

NAMI Door County
P.O. Box 273
Sturgeon Bay, WI 54235
jaksplace@att.net

Phone:
920-743-6162
JAK's Place:
920-818-0525

2012 Board Members:

Executive Board:

Co-Presidents: Marlys Trunkhill
Mark Moeller
Vice-President: Sue Ernst
Treasurer: Amy Schommer
Secretary: Carleen Jeanquart

Members at Large

Peter DeVaney Personnel Committee
Roy Jilburg Care & Share Support
Paul Klapatch Facilities Committee
Candace Worrick Facilities Committee
Howard Lindsay Personnel Committee
Nancy Schmidt Care & Share Support
Margaret Buhk Children & Family
Alison Ernst Consumer Representative

Advisors to the Board:

Sheryl Flores, Program Chair
Seth Wiederanders, JAK's Place Liaison
Laura Haglund, Newsletter/Media Editor
David Miller, Finance/CPA

Join NAMI Door County 2013 now!

Memberships are for one year and include local, state, and national dues and newsletters.

___ \$3 Open Door (low income)
___ \$35 Individual

Additional categories of financial support

___ \$50-99 Friends
___ \$100-249 Supporter
___ \$250-499 Advocate
___ \$500-999 Sponsor
___ \$1000 and up Benefactor
___ Check here if you would prefer that you be listed as an anonymous contributor

Make checks payable to NAMI Door County.

Mail to:

Treasurer
NAMI Door County, P.O. Box 273,
Sturgeon Bay, WI 54235

NAMI of Door County is a 501 (c)
(3) public charity. Donations are
fully tax deductible to the extent the
law provides.

A United Way Grant Recipient



NAMI-Door County now has a PayPal account. Anyone visiting our website will see a PayPal "Donate" button. Clicking it will take them to a secure site where they can transfer money using their own PayPal account--if they have one--or a credit or debit card. This kind of transaction is quite secure.

Using PayPal can benefit us in several ways. By making it easier to donate, it could increase our revenue. It will also allow us to make purchases on line with ease and safety. Funds can be transferred between PayPal and our bank accounts whenever necessary.

We can not yet accept payments for membership online, but PayPal is available for extra donations.



Living Poor

Many of us, by necessity, are learning to "live poor." A good job is hard to come by these days. A good job that pays a living wage is even more rare. So, you learn to live cheap. Meal programs, food pantries, cab fare coupons, rental assistance and even cell phone services are available. Energy assistance programs and Foodshare can help you with heating and groceries.

The other part of 'living poor' includes constant, diligent budgeting. Entertainment is less important than rent. Stretching every dollar isn't fun but it becomes important if you are unemployed or underemployed. Here at JAK's we have a low cost meal every Tuesday and we can also point you in the direction of services available in our community. Stop in!

Seth Wiederanders, JAK's Place Staff

Computer literacy is now almost as important as being able to read. It can mean the difference between getting a good job and being stuck at the bottom. Lack of Internet know-how can create problems. Do you feel like the world is leaving you behind? At JAK's Place we have computers, wireless Internet, and one-on-one tutoring. Bring your own laptop or use our public computer to fill the gaps in your knowledge.

Presentations, anyone?

We have a new PowerPoint presentation for 2013. It will be available on a CD for anyone who would like to talk to a group about NAMI-Door County and JAK's Place. Assistance is available if you are not familiar with the procedure.

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.

**7th Annual Love Festival Concert
 February 17th 2:00 p.m.
 Bay View Lutheran Church
 340 West Maple – Sturgeon Bay**

On February 17 we will celebrate Saint Valentine's Day with our 7th Annual Love Festival Concert. This year's performers are the Bone Boys, who have contributed their talents every year! New to the Festival is Sarah Meredith Livingston, Mezzo-Soprano and Janet Anderson, Pianist. Sarah is Associate Professor of Music at UW-Green Bay. Janet is pianist and choral director at Bay View Lutheran Church. Both are residents of Sturgeon Bay and very active in the music community.

In addition, Janet will be accompanying Elizabeth Spaude, Flutist for the Musical Offertory. Elizabeth has performed every year at Love Fest. Last but certainly not least is T.J. Walker Middle School Chorus under the direction of Leslie Hill. They have appeared at several of our festivals bringing joy and their enthusiasm for music.

A free will offering will be accepted and a number of door prizes will be drawn throughout the performance. The audience is invited to meet the musicians immediately after the performance for a reception in the fellowship hall. All donations will benefit JAK's Place, NAMI's Mental Health Resource Center. Thrivent Financial for Lutherans is providing matching funds.

Bring your Sweetheart and enjoy the afternoon with Love!

Meetings and Events

NAMI general meeting at JAK's Mon., Feb. 11th.

NAMI — Open Support Group:

2nd & 4th Mondays, Feb. 11th & 25th, 6pm,
 at JAK's. Anyone is welcome to come.

Tai Chi — Mondays, 4:00

Yoga — Mondays, 5:00-5:45

Art group Tuesdays, 2:30-4:00

Tuesday Dinner is at 5:00. PLEASE SIGN UP AHEAD. We can only seat twenty.

THANK YOU! THANK YOU!

THANK YOU to the many donors who have contributed to JAK's Place and NAMI Door County, including: Gustav Abrahamson, Sandy Andre, Helen Bacon, Jane Berg, Sarah Charney, Jo & Bill Guenzel, Don & Coggin Heeringa, Michaela Holey, Delane Jome, Michael Madden, Kelly Maravilla, Nancy Nusslock, Sharon Wiederanders, Bill & Nancy Wiederanders.

We especially appreciate United Way of Door County, Door County Community Foundation, Thrivent Financial for Lutherans and Door County Human Services for their generous support of our mission.



The Names and Numbers Game

If one were to look for evidence that JAK's Place is providing a valuable resource to our community one would only need to look at the actual number of people we serve.

Jaks Place had an average of 75 different participants and 305 visits per month in 2012 and 77 participants with 282 visits in 2011. October of 2012 was a record setter for us with 407 visits.

Statistics like this help a lot when we apply for funding, so don't forget to sign in when you visit. Please print your name so that we can read it. ☺

Game Days — every 2nd and 4th Wednesday, 1:30

Chess Group — Wednesdays, 1:30

Nutrition Group — Thursdays, 4:00

Journaling Poets Group — Fridays, 3:30pm

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

Friday & Monday — Computer Days!

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5

NAMI *Doorways*

Newsletter of NAMI Door County



January—February 2013

National Alliance on Mental Illness

Volume 21 Issue 1

MEMBERSHIP UPDATE

Our annual appeal letter sent to the members and donors in December has resulted so far in 44 memberships and 28 additional separate donations to NAMI Door County/JAK's Place. Thank you so much for responding to this request. As mentioned in previous newsletters, memberships are for one year and can be received at any time; however it is less work for the membership crew if these are completed in December or January. That way we can take care of getting the necessary forms and money to State and National NAMI offices.

Throughout the year our members donate their time and talents at various fund raising activities. Our 7th Annual Love Festival Concert on February 17th is the next such occasion (see separate article in this newsletter for details).

Thanks for your help!

HUMAN SERVICES DEPARTMENT

After more than a year of planning, the former Door County Departments of Community Programs and Social Services merged into a combined Human Services effective January 1.

Leadership for the new department will be provided by Joseph Krebsbach, Director and Roger Tepe, Deputy Director. A newly created unit is the Aging and Disability Resource Center located on the 2nd floor of the Government Center. The new phone number for Human Services is 920-746-7155

NAMI Doorways Sponsors Needed

This first issue of NAMI Doorways is courtesy of the Door County Kiwanis Club. There will be 5 more issues in 2013, each costing approximately \$150 to print and send via bulk mail. If a business, individual, or organization would like to sponsor an issue, please contact Marlys Trunkhill at 920-743-6162.

Please help us keep our mailing list up-to-date. Let us know if you move! It costs us both unnecessary postage and a return fee when a newsletter is sent to someone who has moved or is away for the winter. Thank you.

Meeting Schedule

Monday February 11

6:00 Care & Share – Roy Jilburg
7:15 Monthly Meeting

Thursday February 21

4:45 NAMI Board Meeting

Monday February 25

6:00 Care & Share – Roy Jilburg

Monday March 11

6:00 Care & Share – Roy Jilburg
7:15 Monthly Meeting

Thursday March 21

4:45 NAMI Board Meeting

Monday March 25

6:00 Care & Share – Roy Jilburg

Faith in Recovery meets every Friday
at 1:00 p.m. – Marlys Trunkhill,
Spiritual Director

Unless noted otherwise, all NAMI Meetings and Support Groups are held at JAK's Place, 820 Egg Harbor Road, Sturgeon Bay.



NAMI Door County's mission is to improve the quality of life of those who have a brain disorder. We are a self-help support / advocacy / education group for families and friends of and for the people who have a brain disorder (mental illness).

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P.O. Box 273
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Seventh Annual Love Festival Concert

February 17th 2:00 p.m.

Bay View Lutheran Church

340 West Maple – Sturgeon Bay

Featuring:



The Bone Boys
Sarah Meredith Livingston
Janet Anderson
Elizabeth Spaude
T.J. Walker Middle School Choir
Directed by Leslie Hill



Thrivent Financial Supplemental Funds Approved