



Newsletter

July 2013

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.

LOCKWOOD FAMILY LIBRARY

In the Water they Can't See You Cry

By Amanda Beard with Rebecca Paley

At the age of 14, swimmer Amanda Beard won a gold and two silver medals at the 1996 Olympics in Atlanta. Fame and publicity followed with endorsements for swim wear and products. Puberty hit at age 15 adding six inches to her height and 30 pounds to her petite figure. Feeling ugly and hurt by comments in the media only added to the negative voices she was constantly playing in her head. High levels of stress and anxiety plagued her, followed by bulimia and depression. She resorted to self destructive behaviors using alcohol and cutting herself. After a very serious slip of the razor, she didn't want to die and sought professional help and medication that turned her life around. This is a story with a happy ending!

Silver Linings Playbook (DVD)

The movie, directed by David Russel was nominated in several categories at the 2012 Academy Awards. Jennifer Lawrence won the Best Actress for her performance. The movie also stars Bradley Cooper, Robert DeNiro, Jackie Weaver, and Chris Tucker. A recent issue of NAMI National interviews the director, whose son has been diagnosed with a mental illness. He shares his own story and what it is like to cope with the illness for the entire family.

Several books and recorded media have been loaned to individuals. Please check your bookshelves and return the items to JAK's Place so that others can make use of them.

Thanks to...

Sheryl, Laurie, Jennifer and Jerry for displaying our beautiful quilt and selling raffle tickets at Econo Foods this past Wednesday. We need more places to display the quilt so that we can sell lots of tickets! Please contact Marlys at 743-6162 or staff at JAK's 818-0525.

Donations:

- Sharon Thill
- Attic Correctional Services, Inc.
- United Way of Door County

In Kind:

- Paul Klapatch – Murray Riding Mower
- Helen Bacon – Plant Sets
- Paul & Julie Hamlin – Heirloom Tomato Plants



Welsing's Foodland

Thank you to all our wonderful volunteers who made the Memorial Day Weekend such a huge success! The three day sales profited JAK's Place over \$700. This is our best weekend in the three year history of NAMI's involvement at the store in Valmy. We thank the Welsing family for the opportunities they provide to our non profit organization. Our next weekend is Friday, Saturday and Sunday - July 26, 27 & 28. Please contact Seth at 818-0525 to sign up for a shift.

Coordinators Corner

Schizophrenia has many symptoms. Paranoia, withdrawal, anxiety, hallucinations and delusions, just to name a few. A less familiar symptom might be described as a tendency toward errors in thinking, where beliefs and behaviors are affected by ideas and concepts of a perceived reality, rather than facts.

A schizophrenic person may commonly think that the worst outcome of any situation is the most likely simply because it involves uncertainty. He or

she may think that every little bad thing that happens is part of greater sabotage of his life or of life in general. The answer to this sort of flawed interpretation of reality is communication. If you are sure that your life is systematically being torn apart, tell someone. Chances are things really aren't that bad. Having supportive, positive people close is essential to recovery and continued health.

— Seth Wiederanders

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

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Address Label

Annual NAMI-Door County Picnic

Monday, July 8
Otumba Park

Gather at 5:00, Dinner at 5:30

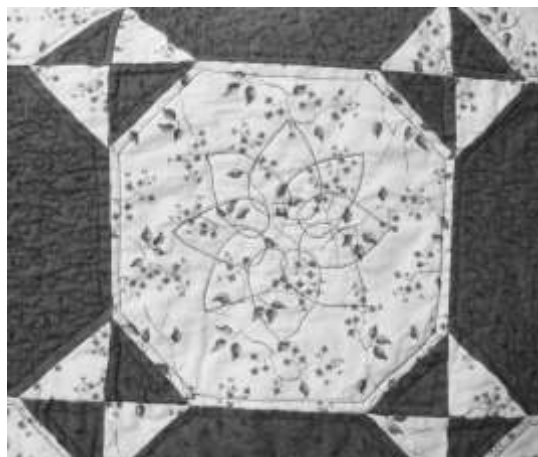
Main course and beverage provided by NAMI.

Bring a dish to share - salads, desserts, appetizers.

Also bring voices and instruments - there shall be music!



2013 Quilt Raffle to benefit JAK's Place



Queen-size Snowball pattern quilt.
Tickets available at JAK's, \$5 each, or 6 for \$25.

Meetings and Events

Annual NAMI Picnic — Mon. July 8th,
at Otumba Park (West side)
Gather at 5, dinner at 5:30

NAMI — Open Support Group:
Monday, July 22nd, 6pm, at JAK's.
Anyone is welcome to come.

Board Meeting — Thursday, July 18th, 4:45

Tai Chi — Mondays, 4:00

Yoga — Mondays, July 22nd & 29th, 5:00-5:45

Art group Tuesdays, 2:30-4:00

Dinner at 5:00 on Tuesdays (no meal on July 9)

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

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

Film Group — Fridays, 2:30

Journaling Poets Group — Fridays, 3:30

Friday and Monday are Computer Days!

CLOSED Thursday, July 4

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5