



The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)  
 You can get a copy of this newsletter and/or the electronic newsletter by e mailing: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
 Email: [xnamicc@aol.com](mailto:xnamicc@aol.com) Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767.  
 If Your Family Faces The Challenge of Mental Illness . . .

## SUZANNE TAVANO, Ph.D

### Appointed Director Behavioral Health Services

Dr. Suzanne Tavano holds a license as a Registered Nurse, and licensure as a Clinical Psychologist, with a Masters and Doctoral degrees in Psychology.

She has worked in leadership positions in public and private behavioral health systems in the areas of mental health and substance use, provided clinical and administrative supervision in outpatient and hospital settings. She has developed forensic behavioral health programs for adults incarcerated in jails and youth detained in juvenile halls.

During her tenure of 18 years with Contra Costa Health Services she held the positions of Mental Health Quality improvement Coordinator, Chief of Clinical Operations, Mental Health Deputy Director and Acting Mental Health Director. She developed the framework for the Contra Costa.



(Continued on page 7)



Congratulations NAMI Family Volunteer Support Network Graduating Class of Summer 2019! The Volunteers went through five training modules, where they learned about NAMI's history, programs, resources, mental health and strategies. They are now prepared to work in any of NAMI'S many committees and can help to contribute to the support, education and advocate for the mental health field. NAMI President Charles Madison and Executive Director Gigi Crowder delivered a warm welcome to this newest group of volunteers. A special appreciation to facilitators Shelly and Mariela for leading the team.

## July 2019 GENERAL MEETING

Thursday, July 18, 2019

### Speaker

Dr. Bill Shryer  
Clinical Director  
Diablo Behavioral Health Care

Please see Page 3 Column 3 for more information

### Location:

John Muir Hospital  
Concord Campus  
2540 East Street  
Concord

Open To The Public- Free Admission

Celebrating  
Minority Mental Health Month  
With Special Activities  
Contact Gigi Crowder for more info:  
[Gigi@namicontracosta.org](mailto:Gigi@namicontracosta.org)

## GOVERNMENT REPORTS

Doug Dunn's governmental reports-MHSA Forum Meetings-Mental Health Commission (PES) meetings with locations and dates are on the supplement in this newsletter.

Follow us on Social Media!



Facebook: NAMI Contra Costa



Instagram: [@namicontracosta](https://www.instagram.com/namicontracosta)

## NAMI-CC Care and Support Groups

### Central Contra Costa County

**3rd Monday of Each Month, 7:00 to 9:00 p.m.**, John Muir Medical Center, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Park in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madison and Bob Thigpen. Email: [xnamicc@aol.com](mailto:xnamicc@aol.com), or call: (925) 256-9640, (925) 957 5139.

#### **NAMI Contra Costa Writers' Group**

All writing levels welcomed. 1st Tuesday of Each Month, Not July.

10:30 a.m. to 12:00 Noon

NAMI Office 2151 Salvio St., Suite V

Gigi Crowder 510-990 2670

Margaret Netherby, facilitator, [mlnetherby@yahoo.com](mailto:mlnetherby@yahoo.com).

#### **NEW HOPE SUPPORT GROUP**

Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder. Meets the 2nd Monday of each month

Lafayette/Orinda Presbyterian Church-49 Knox Drive-Rm. 204  
7:00 to 9:00 p.m. Christina Mellin 925-899 0862

#### **The Crash Course**

A comprehensive orientation to the resources in Contra Costa to help with recovery

EVERY Wednesday night

Doors Open at 5:30 pm

2151 Salvio St. Concord 2nd Floor

[dk122932@aol.com](mailto:dk122932@aol.com) 925-676 5771

Free-RSVP NOT Required

#### **NAMI CC Mandarin Program Family Support Group**

Language: Mandarin 中文

2<sup>nd</sup> Saturday of every month

Time 10:00 to 12:00 Noon

Location: DCBC, 2278 Camino Ramon, San Ramon, CA 94583

Contacts: Shelly 925-238-6286;

[mandarin@namicontracosta.org](mailto:mandarin@namicontracosta.org)

#### **African American Family Support Group Mental Wellness Wise Wednesdays**

4th Wednesday Each Month 6:30-8:00 pm

5144 Union Mine Drive, Antioch, CA 94531

Contact: Gigi Crowder E mail: [gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)

#### **SPANISH SUPPORT GROUP**

3RD Tuesday 6:30-8:30 pm

Salvation Army, 4900 Appian Way, El Sobrante

Alejandra, 510-837 4077

#### **Open Our Hearts Family Member Support Group No Meeting In September 2018**

For family members of adults with mental illness.

4th Monday of Each Month 7:00 pm to 8:30 pm

##### **Temple Isaiah**

945 Risa Road, Lafayette

(In The Talmud Torah Center, Room E204)

Call Karen at (925) 945-7272 or

email at [karen@mmcohen.com](mailto:karen@mmcohen.com)

[www.openourhearts.net](http://www.openourhearts.net)

#### **Support Group for Parents of Adult Children with Mental Illness**

Meets the 2nd Sunday 2-3:30 pm

San Ramon Valley United Methodist Church

902 Danville Blvd., Alamo, CA 94507

Karen Scalzi: (925) 820-7495 or [kscalzi@comcast.net](mailto:kscalzi@comcast.net)

Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

#### **NAMI West County Support Group**

2nd Wednesday Each Month 6:30—8:00 pm

Richmond Medical Center of Kaiser

901 Nevin Avenue— 3rd Floor Room 317 Conference Rm 1

Richmond Contact Dr. Sumchai 510-237 9277 or

E mail: [family2familyrichmond.nami@gamil.com](mailto:family2familyrichmond.nami@gamil.com)

#### **NAMI SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG**

1st Thursday each month 7:00-8:30 pm

Faith Based-ALL Creeds Welcome!

Church of the Living God

1125 Harbor St. Pittsburg

Veronica: 925-250 4032

#### **Brentwood Support Group**

Last Tuesday Evening of the Month

Raley's Grocery Store

2400 Sand Creek Road, Brentwood

7:00 pm to 9:00 pm

Contact: Laurel Howard-Fong 925-437 1751

[lphfong19@gmail.com](mailto:lphfong19@gmail.com)

#### **NAMI CONNECTIONS**

Support Group for Peers and  
Invited Family Members

EVERY Wednesday 7-9:00 pm,

John Muir Behavioral Health Center

2740 Grant St. Concord

[reina@namicontracosta.org](mailto:reina@namicontracosta.org) 925-798-9660

## **NAMI Contra Costa**

National Alliance on Mental Illness

### **OFFICERS:**

**Charles Madison, President**

(925) 256-9640

[C\\_madison@msn.com](mailto:C_madison@msn.com)

**Susan Norwick Horrocks**

*First Vice President*

**Mark Cohen, Secretary**

[mark.cohen@namicontracosta.org](mailto:mark.cohen@namicontracosta.org)

**David Kahler, Treasurer**

(925) 676-5771

[dk122932@aol.com](mailto:dk122932@aol.com)

### **BOARD OF DIRECTORS**

Barbara Scott

Clare Beckner

Al Farmer

Tony Khalil

Don Green

Michelle Wong

Emeritus Board Member: Kay Derrico

### **Executive Director**

Gigi Crowder

(510) 990-2670

### **COMMITTEES:**

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Criminal Justice

**Shelly Ji**

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**Susan Horrocks**

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**David Kahler**

Publishing

**Peggy Luna**

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**Barbara Scott**

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**Nancy Seibert**

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Database

**Richard Derrico**

Behavioral Health Court

**Gigi Crowder**

FaithNet Coord.

**Kay Derrico**

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**Michelle Wong**

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**Karen Cohen**

e news

**Steve Sullivan**

Librarian

**Douglas Dunn**

Political Advocacy

**Ashley Ciullo**

Media Volunteer Coord.

**Jo Fetterly**

Donations

### **Newsletter Group**

Peggy Luna

Bill Boyle

Dick Owens

Fro Schmidt

Lisa Bruce

Nancy Seibert

David Kahler

Mark Cohen

Email: [xnamicc@aol.com](mailto:xnamicc@aol.com)

Website: [www.namicontracosta.org](http://www.namicontracosta.org)

Phone: (925) 676 5771

062519 Tue108P QQQQ

Newsletter Deadline:

20th of Each Month

## **PRESIDENT'S COLUMN**

Our Family Volunteer Support Network continues its fine work and graduated 30 NAMI CC Volunteers on June 23<sup>rd</sup>.

A County Community Meeting on PES (Psychiatric Emergency) was held at the NAMI CC offices on June 11<sup>th</sup>. The meeting consisted of both county employees and stakeholders discussing all aspects of PES. The meeting was very positive with a number of positive improvements recommended to enhance the important work that PES provides.

To all stakeholders, your help is needed. The Consolidated Planning Advisory Group (CPAW) meets the first Thursday of every month from 3 to 5 pm. This group discusses programs and methods to improve our county's mental health system. We need the voices of the families at these meetings and I encourage you to attend and provide your input.

Another very important meeting will occur on July 18<sup>th</sup> at Contra Costa College in San Pablo from 1 to 5 pm. This is the county's MHSA Community Forum at which stakeholders can learn the latest and provide input into the current and future programs. So please attend if you can.

The very best to all and remember everyone counts.

## **GENERAL MEETINGS**

### **Future Speakers:**

July 18 - Dr. Bill Shryer

August 15 - PG & E

Sept. 19 - Barbara Mann

October 17 - John Bateson

Nov. 21 - Christina Wade

December 19 - Tom Wootton

Dr. Shryer has been in private practice since 1981, specializing in Autistic Spectrum Disorders, Mood Disorders, and Anxiety Spectrum disorders in children, adults and their families.

Along with managing three behavioral clinics, he has lectured frequently in the areas of ADD and Autistic Spectrum disorders and their implication in the educational setting.

### **FAMILY ADVOCATE**

**Bob Thigpen**

**925-957 5139**

[robert.thigpen@hsd.cccounty.us](mailto:robert.thigpen@hsd.cccounty.us),

Bob Thigpen is the County's Family Advocate. You can talk directly with him at the Crash Course.

(925-676- 5771)

E mail:  
[xnamicc@aol.com](mailto:xnamicc@aol.com)

## **NAMI Contra Costa's Mission Statement**

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.





### BECOME A NAMI BASICS TEACHER

Give back and spread the word to other families and clinicians.

**NAMI BASICS  
Teacher Training in English  
July 26 & 27, 2019**

**NAMI BASICS  
Teacher Training in Spanish  
October 25 & 26, 2019**

This free training is available to anyone who has taken the NAMI Basics class and to professionals who work with children and adolescents between the ages of 5 and 22. Family to Family teachers may also qualify. The training is two full days and requires a commitment to teach two classes for NAMI CC.

For more information and to register for the English training contact Susan Norwick Horrocks at [susanh@namicontracosta.org](mailto:susanh@namicontracosta.org), or call 925-262-3404 and leave a brief message. For the October training in Spanish contact Alejandra Escobedo at [alejandraescobedo2@gmail.com](mailto:alejandraescobedo2@gmail.com)

Our talented and dedicated trainers, Alejandra Escobedo and Mercedes Marquez, will facilitate both trainings. The trainings will be held at our NAMI CC, Salvio St. office.

#### Who Will Help Your Loved Ones When You Can't?

NAMI's group exploring ways to meet the needs of our loved ones after we can no longer care for them will meet on Friday, July 12, from 10:30 a.m. to noon at the NAMI office, 2151 Salvio St., Ste. V, ground floor. We are prioritizing needs and discussing ways to fill them.

RSVP



### NAMI CC is 370 MEMBERS STRONG!

We need you and are grateful you are a member of NAMI CC. You are in good company, standing with hundreds of others in Contra Costa County to improve the lives of the severely mentally ill. We thank you and ask you to please keep your membership active and current.

One of the best ways to renew your membership is by writing a check to NAMI CC and mailing it with the form on the back of this newsletter.

We also welcome, for your convenience, joining on line by going to our website [www.namicontracosta.org](http://www.namicontracosta.org).

Please help our diligent and dedicated Membership Committee volunteers by sending your renewal a month ahead of the renewal date. This will keep your membership from lapsing. **Check the back of this newsletter for your renewal date.**



We need volunteers to keep our programs going. Here are just a few ways you can help. You can volunteer at our office, take our Volunteer Family Support Network training, become a Family to Family, Basics or Peer to Peer teacher, attend CPAW meetings, help with a Crash Course in your neighborhood or join a committee to help with mailing out the newsletter, fundraising and hospitality. Call our office to discuss the best fit for you and your schedule.



### MEMBERSHIP COMMITTEE MEMBERS

Chairperson: Susan Norwick Horrocks  
360 Database: Kim Wirtz  
Donations: Jo Fetterley  
Mentor: Clare Beckner  
Admin. Asst.: Nancy Bolcerk



**NAMI Chinese Educational Presentation**  
Saturday, June 8, 2019 In San Ramon  
Free and Open To The Public 34 People Attended

## ESKETAMINE FOR DEPRESSION

By Mark M Cohen

The history of ketamine is a fascinating one. First discovered by Parke-Davis (Detroit, MI) in 1956, it was found to be a safe and effective analgesic and anesthetic when administered intramuscularly or intravenously. Unfortunately, in some adults it was associated with “. . .severe and prolonged post surgery emergence delirium.”

In 1968, while I was an ophthalmology resident at the University of Michigan, Guenter Corsen, M.D., conducted an investigation of its use as an anesthetic in young children and infants. To examine some children it was often necessary to do examinations under anesthesia in the operating room.

These procedures, because of the setting were expensive and entailed risks, however minimal, of general anesthesia. We were able to use ketamine, then called CI-581, in a clinical setting for this purpose saving both time and money. Unlike regular anesthetics which depress respiration and require close monitoring, ketamine stimulated respiration. Post recovery, we observed that our subjects were, for a short period of time, disoriented but happy and back to their usual behavior by the next day.

Because of these behavioral manifestations ketamine was labeled as and is still referred to as a dissociative anesthetic. During the late 1960s and early 1970s ketamine, because of its large margin of safety was used for anesthesia in American soldiers injured during the Vietnam war. It soon became a recreational drug and was classified as a schedule III drug by the FDA. It was just a matter of time before this “Rave Drug” was investigated as a method of treating depression. In the 1990s several studies indicated that ketamine was beneficial in treating patients who suffered from depression.

Most of the drugs used in treating depression target the serotonin brain pathways. Ketamine blocks the signaling molecule NMDA, a component of the glutamate pathway, which is involved in memory and cognition. Before ketamine was studied, no one even knew that the pathway was involved in depression. In 2013, the largest trial of off-label ketamine with 73 participants, found that the drug reduced depression 24 hours after treatment in 64% of patients who had tried three or more other medications with unsuccessful results.

Since that time many physicians have prescribed ketamine off-label for some patients. At therapeutic doses, it often produces a dissociative, out-of-body sensation that lasts less than an hour. At higher doses, recreational users report experiencing a ‘K-hole’, a deeply disoriented state accompanied by vivid hallucinations.

The search for a safer and more convenient method of administration led to the development of a nasal spray containing a structural variant called esketamine in 2013 by Johnson & Johnson in New Brunswick, New Jersey. On 3/06/2019 the U.S. Food and Drug Administration approved Spravato (esketamine) nasal spray, in conjunction with an oral antidepressant, for the treatment of depression in adults who have tried other antidepressant medicines but have not benefited from them (treatment-resistant depression). Today, Esketamine, is sold under the brand names Ketanest and Spravato.

In recent studies Intranasal esketamine, when added to standard antidepressant therapy, rapidly reduces symptoms of major depression and suicidality in patients at imminent risk for suicide. However, some experts are concerned about its potential for abuse.

## THE WRITERS GROUP

By: Jack Bragen

In the business of writing, I've learned that writers must take their lumps without complaining or getting smartass, and that there are a lot of lumps to take. However, at the NAMI Contra Costa writer's group, writers have a chance to receive support from each other without having to take more lumps.

The group meets on the second Saturday of each month at the new headquarters on Salvio Street in Concord. Margaret Netherby facilitates, and we are both dedicated to the craft. We both realize that it isn't the outcome of writing that matters most; it is what we get from the joy of doing the writing.

On occasion, many of the attendees of the writer's group attain a victory. At the writer's group, this is great to share. At other times, we have a chance to commiserate. Writing is a daunting undertaking if you measure it by being published--it is highly competitive because there are millions of people who aspire to be writers, with whom we must compete.

Yet everyone has stories to tell, and we must not be silenced by a corporate-controlled mass media that favors sameness.

In the past, the writer's group thrived, and it can do so again. We need people to show up and share their victories as well as agonizing defeats. We want to hear you read your material. You could be a better writer than you think you are.

Please attend. The next meeting is June 13, 2019 at 10:30 a.m.

## Family to Family Education Course

Fall Registration Now

Family to Family Education Course is a free 12 week series. The course covers the symptoms and treatment of major mental illnesses, as well as skills to help family members communicate with and advocate for their loved one.

The class participants build confidences as they learn skills to address frustrating and chaotic challenges and realize the value of support from our NAMI.

**NAMI CC Anniversary Celebration & FUNdraiser,  
Friday, August 9, 6pm,  
2151 Salvio St., Suite V,  
Concord**

Please join us to celebrate the first anniversary of our beautiful, new office. We are hosting a social. Join us to toast a year of expansion and new beginnings. Chat with NAMI Board Members and other NAMI leaders. Let our NAMI Greeters take you on a tour of our modern meeting and work spaces.

After socializing, we invite you to our casual kitchen area for a **Quick Summer Cooking Class** and FUNdraiser sponsored by Shelly Weeks, Pampered Chef, consultant and NAMI member.



Mark your calendar and bring a friend or two! We'll be sharing cool and easy meal ideas and samples for a delish summer. Learn to make our mild Southwest Salsa Chicken Lettuce Wraps!

All cookware purchases will give NAMI up to 20% of purchase price.

**SCHEDULE:** Anniversary celebration, socializing, 6pm. Cooking class starts promptly at 7pm.

### OUR PERSONAL PAMPERED CHEF CONSULTANT~

Contact with any questions:

Shelley Weeks, Registered Dietitian and NAMI member  
(510) 290-2508, call/text  
[ChefShelley@comcast.net](mailto:ChefShelley@comcast.net)

Class RSVPs helpful~Hosts Richie Ngo and Michelle Ngo Wong  
[michelle.wong@namicontracosta.org](mailto:michelle.wong@namicontracosta.org)

Online catalog for early ordering, recipes, tips, etc:

<https://pamperedchef.com/party/nami0809>.

Free gift with your \$75+order.

## LET'S HEAR FROM YOU!

Every three years the use of county moneys from the Mental Health Services Act (the "millionaires' tax") is evaluated. The next cycle of money use is determined by a number of factors, and an important factor is your input. Make your voice heard by attending any one or all of the following community 2020-2023 Three Year Plan Community Forum meetings. NAMI voices are critical.

**Thursday, July 18, 2019, 2-5 PM,** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806.

**Thursday, Sept. 12, 2019: 10-2 PM:** San Ramon Community Center, 12501 Alcosta Blvd., San Ramon, CA 94583.

**Thursday, Nov. 14 or Saturday, Nov. 16, 2019, time TBD,** Antioch Community Center.

## NAMI To Help at Mt. Diablo School District's Annual Parent Conference

At this conference, NAMI CC will provide an information table with mental health information in English, Mandarin, and Spanish as well as mental health workshops.

Details: Saturday, August 10, 8am-1pm, Loma Vista Adult Education Center, 1266 San Carlos Avenue, Concord. Registration/information for Mt Diablo Unified School District Families: for this free event, including lunch, childcare (limited; reserve early), and to get additional information, contact Mt. Diablo Adult Education, 925-685-7340, extension 6720, or [parenteducation@mdusd.org](mailto:parenteducation@mdusd.org). For a flyer, email Kay Derrico: [kayderrico@comcast.net](mailto:kayderrico@comcast.net).

## ARE YOU EXPERIENCING HOMELESSNESS?

Come to "**Coffee and Conversation**" every third Monday, 2p.m., at the Concord Library, 2900 Salvio Street, Concord.

Learn about available services in Contra Costa County. Local organizations will be there too to talk about how they can help. Coffee and refreshments provided.



## JOSEPH A. MACALUSO

By: Clare Beckner

One of NAMI Contra Costa's members and advocates, Joe Macaluso, passed away on May 19, 2019 from cancer.

Joe's connection to NAMI runs deep. After losing his oldest son David to suicide 20 years ago, he and his wife Jo joined NAMI Contra Costa and took the Family to Family course.

Joe was an avid supporter of NAMI Contra Costa over the years: volunteering in the Crestwood office, participating in NAMI fundraisers and lending his expertise as a social worker to assist with a support group that was held at Christ the King Church.

His relationship with NAMI and being a man of faith was helpful when he lost his younger son John to suicide in 2017. Joe lived to serve others and he put his family above all. His generous and loving spirit will be missed.

## Suzanne Tavano

(Continued from page 1)

Mental Health Plan when Managed Medi-Cal was introduced in the 1990's. She assisted in the implementation of the Mental Health Services Act when enacted in 2004.

She was the Director of the Mental Health and Substance Use Services for Santa Cruz County, followed by almost five years as Marin County's Director of Behavioral Health and Recovery Services.

Dr. Tavano has a substantial and varied history in designing, implementing and evaluating behavioral health systems.

NAMI Contra Costa is proud and happy to have Suzanne as our new Director.

# NAMI DONATIONS

## Donations

### Samuel Yoshioka

Robert Thigpen	William and Suzanne Lingo
Carrie Wong	Judith Kuftin
Phyllis Gainick	Diamond Hills Sports Club
Terri Sher	Allan Duncan
Richard & Alice Kulka	Yvonne Beyer

## Donations

### In Memory of: Joseph A. Macaluso

Jo Macaluso "In Memory of My Beloved Husband"  
David and Laura Meiser  
Rich and Kay Derrico  
Robert & Clare Beckner

## Donations

### In Memory of: Ted Kunzman

Ray & Barbara Breslau  
Patricia Myers Stull  
Alfred & Janet Ferreira  
Tom & Carol Morehouse  
Sue & Jeff West  
Julie Luckenbach

## Donations

### In Memory of: Nadine Ancillotti

Julie Jaeger

## Donations

### In Memory of: Glenn Madison

Kathleen Henggeler

## Donations

### In Memory of: Andrew Kennedy

Barbara Johnson

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at [jojac6996@gmail.com](mailto:jojac6996@gmail.com)

**3rd Monday Support Group**

July 15, 2019 7:00 p.m.  
 John Muir Medical Center  
 Walnut Creek  
 Epstein Meeting Room  
 Basement Area (See page 2)  
 Email: xnamicc@aol.com



Stamp

**HAPPY 243RD 4TH OF JULY****To:****From:**

**NAMI Contra Costa**  
 2151 Salvio Street, Concord, CA., 94520  
 Phone: (925) 465-3864 Email: xnamicc@aol.com

**APPLICATION FOR MEMBERSHIP****NAMI CONTRA COSTA**

Make check payable to NAMI Contra Costa  
 Complete this information and please return to:

Treasurer  
**NAMI Contra Costa**  
 2151 Salvio Street, Suite V  
 Concord, CA., 94520

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email Address: \_\_\_\_\_

- ☐ Renewal      ☐ New Member  
☐ Household \$60      ☐ General Membership \$40  
☐ Open Door \$5

**DONATION FORM**

Amount \_\_\_\_\_ Mail to:

Treasurer, **NAMI Contra Costa**  
 2151 Salvio Street, Suite V  
 Concord, California  
 94520

Note: Tax ID #68-0209474  
 (No goods or services have been received  
 from the following donor or donors)

Name \_\_\_\_\_

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City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

050319F613P

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