

Narcolepsy and Hypersomnia Support Group

of the Greater Washington DC Area

Saturday January 19, 2013

12:30 – 3:00 pm

(informal social group in a nearby inexpensive restaurant afterwards)

**Martin Luther King Jr. Memorial Library
Room 221**

901 G St. N.W.
Washington, DC 20001

202-727-0321 (Library phone number)

240-305-3616 (Saraiah, organizer)

Who and what should I bring to the meeting?

- **People with narcolepsy and hypersomnia, and other conditions which cause Excessive Daytime Sleepiness, and the people who love them** are welcome. You are welcome to bring your spouse/partner, boyfriend/girlfriend, children, parents, friends, etc.
- **Fingerfood (fruit, cheese, crackers etc.) and drink to share.****

** Note on food and drink, time and energy, and financial and emotional resources:

Some of us have symptoms that are under better control than others, and some of us struggle mightily just to get to a support group meeting. Some of us have relative financial security, and some of us cannot work and are living on extremely small incomes. In this support group, each of us takes care of the other as we can. And that extends to splitting the needed time, energy, and/or funds required to provide food, drink, and postage costs amongst those of us able to help share those burdens in any particular month. *So when and if you do not have the energy, time, or funds to bring edibles or a few dollars, that's just fine - and that's exactly when you should be coming to the support group meeting.* Please, never ever let inability to bring food, drink, or a couple of bucks keep you away. There will be always be months when it's your turn to provide care in some way to a deeply grateful person when others cannot.

Getting to the Martin Luther King, Jr. Memorial Library in Washington DC

The Martin Luther King, Jr. Memorial Library is located between the Metro Center Station and Gallery Place/Chinatown Metro Station on the North side of G Street, NW, between 9th St NW and 10th St NW. It's geographically located about 5 blocks north of the Natural History Museum on the Mall.

Traveling by Metro

Exiting at Metro Center Station (on the Red, Blue, and Orange Lines):

1. Exit Metro Center Station onto G Street NW on the 11th St side.
 - ▲ **Walk East 1 ½ blocks on G Street NW**, crossing 11th and 10th Streets NW.
 - ▲ **The library will be on your LEFT** after you cross 10th Street NW.

Exiting at Gallery Place/Chinatown Station (on the Red, Green, and Yellow Lines):

1. Exit Gallery Place/Chinatown Station onto G St and 9th Street NW.
 - ▲ Walking to the Martin Luther King, Jr. Library from the Gallery Place Metro Station, the library is diagonally across the street.
 - The library will be on your RIGHT after you cross 9th Street NW.

Traveling by Car

Driving directions: Go to the library's website at <http://www.dclibrary.org/mlk> to get directions from your starting point.

Parking:

For those who would prefer to drive, there's a huge outdoor parking lot three short blocks north of the library at the corner of 9th and New York Avenue, where the old Washington Convention Center used to be. Saturday and Sunday parking costs a flat fee of \$10.

Check the U Street Parking, Inc. website at <http://ustreetparking.com/locations.html> for more information on this parking lot. The Yelp entry at <http://www.yelp.com/biz/city-center-parking-lot-washington> has a map and reviews.