

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**

Bob Scieszinski Finance Committee  
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 Coordinator  
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.

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

Additional categories of financial support

\_\_\_ \$50-99 Friend  
\_\_\_ \$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



**Stigma is:** a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid, and discriminate against people with mental illness.

When someone asks you why you are on SSI or SSDI and you say something like, "I am schizophrenic." or "I am diagnosed with bipolar disorder," they might take a step back. The person you are talking with may associate mental illness with crime or even massacre. They might have formed their opinion of mental illness from the evening news where people with MI are mentioned only when something terrible happens.

At JAK's Place we strive to replace stigma with understanding. Through advocacy and awareness we seek to educate people on MI. Most of us diagnosed with MI are not dangerous, we are good, hardworking people.

— *Seth Wiederanders*



Aneta takes notes as she learns how to organize her large photo collection on a new laptop.

### **Who's Afraid of the Big Bad....**

Fear of computers, anxiety about "wrecking something", holds many people back from learning to use tools that are increasingly necessary in modern life. One of the best cures is to get in there and do things. Familiarity gradually washes away the scary face of technology.

One-on-one tutoring is available at JAK's Place; also help with computer problems. Staff member Laura Haglund is a professional computer troubleshooter when she's not wearing her NAMI hat. Bring in your questions and frustrations on Mondays and Fridays.

**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.*

## United Way Day of Caring

The Spring Rain and Winter Snow hampered our work crew outside, although Paul did get one raised bed structure repaired and debris hauled away. Our inside helpers moved furniture and cleaned the carpets in the Reception area and Meeting room. They also washed the windows and cleaned the wooden frames on both floors of the house. We completed the tasks in three hours and then broke for lunch to feast on barbecue wings, fruit, chips and lemonade.

We thank our volunteers for a job well done!

Dina and Alex Boettcher, Ally McLean, Mary Ann Jandrin, Laura Haglund, and NAMI Board Members—Sue Ernst, Marlys Trunkhill and Paul Klapatch.



Paul works in the snow



### Memorial for William "Billie" Booth

On Saturday, June 1<sup>st</sup>, there will be an informal memorial service for Billie Booth, 12:30-4, at JAK's Place. Bring a dish to share for a potluck dinner.

## Meetings and Events

**NAMI general meeting** at JAK's Mon., June 10<sup>th</sup>, 7:15

**NAMI — Open Support Group:**  
 2<sup>nd</sup> & 4<sup>th</sup> Mondays, June 8<sup>th</sup> & 22<sup>nd</sup>, 6pm, at JAK's. Anyone is welcome to come.

**Tai Chi** — Mondays, 4:00

**Yoga** — Mondays, June 3<sup>rd</sup> and 24<sup>th</sup>, 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!

### Financial Support:

- Marlys Trunkhill and Paul Klapatch in memory of Jonah A. Klapatch on his birthday, May 11th.
- Paula Moynihan
- Stella Maris Parish
- Attic Correctional Services. Inc.

### In Kind:

- Howard Lindsay – black spruce trees
- Morning Rotary Club – food donation
- Paula Moynihan – food donation
- Pam Peterson – library donation
- Door County Marine Detachment – food donation



*Cleaning carpets causes cacophonous cascading cackles; or, laugh if you think the red button is funny.*

**Game Days** — every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 1:30

**Chess Group** — Wednesdays, 1:30

**Nutrition Group** — Thursdays, 4:00

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

**Film Group** — Fridays, 2:30

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

**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



June-July 2013

National Alliance on Mental Illness

Volume 21 Issue 3

### **NAMI—DC Annual Picnic—July 8<sup>th</sup>**

Otumba Park Shelter is the site again for our Annual Picnic. We encourage all NAMI Members, Board, Human Services staff, JAK's Place staff and participants to join us in celebrating another successful year. NAMI will provide the brats, buns, beverages, Condiments, and paper supplies. We ask that folks bring fruit or vegetable salads, desserts, and munchies.

We will gather at 5:00 pm, eating at 5:30 followed by a number of Talent Acts. Bring your instruments and voices.

### **NAMI-JAK's Road Trip**

NAMI-JAK's took to the road on Monday, the 20th of May. Mark Moeller, Seth Wiederanders and Ed DiMaio toured other drop in centers in our region. Three centers were visited: Painted Pathways in Manitowoc, The Place To Be in Sheboygan, and Friendship Place in Neenah. It was interesting to see how other centers respond in support of people living with mental illness.

Another trip is planned to visit centers in the Appleton -Fox Valley area. The goal of the visits is to network with other drop in Centers to discover programming and goals that would be of benefit to JAK's Place.

### **Library News**

*Regular and Decaf* by Andrew D. Gadtke

Two copies donated by Pam Peterson

One Friend with Schizophrenia

One Friend with Bi-Polar

One Ordinary Conversation

One Cup at a Time

These two friends meet regularly at various sites to discuss and compare their illnesses over a cup of coffee. The discussions are tape recorded, transcribed and edited. The twenty-two chapters are divided by subjects such as: the onset of illness, hospitalization, family support, stigma, medications, romantic relationships, employment etc.

Mr. Gadtke in reference to his Psychiatrist says, "He treated me as if I were fully human and part illness, rather than fully illness and part human."

### **Meeting Schedule**

#### **Monday June 10**

6:00 Care & Share Support

7:15 Monthly Meeting

#### **Thursday June 20**

4:45 NAMI Board Meeting

#### **Monday June 24**

6:00 Care & Share Support

#### **Monday July 8**

**Annual Picnic** at Otumba Park (West side)

5:00 gathering, 5:30 supper

#### **Thursday July 18**

4:45 Board Meeting

#### **Monday July 22**

6:00 Care & Share Support

#### **Fridays**

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.*



### **Reminder**

May was Mental Health Month, but mental health is just as important every day of every month of every year.

*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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**PEDAL PUSHER & NAMI PARTNER**

June 14 will be 'Pedal Pusher' night at Luxemburg Speedway. Every spring, the racing community participates in the locally organized Pedal Pusher. In 2008, a small group of ladies planned the event as a simple bike ride to the racetrack. Over the years it has grown into a community fundraiser. The Pedal Pusher this year, "Tour de Anahpee", will have almost 40 riders biking from Algoma to Luxemburg. Previously, the event has raised money for the Susan G. Komen Breast Cancer Foundation.

2013 brings another new endeavor for the Pedal Pushers. They have reached out to partner with NAMI, the Door County Affiliate, in efforts to raise money to increase awareness of mental illness and suicide. In February, the group lost a close racing family member, Keith "Keeter" Tebon, to suicide. Keeter was a huge part of the racing community and donated every year to the cause.

Please come enjoy a night of racing at the Luxemburg Speedway on Friday, June 14, at the

Kewaunee County Fairgrounds, at 7pm. Main fundraising will be through previous T-shirt sales and sponsoring of the event, along with other events that night, including "Pass the Helmet" during intermission. All proceeds raised will be going toward the cause. Can't make it? After the event pictures by Dan and Mary Lewis Photography will be posted on the racetrack's website: [www.luxemburgspeedway.com](http://www.luxemburgspeedway.com), along with its Facebook page.

The Pedal Pushers would like to thank their past and present sponsors. Please support our 2013 sponsors; In Memory of Keeter Tebon Racing, Luxemburg Speedway, Paul J Georgia CPA, Four Sail Realty, Lavine Ice, Algoma Motors, Tri County Heating and Cooling, Lakeside Painting, Tebon's Valley Inn, Tippy Canoe, Luxemburg Bowl, Dental Health Products, James Tebon Racing, Little Sister Motorsports, Dart Motorsports, Muenster Racing, Vlies Custom Race Car Bodies, and Gold Canyon by Heather Dachelet.

— Kelsey Kowaleski