



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
www.NAMIPaMainLine.org
info@NAMIPaMainLine.org
 267-251-6240

Main Line NAMI Newsletter – March, 2017

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President's Message

Please join us for our next forum, [Ask the Experts](#), on Sunday, **March 5** (snow date March 12), 2-4 p.m. at Ardmore Presbyterian Church. The speakers will answer your questions and will also provide brief presentations on Advance Directives, inpatient hospitalization, and how a diagnosis is made, why it is so difficult, and how it relates to which medications are effective. (see below)

Please save the date for:

- [Severe Mental Illness and Recovery – First-Person Accounts by Individuals who are in Recovery and Family Members](#) on Sunday, **April 23**, 2-4 p.m. (see page 2)
- [Main Line NAMI on the Move – Stepping Out for Mental Health Awareness](#) on Saturday, **May 20**, registration from 9:30-10:00 a.m., walk at 10:00 a.m. (see page 7)

We are pleased to announce a new online resource, "[Housing Options for People Living with Mental Illness](#)". This article includes helpful advice, an overview of types of housing for adults with mental illness, general resources, and specific resources for finding housing in the Philadelphia metropolitan area. (see pp 4-6)

Ingrid Waldron

NAMI PA, Main Line Activities

Event: **Ask the Experts** Judith Katz, M.D., Ellen Berman, M.D. and Michael Harper, Esq.

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: The speakers will answer your questions and will also provide brief presentations on Advance Directives, inpatient hospitalization, and how a diagnosis is made, why it is so difficult, and how it relates to which medications are effective. Dr. Katz is a third-year resident in the Department of Psychiatry, University of Pennsylvania, and Dr. Berman (<http://ellenbermanmd.com/>) is a Clinical Professor of Psychiatry at Penn. Attorney Michael Harper has extensive experience advocating on behalf of clients with mental illness (<http://michaelharperlaw.com/attorney-profile/>). For more information, please contact us at info@NAMIPaMainLine.org.

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 **March 6**.)

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 (The next meeting will be **March 9**.)

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.

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 **March 21**.)
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.

Event: **Severe Mental Illness and Recovery – First-Person Accounts by Individuals who are in Recovery and Family Members**

Date: Sunday, **April 23**, 2-4 p.m.
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: The speakers will describe their lived experience with mental illness and recovery and answer your questions. Panel members in recovery live with schizophrenia and bipolar disorder. Family members will present the perspective of a mother and a husband. For more information, please contact us at info@NAMIpaMainLine.org or 267-251-6240.

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@NAMIpaMainLine.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: **Creativity Becomes You: Using Art as a Peer Specialist Skill**

Date: Tuesday, **February 28**, from 2-3 p.m.
Place: Webinar
Note: Please join us for this webinar and become inspired to incorporate art and personal expression in your work as a peer specialist and in your peers' recovery journeys. While traditional "art therapy" has long been valued to support people in using alternate ways of expressing themselves, this webinar will present a variety of methods and scenarios on how the utilization of a broad spectrum of self-expression gives individuals new ways to relate to others, tell their stories, learn and share who they are while experiencing the joy of creating something new and unique. From this, they can begin the process of embracing their own uniqueness. Certificates are available for this 60 minute webinar. To register, go to <https://attendee.gotowebinar.com/register/6682977180743518722>. For questions, please contact d2winfo@copelandcenter.com.

Event: **Free Program on Finding a Job**

Date: Saturday, **March 4**, from 1:00 to 2:30 p.m.
Place: Willow Grove Giant Supermarket, 315 York Road, Willow Grove, PA 19090
Note: Join New Directions Support Group for this free event where Ed Hunter, Career and Executive Coach from Life in Progress.com will address top challenges and questions about finding a job. He will also

look at your resume and help you update it. No need to RSVP. For more info, call 215-659-2366, ext 6 or email Compass123@comcast.net.

Event: NAMI PA, Delaware County's Peer-to-Peer Education Program

Date: Meets for 10 consecutive weeks on Wednesday afternoons, from 12:30-3:00 p.m., **March 8 to May 10**

Place: Holcomb Behavioral Health, 126 East Baltimore Pike, Media PA 19063

Note: NAMI Peer-to-Peer is a FREE, 10-week education program for adults with mental illness looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, includes presentations, discussions and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach. Space is limited! Register by Wednesday, **March 1**, 2017. For information and to register, email lisa.gardner107@gmail.com or call the NAMI PA, Delaware County Chapter office at (610) 623-0071

Event: NAMI PA, Delaware County's Family-to-Family Education Program

Date: Meets once a week for 12 weeks beginning on Wednesday, **March 8**, from 6-8 p.m.

Place: Delaware County Intermediate Unit, 200 Yale Ave., Morton PA 19070

Note: The NAMI Family-to-Family is a FREE, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. Registration required by Wednesday, March 1, 2017. For information and to register, contact namipadelco@verizon.net or call (610) 623-0071.

Event: Information Meeting with Brad Barry, MCES Interim CEO

Date: Wednesday, **April 6**, from 7-8:30 p.m.

Place: NAMI PA, Montgomery County (100 W. Main Street, Suite 204 Lansdale, PA)

Note: Brad Barry, Interim CEO of Montgomery County Emergency Services (MCES) will give an update on the status of MCES (Full Joint Commission Accreditation, Full Medicare license, Provisional license from the PA Department of Human Services, and the status of the relationship with Montgomery County Office of BH/DD and Magellan). This event is free and open to the public; however an RSVP is appreciated by April 4th: 215-361-7784.

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

Date: Meets on the 2nd Tuesday of the month in Delaware County and on the 2nd 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 mental health, substance abuse, juvenile justice and/or foster care issues. 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. If you live in Montgomery County, please contact Timothy Connors for more information at TJConnors@MagellanHealth.com.

News You Can Use

Please visit the [Support Groups by County in Southeastern Pennsylvania](http://bit.ly/1xV2rlm) 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. For support groups sponsored by NAMI PA, Main Line, please go to <http://namipamainline.org/support/support-groups/>.

Mental Health Apps: See highly rated products, especially for Cognitive Behavior Therapy at <http://psyberguide.org/product-listing/>; also, go to <https://www.adaa.org/> and type "mental health apps" in the search box for reviews of mental health apps, including three free apps for reducing stress and anxiety that have been recommended by another group of clinicians: [Headspace](#) (to learn meditation), [Breathe2Relax](#), and [Self-Help Anxiety Management](#). For more information, see "[Left to Our Own Devices – Sorting through the Bewildering World of Therapeutic Apps](#)".

Carol Carlen, Former Leader of our Friendship Group

We are sad to inform you of the passing of Carol Carlen. Carol was the longtime leader of our Friendship Group, which for many years provided valuable emotional and practical support for people with mental illness in the Main Line area and beyond. Carol structured the group to foster supportive friendships among group members. She also provided much one-on-one support and information for individuals with mental illness.

Donations in memory of Carol may be sent to Main Line NAMI, 320 Woodley Road, Merion Station, PA 19066.

Housing Options for People Living with Mental Illness

Developed by NAMI PA, Main Line (<http://namipamainline.org/>)

I. Introduction and National Information

“Finding stable, safe and affordable housing can help you on your journey to recovery and prevent hospitalizations, homelessness and involvement in the criminal justice system.

A good housing match is one that meets four key needs:

- Housing should be affordable
- Housing should offer the right amount of independence.
- Housing should meet your physical needs.
- Housing should be discrimination-free.

Housing Options range from completely independent living to 24/7 care:

- Supervised Group Housing - This type of housing provides the most support for its residents.
- Partially Supervised Group Housing- Some support is provided for the residents, but staff isn't there 24 hours a day.
- Supportive Housing - Supportive housing provides very limited assistance.
- Rental Housing - This type of housing is for someone who is completely independent or has suitable family support.
- Home Ownership

Federal Resources for Housing Support:

HUD - The United States Department of Housing and Urban Development (HUD) provides a number of housing assistance and counseling programs

(https://portal.hud.gov/hudportal/HUD?%2520src=/program_offices/housing/mfh/grants/section811ptl):

- Section 8- The Housing Choice Voucher Program (Section 8) is the federal government's program for assisting low-income families, the elderly and the disabled.
- Section 811- The Supportive Housing for People with Disabilities Program (Section 811) is a federal program dedicated to developing and subsidizing rental housing for very or extremely low income adults with disabilities, like a chronic mental illness
- HUD also helps apartment renters by offering reduced rents (<http://www.hud.gov/apps/section8/index.cfm>) to low-income residents.

One of the most comprehensive lists of housing resources offered by HUD is the Federal Housing and Resources Guide (<http://www.tacinc.org/media/27844/Federal%20Housing%20Programs.pdf>), put together by Technical Assistance Collaborative, Inc. The guide includes information on many programs, including section 8 and section 811.”¹

General Advice

“Adults needing significant housing supports may be best served by the public health and housing systems, which generally require Medicaid as criteria for eligibility. Those individuals needing significant supports who do not have Medicaid may be eligible for Medicaid, which is referred to as Medical Assistance in Pennsylvania.”² For information about how to apply for Medicaid, see “How to Get Government Services” (<https://namipamainline.org/info-resources/how-to-get-services/>). For section 8 housing and rentals in the private housing market, the disabled individual will need to have an acceptable credit score.

If a person is on a long waitlist for housing, while he/she is waiting it may be helpful to apply for Medicaid and/or establish an acceptable credit score. Also, you may want to explore the option of senior housing which is open

¹ This quotation is excerpted from "Securing Stable Housing" by NAMI (National Alliance on Mental Illness). For the full document see <http://namipamainline.org/wp-content/uploads/2015/11/Securing-Stable-Housing.pdf>.

² Quoted from <http://www.montcopa.org/2041/Adults>; click on Roadmap to Recovery.

to people with disabilities (although wait lists are often just as long for senior housing) (https://portal.hud.gov/hudportal/HUD?src=/program_offices/housing/mfh/hto/inventorysurvey). Additional helpful suggestions (particularly if you have a loved one living at home while waiting for housing) are available at <https://namipamainline.org/suggestions-for-family-members-who-have-a-loved-one-living-at-home-while-on-a-long-waiting-list-for-housing/>.

You should be aware of the “distinction between “housing” and “residential programs”. Residential programs usually involve more intensive levels of support and are usually for a limited amount of time”.³ For descriptions of the different types of residential programs, see <http://www.montcopa.org/DocumentCenter/View/8952> .

Additional helpful information about housing options for individuals with mental illness is available at <http://www.mentalhealthamerica.net/housing>.

II. Resources for Finding Housing in Pennsylvania

Unfortunately, housing for low income individuals with mental illness is in very short supply and waiting lists are often a year or longer, so it is helpful to apply as early as possible.

| Type of Service | Recommendations for Finding and Accessing This Service |
|--|--|
| General Housing | <p>An explanation of the different kinds of housing resources available in PA can be found at http://www.shelterlistings.org/state/pennsylvania.html (scroll to the bottom).</p> <p>For listings of housing services available in cities across the state of Pennsylvania, go to http://www.shelterlistings.org/state/pennsylvania.html</p> <p>For listings of emergency shelters and homeless shelters in Pennsylvania, go to http://www.homelessshelterdirectory.org/pennsylvania.html.</p> <p>For rental assistance and information on low-income housing, go to https://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance.</p> <p>For information about finding a housing counselor, please go to http://www.libertyresources.org/housing.html.</p> |
| Housing specific to Individuals with Mental Illness and/or Substance Abuse | <p>For listings of housing and shelter in southeastern Pennsylvania, see:</p> <ul style="list-style-type: none"> • http://namipamainline.org/housing-and-transportation/ • http://www.bucks.pa.networkofcare.org/mh/services/advanced-search.aspx?k=Housing (Bucks County) • http://www.delaware.pa.networkofcare.org/mh/services/advanced-search.aspx?k=Housing (Delaware County) • http://www.montcopa.org/2041/Adults (click on Roadmap to Recovery) and http://montgomery.pa.networkofcare.org/mh/services/subcategory.aspx?tax=BH-8400 (Montgomery County) • http://www.newsontap.org/downloads/housing.pdf and http://philadelphia.pa.networkofcare.org/mh/services/advanced-search.aspx?k=Housing (Philadelphia) <p>Additional information should be available through your <u>county departments and organizations</u>:</p> <ul style="list-style-type: none"> • Bucks County Department of Mental Health/Developmental Programs 215-444-2800 http://www.buckscounty.org/government/humanservices/MHDP or NAMI PA, Bucks County info@namibucks.org • Chester County Office of Mental Health – 610-344-6265 http://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti or Connect Points http://www.connectpoints.org/ • Delaware County Office of Behavioral Health- 610-713-2365 http://www.delcohsa.org/behavioralhealth.html • Montgomery County Behavioral Health Department – 610-278-3642 http://www.montcopa.org/1219/MentalBehavioral-Health |

³ Quoted from <http://www.montcopa.org/2066/Housing-Supports>

| | |
|-----------------------------------|---|
| Shelters for homeless individuals | <ul style="list-style-type: none"> • Philadelphia County Office of Mental Health – 215-685-5400 http://dbhids.org/about/organization/office-of-mental-health/ for government services – 215-686-8686 http://www.phila.gov/311/ or Mental Health Association of Southeastern PA (MHASP) – 215-751-1800 www.mhasp.org <p>Some programs may require a <u>case manager</u> referral. Your County help lines should be able to help with this. In addition, this online, searchable guide can be used to identify independent case managers and care management organizations: http://caremanagementindustrydirectory.com/. Licensed social workers who provide case management services are listed in the National Social Worker Finder, available at http://www.helpstartshere.org/common/Search/Default.asp.</p> <ul style="list-style-type: none"> • http://namipamainline.org/housing-and-transportation/ and see some of the other Network of Care county resources listed above • http://www.homelesshelterdirectory.org/pennsylvania.html • If you are homeless or experiencing a housing crisis, in Bucks County call 800-810-4434, in Delaware County call 610-713-2365, and in Montgomery County call 877-646-6306. |
|-----------------------------------|---|

Upcoming NAMI Conferences

**NAMI Keystone Pennsylvania Mental Health and Wellness Conference:
Working Together to Build a Better Future!**

NAMI Affiliates and Stakeholders will gather in Harrisburg, Pennsylvania for this two-day inaugural event. Together we will focus on connection, collaboration, and community so we can envision a better Pennsylvania for those affected by mental illness and their families. Individuals living with mental illness and family members; educators, students and other young adults; mental health professionals; local community leaders; and regional, county and state government leaders are all welcome.

The conference will be held **May 12-13, 2017** at the Best Western Premier Hotel and Conference Center in Harrisburg, Pennsylvania. **Registration will be available soon!** For the latest information, see <http://www.namiswa.org/namicon2017/>. For questions, please contact Sara Levine at slevine@namiswa.org or 412-366-3788.

NAMI National Convention 2017: Educate, Empower, Engage

The National Convention will take place in Washington, D.C. from June 28 – July 1. The Convention will feature:

- Attendee visit to Capitol Hill to advocate for mental health.
- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- People living with a mental illness and their families providing their own important perspectives on recovery.
- The country’s keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families.
- Inspiration, innovation and an exhilarating four days in Washington, DC.

For more information and registration, see: <http://www.nami.org/convention#sthash.eosv9Fm6.dpuf>.

Main Line NAMI Grant Program

NAMI PA, Main Line is pleased to offer small grants to families with a child or teen who could benefit from a structured program that provides the opportunity to practice social skills or supports other therapeutic goals for a child with a DSM diagnosis (such as ADD/ADHD, anxiety, autism spectrum disorder, depression, obsessive-compulsive disorder, pervasive developmental disorder, etc.). The purpose of these grants is to provide children and teens access to a program recommended by a physician or other professional with knowledge of the child's diagnosis, including a social skills program, a recreational program that meets social skills needs, or a program that meets other therapeutic goals. For further information and eligibility requirements, visit our webpage: <http://namipamainline.org/support/services-for-children-and-teens/grant/>

Main Line NAMI on the Move – Stepping Out for Mental Health Awareness

We are pleased to announce that this spring we will host our third annual local awareness-raising, fund-raising walk, **Main Line NAMI on the Move – Stepping out for Mental Health Awareness 2017** on **Saturday, May 20** at Bryn Mawr Community Center Park (9 S. Bryn Mawr Ave., Bryn Mawr, PA 19010).

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. We hope you will join us for this family-friendly outreach and fund-raising walk. Visit our Walk website for the most up-to-date information at <http://namipamainline.dojiggy.com>.

You can help to make this event a success by:

- making a [tax-deductible donation](#)
- registering to [be a walker](#)
- encouraging friends, family and acquaintances to [donate](#), even if you will not be a walker.
- organizing a [Walk Team](#) of walkers and donors
- becoming a [corporate sponsor](#)

**MAIN LINE NAMI'S
3RD ANNUAL WALK FOR
MENTAL HEALTH AWARENESS**

SATURDAY MAY 20th
5K Walk with 1K Option



*Join Us For This Free “Family Friendly”
Community Event Featuring Music, Food,
Children’s Activities, Face Painting and Raffle!*

RAIN OR SHINE!

*9:30-10:00 a.m. – Registration
10:00 a.m. Program and Walk followed by food and fun!*

BRYN MAWR COMMUNITY CENTER PARK
Adjacent to the Ludington Library

VISIT NAMIPAMAINLINE.ORG
TO REGISTER, DONATE & LEARN MORE!

BENEFITING MAIN LINE NAMI
*SERVING FAMILIES IN OUR COMMUNITY
THROUGH FREE EDUCATION, SUPPORT, OUTREACH AND ADVOCACY*

**MAIN LINE NAMI IS AN AFFILIATE OF
THE NATIONAL ALLIANCE ON MENTAL ILLNESS**

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 January and February, 2017.

Tributes

In Memory of Carol Carlen
Alice and David Fitzcharles

In Memory of Brian Mentzer
Nicole Robinson

In Honor of Susan Weiss and Ed Ashare
Beth Schachter
Leslie Spector

General Contributions

Anonymous (7)
Linda Hasert and Michael Freeman
Ricklin's Hardware

Richard and Carol Avicolti
Lisa Kugler

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)