

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: Jan Pfannenstiel

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
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



United Way
of Door County

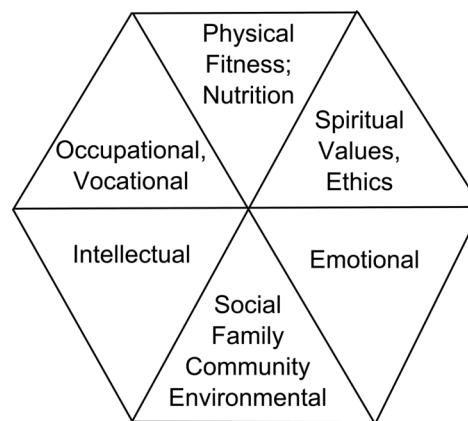
Positions on the NAMI Board

Our Secretary Carleen Jeanquart and Margaret Buhk have resigned from their positions and we are also seeking an individual to fill a consumer spot. We thank Carleen and Margaret for their participation and wish them both success in their endeavors to continue to support their clients and families who are affected by a mental illness.

Jan Pfannenstiel accepted the position of Secretary at our March NAMI Board meeting. We look forward to utilizing her vast skills as a fund raiser as well. Jan will serve on our Finance Committee.

Our Board meetings are held the third Thursday of each month, 4:45 pm at JAK's Place. Interested persons can contact Marlys Trunkhill at 743-6162 or leave a message at JAK's Place: 818-0525.

The 6 dimensions of wellness.



Another "wholistic" approach to maintain your health, the six dimensions of wellness are as follows:

Physical: regular physical activity encourages a healthy heart and lungs. Also, try not to overeat or excessively use alcohol or other substances.

Spiritual: the goal here is to seek meaning and purpose in human existence. To appreciate the depth and expanse of life and natural forces.

Emotional: to feel good about yourself and recognize your feelings.

Social: to contribute to your community, your human and physical environment.

Intellectual: to be a perpetual student and realize that it is healthy to learn and be creative.

Occupational: to enjoy your work and feel you are doing something meaningful and satisfying.

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.

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.

Faith in Recovery

Our support group which meets on Fridays at 1:00 pm will embark on a five-week study the week after Easter, April 5th. Materials for these sessions will be purchased through our recent NAMI FaithNet grant, which includes Rev. Susan Gregg-Schroeder's book *In the Shadow of God's Wings – Grace in the Midst of Depression*. We will also view several of the videos produced by her company, Mental Health Ministries.

Anyone that wants to participate can do so, but must be willing to make the commitment to attend all five sessions. Additional time is needed to cover the materials; therefore we will meet for 1.5 hours. There is no charge to the participants, and you will be able to keep the book and any handouts that are provided.

This course was first made available to our affiliate in 2004 and was facilitated at four different churches in our county. The material is excellent, and persons taking the course have benefited immensely and have shared their materials with fellow parishioners.

Please contact Marlys at 743-6162 or leave a message at JAK's Place, 818-0525.



In memoriam: William "Billie" Booth
 We will miss you

Memorial donations can be made to
 ARCW — AIDS Resource Center of
 Wisconsin

Meetings and Events

NAMI general meeting at JAK's Mon., March 8th,
 7:15

NAMI — Open Support Group:
 2nd & 4th Mondays, March 8th & 22nd, 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!

- Candace and Gerald Worrick—Advocate ads for Love Festival Concert
- Thrivent Financial for Lutherans
- Ruth Endowment —Independent Living Skills Program
- Hatco—matching funds from an employee
- NAMI Faith Net Grant—Caring Congregations
- Donation—Seth Wiederanders in Honor of Elizabeth Spaude
- Marlys & Paul Klapatch in memory of Wm. (Billie) Booth

In Kind Donations:

- Several delicious pies from —The Pie Fairy?
- The Art Group for their beautiful Valentine's Day Decorations
- Paul Klapatch—two/four wheel hand truck
- The Habitat ReStore—Dish Washer
- The Quilting Ladies of Holy Name of Mary Catholic Church, Maplewood—A nice warm quilt, for anyone who needs it.

A huge Thank You to Bettie Greenwood
 for our new raffle quilt.
 Tickets will soon be available.

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

Chess Group — Wednesdays, 1:30

Nutrition Group — Thursdays, 4:00

Film Group — Fridays, 2:30

Journaling Poets Group — Fridays, 3:30

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



April-May 2013

National Alliance on Mental Illness

Volume 21 Issue 2

NAMI FaithNet

Our local affiliate has been selected to receive a \$500 Mini-Grant. The goal is to re-establish a Caring Congregations committee of 4-6 members who will receive training materials and provide outreach to diverse communities of faith.

In 2004 NAMI Door County received a similar grant from the Ruth Endowment Fund of Bay View Lutheran Church. Four of our members attended training in Milwaukee on "Caring for the Soul". We then offered forums at Bay View Lutheran, United Methodist, Sturgeon Bay Moravian, and Prince of Peace. Dr. Barry Blackwell was one of the presenters in Milwaukee.

Susan Gregg-Schroeder, Director of Mental Health Ministries, author of *In the Shadow of God's Wings* and several DVDs on mental health issues. Our own Faith in Recovery program of support was an outgrowth of Dr. Blackwell's presentation in 2004.

The first step in the FaithNet grant is to recruit persons willing to be trained to give presentations. Ideally they will already be active in their congregations as lay persons and known to those who attend the forums. The FaithNet grant will cover the cost of materials and any printed copies that will be given out during the forums. Please contact Marlys at 743-6162 if you are interested in this personal advocacy.

NAMI Wisconsin Conference
"Speak up, Change Minds"
April 26 & 27

The conference is at the Madison Marriott West in Middleton, just off the Beltline near Hwy 12 & 14. The annual conference is a highlight each year for many of us to get the most recent information on new medications, theories and encouragement for recovery. Keynote speakers are Antonio Lambert and Dr. Patrick Corrigan.

Our local affiliate will reimburse members attending for one day of the conference fee. Breakfast and Lunch are included but Room Fee and Transportation are not. Car pooling is suggested to reduce costs. Information on the breakout sessions and further instructions are in the most recent edition of the IRIS or on the web site of NAMI Wisconsin, www.namiwisconsin.org/

Meeting Schedule

Monday April 8

6:00 Care & Share Support
7:15 Monthly Meeting

Thursday April 18

4:45 NAMI Board Meeting

Monday April 22

6:00 Care & Share Support

Monday May 13

6:00 Care & Share Support
7:15 Monthly Meeting

Thursday May 16

4:45 Board Meeting

Monday May 27

6:00 Care & Share Support

Fridays, April 5, 12, 19

(26 State Convention)
1-2:30 Faith in Recovery

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



United Way Day of Caring May 11

Volunteer sign up forms will soon be available at JAK's Place.

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Address service requested

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JAK's Place starts film group

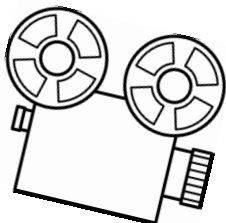
Story telling is a fundamental aspect of the human social experience. Much can happen in the telling of a story. The positive effects can be as strong for the teller of the story as they are for listener/viewer.



During my time at JAK's Place I have heard many stories, sitting around the table during our Tuesday evening meal or while playing cards or working on art projects. Some stories have brought laughter; others tears.

More than joy or sadness, such stories brought me a deeper understanding and compassion for struggles and triumphs of others. We all know too well the price that our community has paid for the harsh stigma mental illness still carries.

Telling stories through film, animation or claymation can span the deadly chasms caused by stigma, and it can be a lot of fun. Sharing stories brings understanding and compassion to displace fear and prejudice.



Folks will learn about script writing and creating story boards, as well as using editing software found free on line. If anyone has an old camera with video capabilities sitting around the house and not being used, please pass it along to the eager and creative hands at the JAK's Place Film Group.



— Ed DiMaio