

JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net  
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

### What's Happening:

A huge thank you to Judy Gartman and Alison Ernst who staffed our NAMI table and display at the YMCA Parish Nurses' Health Fair on October 23rd. We also thank Dave Swender and Seth Wiederanders for their presentation at Bay View Lutheran Church, 'In our Own Voice' as participants in *Understanding Serious Mental Illness*.

**Faith in Recovery Support Group** meets on Fridays at 1:00 pm November 2, 9, 16, 30. We will be showing the DVD *A Guy Called Dad*. This new documentary takes a unique, intimate look at Schizophrenia and how it affects one daughter's relationship with her father. The viewing is open to anyone interested in learning more about this particular illness and how it impacts the family.

### **Fill The Freezer Campaign**

We have a new (to us) chest freezer with lots of empty space in it. It would be awesome to fill that space with meat for our Tuesday dinners. Deer hunters take note—venison is welcome! But so are beef, pork, chicken, turkey, fish...anything protein and freezable. Take advantage of sales to help us stock up.



Beware of the pumpkins!

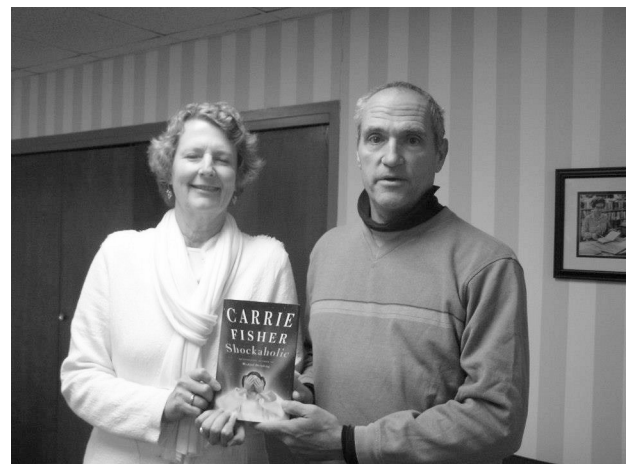


### *Thanks to...*

- Welsing's Foodland Inc.
- Attic Correctional Services Inc.
- Danis Fund-Community Foundation
- Sharon Wiederanders

### *In Kind Donations:*

- Paul Klapatch — Frozen turkey
- Art Group — Pumpkin decorations
- Cooking Group — Halloween party treats
- Mike Smith — Chest freezer



Ed presents books to Door County Library branches

### **Try a Holistic Approach**

*Holistic health is a concept in medical practice upholding that all aspects of people's needs, psychological, physical and social should be taken into account and seen as a whole. - Wikipedia*

**Think well.** The medications you are prescribed should help you with your thought process. It may take a while but your mood and method of thinking can be improved. Take them religiously, at the same time every day. If you need to, set an alarm. Go see a doctor before you adjust the dosage, not after.

**Eat well.** Buy yourself a cookbook and educate

yourself on nutrition. You are what you eat! Or, even better, come to Magda's nutrition class at JAK's Place: thursdays at 4:00pm.

**Sleep well.** I know, easier said than done, but if you can figure out which meds make you drowsy you can ask the doctor if you can take them at night. Also, try to sleep the same time of day every day, and keep some sort of morning routine.

**Do well.** Try to get out of the house. Schedule a workout at the Y or go for a walk with a friend. Go for a drive in one of Door County's beautiful parks. Maintain the sort of health you would like by incorporating all the aspects of your healthy life into a plan.

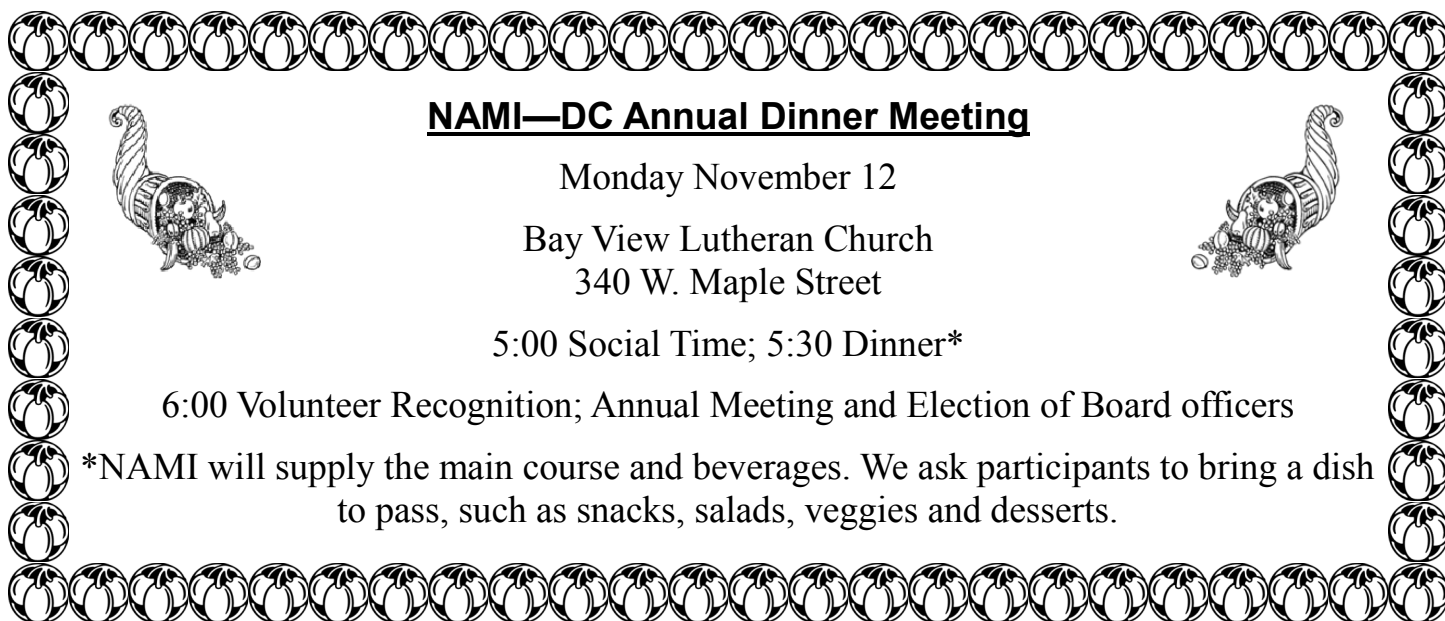
— Seth Wiederanders

JAK's Place  
820 Egg Harbor Road  
Sturgeon Bay, WI 54235

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**NAMI—DC Annual Dinner Meeting**

Monday November 12

Bay View Lutheran Church  
340 W. Maple Street

5:00 Social Time; 5:30 Dinner\*

6:00 Volunteer Recognition; Annual Meeting and Election of Board officers

\*NAMI will supply the main course and beverages. We ask participants to bring a dish to pass, such as snacks, salads, veggies and desserts.

**Meetings and Events**

**NAMI Annual Dinner Meeting** — Monday, Nov. 12<sup>th</sup>, Bay View Lutheran (see above)

**NAMI — Open Support Group:**  
Monday, Nov. 26<sup>th</sup>, 6pm, at JAK's.  
Anyone is welcome to come.

**Tai Chi** — Mondays, Nov. 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> 4:00

**Yoga** — Mondays, Nov. 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> 5:00-5:45

**Art group** Tuesdays, 2:30-4:00

**Tuesday Dinner** is at 5:00. Please sign up on or before Monday. We can only seat twenty.

**Movies** — Wednesdays, 2:45

**Chess Group** — Wednesdays, 1:30

**Game Days** — every 2<sup>nd</sup> and 4<sup>th</sup> Wed., 1:30-3:00

**Journaling Poets Group** — Fridays, 3:30pm

**Faith in Recovery** — Fridays, 1:00-2:00

**Friday is Computer Day!**

**Packer Parties**—Nov. 4<sup>th</sup> & 18<sup>th</sup>, noon

**CLOSED November 21<sup>st</sup> & 22<sup>nd</sup>**

**JAK's Place schedule at a glance:**

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5