



# *A Better Way Celebrates 10 Years!!*

June 2012 – June 11, 2022 – Vol. 11, Edition 6

## **Hello Friends,**

I am late! June 1<sup>st</sup> came & went and my brain was busy on many other tasks at hand. I was (and still am) focused on the planning of our **10<sup>th</sup> anniversary party**. There is nothing more important to me than planning a party for special friends & loved ones.

We are celebrating 10 years of mental health support in recovery, providing innumerable, up to date resources, a place to make friends, and always a lite lunch or better at our meetings.

We'll be celebrating this event, a most momentous occasion, on **Sat. June 11, 2022!** A locally owned & operated Tex Mex restaurant will be hosting us; I'm happy to announce!

***A Better Way*** has come a long way from our beginnings. This past month, on May 14<sup>th</sup>, we hosted a special meeting with the **"Legal Aid of NW TX."** Ms. Caitlin Pevey presented on a host of legal matters to **"Protect your rights and plan for the future."**

Her PowerPoint presentation included tres important info including:

1. PAD, Psychiatric Advance Directives,
2. Guardianship,
3. MPOA, Medical Power of Attorney
4. DPOA, Durable power of Attorney
5. Living Wills & other Wills

Addressing any one of these legal matters can only enhance your quality of life for the planning of your future. Contact LANWT.org for additional information & assistance. Email me if you need one.



**"Thank-you!"** to all those who donated to our NAMIWALKS on Sat. May 21<sup>st</sup>. We raised over

\$600.00 for their cause. NAMI exceeded \$150,000 for resources, awareness & sending reps to the state capitol to participate in legislative changes for all those affected by mental health concerns.

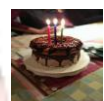
Recent news includes a new Hotline number-

IF YOU ARE IN CRISIS: **Text "MHA" to 741741 or call 1-800-273-TALK (8255) to reach a trained crisis counselor** 24/7, 365 days a year. Spanish speakers: 1-888-628-9454. Deaf & hard of hearing: TTY users, use your preferred relay service or dial 711 then 1-800-273-8255.

***Thank-you*** to all our friends and supporters over the past 10 years, including many of our participants & their loved ones who have donated Time, Effort, Food, Drinks, Birthday cupcakes, Cash & moral support to our group! As well as to the many volunteers of All Saints who have made our meeting spaces hospitable & welcoming. We'd also like to thank our many guest presenters who have given their time & talent to share valuable & expert knowledge on many topics. Including Witek, Adelle with Natural Grocers, Caitlin, Ed the drummer, Barb Rusk for Bunco, DARS reps, Jackie Raleigh, R.D., Essential oils presenters- Peppermint Soul, & our **Co-founder- Justine T.** for her commitment, presentations & diligence in writing the newsletter for 9 years! And, to Ron for his time, effort, energy & support for being there for me!!



**on Sunday June 19, 2022**



***Happy June & July Birthdays!!***  
***To Logan, Marc, Alan, Alyssa, Fr. Tom, Erin,***  
***David, John, Annette, Anne & Colleen.***