

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:

HOLIDAY PARTY

Each year the Community Support Program hosts a Holiday Party for their consumers and family members. As in years past, this was scheduled to take place at Bay View Lutheran Church. Early Monday morning we were contacted and learned that a funeral was scheduled for the same date at the church. Paul quickly contacted Hope Church and Rev. Richard Feyen graciously offered the use of their Fellowship Hall. CSP staff, NAMI volunteers, JAK's Staff and Jill Kolodziej pitched in to help with the set up, serving and clean up following the noon feast prepared by Econo Foods.

The musical entertainment was provided by Jendean Olson, Clavinova, Paul Klapatch, Concertina, and Glen Begrow, Tenor. Rev. Richard assisted in setting up the church's sound system and offered the Blessing of the food. We truly felt the welcoming Spirit of Hope Church.

NEXT NEWSLETTER SPONSOR

The Door County Kiwanis Club will be sponsoring our joint NAMI Doorways and JAK's Place Newsletter scheduled for February. We are hoping to increase our number of issues so that the large bulk mailing will be sent 6 times and the newsletter from JAK's Place in alternating months.

In the last few years we had reduced the number of issues, but find that this means of educating the community is a necessary expense.

We are looking for organizations and businesses to help us in this endeavor by sponsoring an issue. We also send our newsletters out through email, which is more cost effective. If you would like to have your name added as an email recipient please let Laura know at JAK's Place.

Phone 818-0525 or email - jaksplace@att.net

QUILT RAFFLE # 2

Sheryl Flores has once again offered us a quilt by her Aunt Bettie to raffle as a benefit for JAK's Place. We are anxiously awaiting the arrival of the quilt which will be displayed at our 7th Annual Love Festival Concert scheduled for February 17th at Bay View Lutheran Church. More news next month!

Thanks to...

- Dave & Anne Miller
- Marlys & Paul Klapatch
- Candace & Gerald Worrick
- Todd & Cynthia Ehlers
- James & Susan McAninch
- David & Susan Morgan
- Sarah Taylor
- Leslie Cross
- Toni Christenson
- Robert Vanderkelen
- Pat & Bob Scieszinski
- Margaret Lockwood & Allin Walker
- Audrey Miller-Sydney



In Kind Donations:

- CSP Holiday Party – food items
- CSP food box collection at the Government Center

D.C. LIBRARY STAFF BRINGS CHRISTMAS TO JAK'S PLACE

A HUGE - Thank you to all the staff at Door County Library Branches. They have shown their support every Christmas since JAK's Place opened in 2006. This year's 'In Kind' gifts included paper products, stamps, printer paper, a kitchen cart, cash and checks! We are truly grateful for their generosity and thoughtfulness!

All In Your Head

No, seriously, some things are! Belief is one, and superstition is a false and destructive form of belief.

If the number 13 is really unlucky, maybe we should all move to a different country. The USA began with 13 colonies, 13 original states. There were 13 stars on our first flag; there are still 13 stripes. A \$1 bill has many instances of the number 13. Do you refuse to accept it in change, or avoid shopping at "dollar" stores?

In reality, the only way in which 13 is unlucky is that so many people are enslaved by a superstition. Why not start the new year by breaking a chain.

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

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Coordinator's Corner

The Holiday season is upon us. As I write this I am, as many people are, not fully prepared for Christmas. I still have letters to write and gifts to purchase. But this is more of a blessing than a burden, much more. I realize that I have an incredible wealth of friends and family to share this season with. Some people are not so lucky.

My memories of the holiday season are for the most part treasured images of Christmas trees and snow angels, of presents and wonderful food, of generations of loved ones gathered together under one roof, of sitting at the kids table and having a great time, of finally sitting at the grown-up table and realizing that the cheer and celebration only becomes

greater as you grow older.

However, the holidays bring sadness and depression to some. If you grew up in poverty or in a broken home your memories of the season are probably not something you like to revisit and the look of joy on peoples' faces may even make you grind your teeth a bit. For some the Holidays bring memories of cold rooms and fighting parents.

This time of the year is the perfect time to reach out to someone who might be alone and welcome them in. Offer a friend whose family is far away a spot at the table. Try to spread the holiday cheer wherever you go. We survive on kindness and forgiveness. Merry Christmas!

— *Seth Wiederanders*

Meetings and Events

NAMI General Meeting — Mon. Jan. 14th, 7:15

NAMI — Open Support Group:

Monday, Jan. 14th & 28th, 6pm, at JAK's.

Anyone is welcome to come.

Tai Chi — Mondays, Jan. 7, 14, 21, 28 4:00

Yoga — Mondays, Jan. 7, 14, 21, 28 5:00-5:45

Art group Tuesdays, 2:30-4:00

Dinner at 5:00 on **Tuesdays**

Chess Group — Wednesdays, 1:30

Game Days — every 2nd and 4th Wed., 1:30-3:00

Movies — Wednesdays, 2:45

Nutrition Group — Thursdays, 4:00

Journaling Poets Group — Fridays, 3:30pm

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

Friday is Computer Day!

CLOSED January 1st

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5