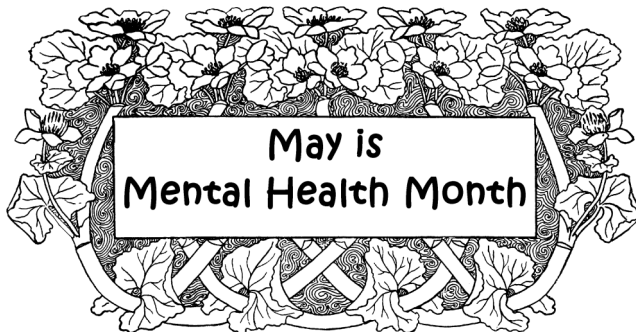


JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net  
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

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The entire month of May is designated as Mental Health Month. Members of NAMI Door County are available to give presentations at church forums, any special event or gathering that is looking for information on mental illness.

### **Volunteers are Needed !**

The Annual United Way Day of Caring is set for Saturday May 11 – As in previous years volunteers will gather around 8 am at Sturgeon Bay High School Cafeteria for Breakfast which is donated by McDonald's Restaurant.

We have both Indoor and Outdoor projects at JAK's Place. So please consider our site as a place to volunteer, located at 820 Egg Harbor Road. We will open JAK's Place at 8:45 and work until noon. In appreciation of the volunteers, we will be serving a light lunch and desserts.

### **Welsing's Foodland Brat Sales to benefit JAK's Place**

Memorial Day Weekend, Saturday, Sunday and Monday – May 24, 25, & 26. Please contact Seth Wiederanders at JAK's Place, 818-0525 to sign up for a shift. Also please let him know if you need transportation to Valmy.

### **Garden Meeting Monday May 6 3 pm**

May is also the beginning of garden season. Planning and planting need to begin as soon as possible. Some vegetables should be planted while it is still quite chilly. The beds must be prepared, and fresh compost and organic fertilizers added. Anyone who wants to be involved in our Garden of Hope, please attend the meeting, or at least call.

Drop in to see the flowers any time. 😊

### **Thanks to...**

- Luann Desotelle – farm fresh eggs
- Kraig Kemp – expandable hose for our Garden of Hope
- Saints Peter & Paul in Institute for food items
- Attic Correctional Services



### **Caring Congregations Committee**

NAMI FaithNet has recently awarded our NAMI Door County Affiliate \$500 to train individuals to give presentations in local Faith Communities. So far we have three individuals that are available to their respective churches. They are Roy Jilburg, Hainesville Lutheran Church; Dawn Foxx, United Methodist Church; and Marlys Trunkhill, Hope United Church of Christ.

We obviously have positions available for persons interested in serving their church home on this mission. Our grant has made it possible to purchase a number of books and literature to be shared with congregations.

### **Bay Beach Outing Friday May 31**

NAMI Door County and Door County Human Services are pooling their resources to make a trip to Bay Beach Amusement Park in Green Bay the end of May. The men's group is in charge of making sub sandwiches for the picnic lunch and arrangements have been made for transportation and reserving the shelter with Block Grant Funding. NAMI funding through United Way will provide additional transportation and the purchase of \$5 of tickets for each participant. Seating is limited to 39 people plus the drivers, so please sign up as soon as possible.

People wishing to attend should contact either Seth at 818-0525 or Sheryl at 746-2340 to reserve a spot. **We will gather at 8:30 am** in the parking lot at the Government Center with departure scheduled for 9:00 am. Return schedule is 2:30 pm leaving Green Bay and arriving back at the Government Center around 3:15pm.

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

Stamp

*Return service requested*

Address Label

### **Coordinators's Corner**

Parents are told to watch for the tell-tale signs of drug and alcohol abuse in their children. Hostility, depression, withdrawal, and changes in sleep patterns are common indicators that a young person may be abusing drugs. However, these symptoms may also point to the development of serious mental illness.

A person having a psychotic break may be delusional or experience hallucinations. He may become suddenly angry or tearful. Mood swings are typical. But these are also symptoms of chronic drug use. The question of whether a person is on drugs or

having symptoms of mental illness is often not easily determined.

The fact of the matter is that mental illness and drug abuse are often diagnosed together. Also, a person with mental illness may self-medicate with drugs or alcohol. Perhaps the only rational response to drug addiction is to treat it as a distinguishable mental illness. Certainly treatment and therapy are a better remedy than punishment. Punishing someone for substance abuse is the same as punishing someone for mental illness and in my opinion that's just wrong.

— Seth Wiederanders

The quilt donated by the Quilting Ladies of Holy Name of Mary Church in Maplewood went to Paula M. in a drawing on Tuesday, April 16th. Thank you, ladies!

### **Meetings and Events**

**NAMI General Meeting** — Mon. May 13<sup>th</sup>, 7:15

**NAMI — Open Support Group:**

Monday, May 13<sup>th</sup> & 27<sup>th</sup>, 6pm, at JAK's.  
Anyone is welcome to come.

**Board Meeting** — Thursday, May 16<sup>th</sup>, 4:45

**Tai Chi** — Mondays, May 6<sup>th</sup> & 20<sup>th</sup>, 4:00

**Yoga** — Mondays, May 6<sup>th</sup> & 20<sup>th</sup>, 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 2<sup>nd</sup> and 4<sup>th</sup> Wed., 1:30-3:00

**Movies** — Wednesdays, 2:45

**Nutrition Group** — Thursdays, 4:00

**Film Group** — Fridays, 2:30

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

**Faith in Recovery** — Fridays, 1:00-2:00 (Not May 31)

**Friday and Monday are Computer Days!**

**CLOSED Mon. May 27<sup>th</sup> & Fri. May 31<sup>st</sup>**

**Bay Beach Trip Fri. May 31<sup>st</sup> — Taking off from  
Govt. Center parking lot , be there at 8:30am**

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

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5