

*Current news for MOCA House participants and friends. MOCA House, a program of NAMI Wayne and Holmes Counties, is a safe, accepting place for individuals with mental health issues to socialize and work toward their recovery.*

## WALK for Wellness Steps Off May 20<sup>th</sup>

The annual WALK for Wellness Fundraiser will take place at Secrest Arboretum again this year. Check in begins at 8:30 am and the Walk starts at 9:00 am. Dress for the weather – we will walk rain or shine.

Van transportation is available for the WALK. Please add your name to the sign-up sheet at MOCA if you need van transportation on the day of the WALK.

## Silver Sneakers Exercise Class

As part of our Wellness Program, we have a Silver Sneakers instructor come to the MOCA House Program weekly to teach the class. Silver Sneakers is a low impact exercise class. It encourages older adults to participate in physical activities that will help them to maintain greater control of their health. Everyone that participates in the class really enjoys it. Anyone that is part of the MOCA House Program can participate. All classes are at 12:00 noon. Please pay attention to the heart symbol on the calendar to see when the classes are scheduled.



## Cookout and Picnic at MOCA

On Friday, June 2<sup>nd</sup> we will provide the hot dogs, buns, and condiments. Please bring a side dish to share. There will be a cornhole tournament, so start practicing! We'll have a prize for the 1<sup>st</sup> Place team. There will also be other games and activities, so come enjoy the day with us.

## Akron Zoo Trip



We will be taking a trip to the Akron Zoo on Wednesday, May 10<sup>th</sup>. MOCA House Program will be closed on that day. We will

leave from MOCA at 10:00 am and return

by 3:30 pm. You will need to pay \$1.00 and pack a lunch-- NAMI will cover the rest of the cost. Spaces are limited, so be sure to sign up on the list at MOCA.

## Welcome to Shari Wells

We want to welcome Shari Wells back to our NAMI/MOCA House team. Many of you will remember Shari from the very beginning of MOCA House. After working for us for about 3 years, Shari left to pursue others interests and needs. We are excited to have her return to us beginning May 1<sup>st</sup>.



Shari (pictured above) has an Associate Degree in Social Services Technology, and certificates in Mental Health Services, Gerontology and Therapeutic Activities from the University of Akron Wayne College. Shari loves working with persons who have Alzheimer's disease, but her first love is in mental health. She said joining our team again "feels like coming home." Please welcome Shari to our NAMI community when you see her.



**\*\*\*REMINDER\*\*\***

**MOCA House Program will open at 12:00 noon on Tuesday, May 2<sup>nd</sup> and Tuesday, June 6<sup>th</sup> to allow for a staff meeting.**

**The NAMI office and MOCA House Program will be closed Monday, May 29<sup>th</sup> in observance of Memorial Day.**



## May/June Outings and Activities

We have many fun trips and activities planned for May and June. Check the calendar to see what we will be doing these next couple of months. There will be a sign-up sheet for each outing and activity. Please sign up on the sign-up sheet if you are interested in anything (first come, first serve).

## Kindness "Rocks!"

In May, you might notice we have "rock hunting/painting" on the calendar. Recently, many people throughout Ohio have been painting rocks and leaving them in random places for people to find. The rocks are meant to spread kindness and joy. Bring in rocks to paint or we can go out and find some. Make sure to be on the lookout for painted rocks! Once we have our rocks painted, we will take a trip somewhere to hide our rocks...or you can take them home with you to hide on your own.



Some examples of painted rocks (Photo courtesy of Karen Schiely/Akron Beacon Journal)

## Evening Meetings for Depression Bipolar Support Alliance (DBSA) Group

The DBSA Support Group will continue to meet Monday nights from 6:00-7:00 pm. We will still have the DBSA Support Group on Tuesdays at noon. DBSA is specifically for people living with mood disorders. Join us for the group and share experiences, personal feelings, information, and strategies for living successfully with mood disorders.

Please note that the new time for Sewing with Cherrill will be on Thursdays at 2:30 rather than 3:00.

