

## Election to the Board of Directors

### Absentee Ballot for the January 15, 2023 (Virtual) Annual Meeting (due to restrictions from the corona virus)

*Please return your ballot by January 13*

- Each membership level (Household, Individual, or Open Door) gets one vote per membership.
- Vote on each candidate that is up for renewal, their biographies are on the back of page.
- Mail to the NAMI Western Massachusetts Nominating Committee in the pre-addressed envelope.
- **All ballots must be received by Friday, January 13<sup>th</sup> to be counted in the election.**
- Please check yes or no for your choices below.
- If you check Yes and No on the same line your ballot will not be counted.

If you would prefer to vote by email, please send your votes along with all your contact information to: [votenamium@namium.org](mailto:votenamium@namium.org)

|                           |          | <b>Yes</b> | <b>No</b> |
|---------------------------|----------|------------|-----------|
| <b>Up for re-election</b> |          |            |           |
| <b>Sherron Colgram</b>    | Director |            |           |
| <b>Luz Cruz</b>           | Director |            |           |
| <b>Sue DiVenuto</b>       | Director |            |           |
|                           |          |            |           |

#### YOUR CONTACT INFORMATION

Name: \_\_\_\_\_ \*

Address: \_\_\_\_\_ \*

City/State/Zip Code: \_\_\_\_\_ \*

Phone: \_\_\_\_\_

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

\* Required Information

**Thank you for being an active participant in your NAMI Western Massachusetts affiliate**



**Dr. Sherron Colgram**, was born and raised in Western Massachusetts, she believes in the importance of giving back to the community she calls “Home.” After graduating from Loma Linda University School of Medicine in 2009, Dr. Colgram completed her OB GYN residency training at Drexel College of Medicine / Hahnemann University Hospital in Philadelphia, PA. She received her American Board Certification in OB GYN in 2019. She is currently pursuing an executive Masters in Business Administration degree for Physicians at Brandeis University. Since completing her official training, Dr. Colgram has provided women’s preventative health, obstetrics and gynecological management in the Northeast. Dr. Colgram plans to expand her medical care to women across the state of Massachusetts, further innovate technology in the operating room setting and nationally decrease social health disparities for underrepresented communities that lead to mental health disorders and chronic diseases. She participates in local community outreach activities and philanthropy.



Luz Cruz, is a 46-year-old Hispanic/Indian that works through BHN as a Family Partner and works with families that have mentally/emotionally disabled children. She has been with BHN for 4 years and enjoys what she does. Luz has two children and a two-year-old granddaughter. She’s on the board of NAMI-WM because she has a son that has ADHD and ODD and would love to learn a lot more about the resources that are out there that can help her, and everyone else that has children with disabilities.



**Susan DiVenuto**, has been involved with NAMI-WM for over 14 years. She has her CNA/ Home Health Aide certificates, and an Associates in Graphic Arts. She has been on the board for over 12 years and volunteers weekly in the Agawam office. She is a trained NAMI Connection support group facilitator, an In Our Own Voice presenter, a Certified Peer Support Specialist, a Family-to-Family teacher and is trained to teach DBT. Sue has been in recovery for over 36 years from alcohol and drugs. She has been through a lot in her life and uses several positive coping skills, such as DBT, to get through her daily life. Sue states that NAMI has helped her during her struggles and she knows sharing her story can help others, as well as herself. NAMI has given her HOPE!

For biographies of all of NAMI Western Massachusetts Board of Directors please go to: [namiwm.org](http://namiwm.org)