-regulation through materials for parents, school personnel, and young people.

### This year's toolkit includes:

- An Infographic on Youth Mental Health
- Tips for Parents
- Tips for Teachers
- Harmful vs. Helpful Coping Skills for Kids and Teens
- Sample Articles for Parents and Youth to use in School Newsletters
- A Lesson Plan with included Worksheets

### You can also read and share these articles on social media:

- [Youth Mental Health: Emotions Matter Infographic](#)
- [Tips for Teachers: Ways to Help Kids Who Struggle with Emotions or Behavior](#)
- [Helping at Home: Tips for Parents](#)
- [Helpful vs. Harmful Ways to Manage Emotions](#)

With these resources, we can help young people learn to manage their emotions and reactions in ways that cultivate resilience.

## Resources for College Students with Mental Health Issues

Resources to help college students with mental illness include:

- NAMI's College Guide (<https://www.nami.org/collegeguide>)
- Life on Campus, including "Top Ten Freshman Year Issues" and "Balancing Work and School" <http://www.mentalhealthamerica.net/top-ten-freshman-year-issues>
- Back to School: Toolkits to Support the Full Inclusion of Students with Early Psychosis in Higher Education (<http://bit.ly/2vnBspW>)

## September is Suicide Prevention Month

Know the risks and warning signs for Suicide Prevention Awareness Month.

*I'm in* Inspired  
to mental Informed  
Health Involved

Join us at [nami.org/SuicideAwarenessMonth](http://nami.org/SuicideAwarenessMonth)



September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](#) of death among young people and

is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide.

#### Informational Resources:

- Know the Warning Signs and Risk of Suicide (go to <http://bit.ly/1EOhuDD>)
- Preventing Suicide as a Family Member or Caregiver (go to <http://bit.ly/1ZTRRcq>)
- Being Prepared for a Crisis (go to <http://bit.ly/2abZXjk>)

#### Crisis Resources:

- If you or someone you know is in an emergency, call **911** immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
- If you're uncomfortable talking on the phone, you can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

### September is National Recovery Month

For National Recovery Month, SAMHSA has prepared "Join the Voices for Recovery – Strengthen Families and Communities (<https://www.recoverymonth.gov/sites/default/files/toolkit/2017-recovery-month-toolkit.pdf>). This online resource provides a wealth of information such as links to information about treatment and recovery support services and resources for individuals with mental health or substance abuse problems in the criminal justice system. This resource is also available in Spanish (<https://www.recoverymonth.gov/sites/default/files/toolkit/2017-recovery-month-toolkit-spanish.pdf>).

### Mental Illness Awareness Week is October 1-7, 2017

In 2017, Mental Illness Awareness Week takes place Oct. 1-7. NAMI will promote the theme of "**Into Mental Health: Inspired, Informed, Involved**" during **#MIAW**.

The campaign will focus on the power of starting inspiring conversations, getting informed to know the right thing to say and encouraging people to proudly proclaim that they are **#IntoMentalHealth!**



If you would like to participate, we encourage you to follow our daily informational posts and tweets on Facebook ([www.facebook.com/NAMIPAMainLine](http://www.facebook.com/NAMIPAMainLine)) and Twitter (<https://twitter.com/NAMIPAMainLine>); please share these on your Facebook page or re-tweet them to your followers using the hashtag #MIAW.

### Call for Presenters for NAMI Keystone PA's Mental Health and Wellness Conference

NAMI Keystone Pennsylvania is currently accepting applications for workshop presenters at their annual Mental Health and Wellness Conference in Harrisburg March 12-13, 2018.

Workshops must be applicable to audience members who are mental health professionals, individuals in recovery, and family members and caregivers. Sessions must also be interactive and run 75 minutes in length, including audience questions and discussion.

Sample presentation topics include, but are not limited to family/caregiver support, supports for specific populations, research to practice, organizational development/sustainability, and special areas of interest.

Complete an application online (available at <https://keystonepa.typeform.com/to/AOnYNI>) , or download an application (available at <http://www.namiswpa.org/wp-content/uploads/2017/08/Workshop-Application-2018.pdf>), and send the completed form to:

NAMI Keystone Pennsylvania  
Attention: Susan Caban  
105 Braunlich Drive | McKnight Plaza, Suite 200  
Pittsburgh, PA 15237  
Email: [scaban@namikeystonepa.org](mailto:scaban@namikeystonepa.org)  
Fax: [412-366-3935](tel:412-366-3935)  
Toll Free: [1-888-264-7972](tel:1-888-264-7972) | Phone: [412-366-3788](tel:412-366-3788)

Applications must be submitted by Friday, October 13.

### Thanks to our NAMI PA, Main Line 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, MD	Andrea Brooks	Kathleen Colwill
Vinay Deshmukh	Amanda Falivene-Rocco,	Brewster Fay	Sarah Freudberg,
Judy Green,	Michael Harper,	Nora Hunt-Johnson,	Peter Johnson,
Brenda Kucirka,	Loran Kundra,	Sarah Kundra,	Cindy Marano,
Nicole Robinson	Barbara Schick	Kate Sweeney Smith	Susan 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/>.)

### Facts about New Medicare Cards

From **April 1, 2018 through December 31, 2019**, Medicare will mail out new Medicare cards that no longer have Social Security numbers on them. Your new card identification number will be a random mix of numbers and letters. This will help to protect your identity. Some things to remember:

- **Your Benefits Will Stay The Same** – There are no changes to your coverage. The only difference is your identification number.
- **You Don't Have To Do Anything** – There is no need to confirm your personal information with Medicare or anyone else. Your card will automatically come in the mail and is ready to use right away.
- **There Is NO CHARGE For The Card** – The card is free. There is no “one-time fee”, “processing fee” or any other fees.

Medicare representatives don't call you or come to your house. Hang up on anyone who calls you and says there is a fee for the card or that they need to confirm your identity. It's a scam! For more information, call the PA-SMP at CARIE at [1-800-356-3606](tel:1-800-356-3606) or use its [online contact form here](#). Help is free and confidential.

### Thank You to our Generous Donors

If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or use the form below. A contribution 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.. In addition to donating directly to our affiliate, we welcome donations through your workplace United Way campaign (code 214).

We are grateful for the following donations received in July and August, 2017.

**General Contributions – Anonymous (4)**

**Contributions made in honor of Judy Green – Anonymous (2)**

**Updates on Membership**

NAMI PA, Main Line members are part of a supportive, diverse, focused community that strives to make lives better. By becoming a member, your dues and generous donations make our work possible! Please see below for new NAMI membership rates as of July 1, 2017.

- **Household Membership: \$60** (Provides benefits to everyone in a single household.)
- **Individual Membership: \$40** (Individual memberships apply to one person.)
- **Open Door Membership: \$5** (Available to anyone with any type of financial limitation.)

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:**  
**Dues** \_\_\_\_\_ \$60 Household \_\_\_\_\_ \$40 Individual \_\_\_\_\_ \$5-\$39 For those with limited income  
**Donation** \_\_\_\_\_ Additional donation will be appreciated – Thank you! \$ \_\_\_\_\_

We acknowledge 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.  
\_\_\_\_\_

**Check** or  **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.**