

## MESSAGE FROM SANDI TAMAROFF, KADIMA PRESIDENT

*"All great things are simple and many can be expressed in a single word – freedom, justice, duty, mercy, hope."* Winston Churchill



As I start my second year as Kadima's President, I have been enriched by the many opportunities I have had to interact with our clients. From visits to the Lois and Milton Y.

Zussman Activity Center, to sponsored activities, to visits at client homes and to talking to clients when I am at Kadima, I often reflect on Winston Churchill's quote and I wonder. You see, Winston Churchill suffered from bipolar disorder and his quote reminds me that for the past twenty-six years, Kadima has offered services that Churchill could only have dreamt for himself.

**Freedom** - independent living for Kadima clients  
**Justice** - fairness for Kadima clients to not be judged but to be accepted  
**Duty** - respect from family, friends, co-workers and from the community  
**Mercy** - blessings to be able to accept mental illness and focus on strengths  
**Hope** - a future filled with opportunity to move forward

At Kadima, what would only have been a dream for Winston Churchill, is a reality with the help of our committed Board of Directors and our experienced and dedicated staff. Part of turning dreams into reality was accomplished at a recent board retreat when board members looked to the future and offered a vision for the next 5 - 10 years.

Our mission is to care and to help children and adults with mental illness move forward in their lives. Kadima's clients reinforce Winston Churchill's struggles with mental illness and his determination to move forward in his life. Winston Churchill, along with many other famous individuals such as Edgar Allen Poe, Ernest Hemingway, Vincent Van Gogh, Abraham Lincoln and Vivien Leigh are shining examples of how to accept and live with mental illness. Today, with new research and treatment tools, Kadima's clients are strong and committed to well-being. It is enlightening to feel the power of a single word and to see our clients experience freedom, justice, duty, mercy and hope.

Thank you to those who walk the path of mental illness and to those committed to Kadima's mission.

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 Julie Zussman - Secretary  
 Richard Ludwig - Member-at-Large  
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 Executive Director  
 Nancy Stein, LMSW, ACSW  
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### CHILD AND ADOLESCENT PROGRAM

Kadima's Child and Adolescent Program is now open and serving children 8 - 18 years and their family members. We are accepting referrals for counseling/therapeutic services and for our ongoing Parent Advocacy Group. For information, please contact Gail Kaye at [gailk@kadimacenter.org](mailto:gailk@kadimacenter.org) or 248-559-8235, extension 133.

### What is it Like to Have a Mental Illness?

Kadima offers a range of services for adults, seniors and children who are diagnosed with serious and persistent mental illness. Therapy, residential options, socialization activities and advocacy are but a few of the services available for Kadima clients and their family members.

Each Kadima client has a special history and painful memories of not only being diagnosed with a mental illness but also of the accompanying rejection of some family members, friends and school mates. When asked about friends, one Kadima client talked about twelve years earlier when she was released from a two-month psychiatric hospitalization. When she returned to school she was told by friends "...I don't think we should hang out anymore. It's not you. It's my mom. She doesn't want me to hang out with people like you" or "Why did you have to go psycho".

When asked about her experiences, another client said "...treat me and my mental illness like the flu. I take medications and get rest when I need it. I do my best to fit in to this already crazy world. I truly feel that those of us at Kadima are the lucky ones".

Another client expressed his mental illness as "something you cannot catch...if you shy away from shaking my hand, who is the one with a problem? If you let my young family members play with me they will not lose their sensibilities. They might even have fun or even learn a thing or two about accepting differences in people."

We learn from our clients every day and we grow with them as they find ways to fit in to our community. Meet our clients, hear their stories and revel in their successes.

If you know of someone who needs Kadima's services, we are here for you. Please see our new website for a full description of our services - [www.kadimacenter.org](http://www.kadimacenter.org).



### ANNUAL GOLF CLASSIC

TO BENEFIT THE LOIS AND MILTON Y. ZUSSMAN ACTIVITY CENTER

MONDAY  
 JULY 19, 2010



FRANKLIN HILLS  
 COUNTRY CLUB  
 Franklin, MI 48025

For registration and sponsorship information  
 Contact Paula Schonberg

248 | 559 | 8235 x118

Email: [paulas@kadimacenter.org](mailto:paulas@kadimacenter.org)

Download invitation and registration at [www.kadimacenter.org](http://www.kadimacenter.org)

### Save the Date

Annual Benefit

September 28, 2010

7:30 PM

Elon Gold, Comedian

Max M. Fisher Music Hall

### Volunteers Needed

If you love gardening, please join in the outdoor beautification of Kadima's residential homes.

Call/e-mail

Paula Schonberg

248.559.8235,

extension 118 or

[paulas@kadimacenter.org](mailto:paulas@kadimacenter.org)

### Annual Meeting

At Kadima's 26th Annual Meeting in May 2010, Elizabeth Guz and H. James Zack were welcomed to Kadima's Board of Directors.

### Wish List

Stoves  
 Refrigerators  
 Dishwashers  
 Microwaves  
 Washers  
 Dryers  
 Pool Table

ALL IN GOOD  
 RUNNING ORDER