

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: (to be announced)
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



United Way
of Door County

Resources in Door County

S.O.S. – Survivors of Suicide

This group meets at the Sturgeon Bay Library on the third Monday of each month from 7:00 to 8:30 in the evening. The purpose is to share with one another and support those in need. The group is facilitated by Karen Sullivan and her daughter Jaimee. For more information please contact Karen at 920-559-9808 or Jaimee at 920-559-8411.

Prevent Suicide Door County

Cheryl Wilson is the person to contact regarding this group and the activities that they do. The organization is a not for profit and has applied for 501 (c) (3) status. They meet at the Sturgeon Bay Library and have trained volunteers available to give presentations to small groups of concerned parents and loved one of persons who may be depressed and contemplating suicide.

Cheryl can be contacted by email:
preventsuicidedc@gmail.com

Veterans Information Expo

This event is scheduled for Wednesday August 7, 12-6 pm at Stone Harbor Resort in Sturgeon Bay. Booths will be set up providing information on services, benefits and resources available to both active or retired service persons and their families. It is open and free to the participants. Refreshments will also be available.

Good eatin'
at a friendly
gathering—
2013 NAMI-
DC Picnic



Thanks to all who came, and all who brought a delicious dish to share.

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.

Please recycle your old electronic items --but not here!

JAK's Place survives on grants and donations, and forgiveness. As I walk around our building I am surrounded by gifts, physical evidence of how much our community supports us. But We can't take everything. If you have something you would like to donate, please follow these guidelines.

First, ask yourself:

- Is it something JAK's or one of our participants could use?
- Is it clean and in working order?
- Will it require JAK's to pay a fee to recycle the item if it is not used?

It has become very expensive to dispose of electronic waste. Computers contain many poisonous metallic elements such as lead, cadmium, mercury, chromium and nickel. They are classified as hazardous waste products by the EPA and DNR, thereby making it illegal for businesses to landfill or incinerate these machines. Televisions contain significant amounts of lead; flat screen televisions have high levels of mercury.

Donations of old computer and electronic devices will only be accepted if Laura says it is something we can use. Please do not bring these items into JAK's before they have been inspected. Also, please don't leave things on the porch.

We at JAK's Place will keep an ear out for special disposal and collection events. Thanks.

Meetings and Events

NAMI general meeting at JAK's

Mon., August 12th, 7:15

NAMI — Open Support Group:

2nd & 4th Mondays, August 12th & 26th, 6pm,
at JAK's. Anyone is welcome to come.

Tai Chi — Mondays, 4:00

Yoga — Mondays, August 5th, 12th, 19th, 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.

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

THANK YOU! THANK YOU!

Donations:

- Kewaunee Power Station
- Attic Correctional Services, Inc.
- United Way of Door County
- Hope United Church of Christ
- Sharon Wiederanders

In Kind:

- Nancy Taylor – Vegetables
- David Hirn – Sodas and Cheese
- Kraig Kemp – Universal Remote for our Media Center

Note: Our volunteer brat servers at Welsing's Foodland have received aprons with JAK's Logo, purchased with Human Services' block grant. Each three day weekend we sign up for requires assistance from our participants at JAK's Place. Thank you to every one for making this a fun activity.



Chess Group — Wednesdays, 1:30

Nutrition Group — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00-2:00
EXCEPT August 23rd

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



August-September 2013

National Alliance on Mental Illness

Volume 21 Issue 4

From our Co-President

It seems the one thing we can rely on is that change is forever with us. Take the weather – the last we knew we were waiting impatiently for spring to happen. This past week was hot and humid to the point of being unbearable! Our NAMI Board has seen some changes as well. We have recently added two new members to our midst: Jan Pfannenstiel as Secretary, and Bob Scieszinski. Both enhance our board, bringing their business and financial skills to assist us in keeping JAK's Place on target with its mission.

Amy Schommer, our Treasurer for the past two years will be leaving us shortly as she takes on an additional part-time position in the community. Amy's bookkeeping skills have been greatly appreciated and she leaves our agency taking our gratitude with her. Amy is not only fast and efficient but has a humorous side that perks up those around her. She will be missed!

Alas....while in the process of replacing our Treasurer, it will be Laura and Yours Truly again carrying the ball. We appreciate the volunteer assistance that Dave Miller provides throughout the year and especially his help with our quarterly reports and end of the year filings.

Just a few other news items:

Laura and I are updating and revising our NAMI Brochure and it will soon be printed and available for distribution. We will seek help from NAMI members in accomplishing this task, so please contact staff at JAK's to volunteer. And lastly, Laura, our resident photographer, has been working on a new Christmas card that will benefit JAK's Place. This will be available for sale shortly. AND.....don't forget! Our 'Snowball Style Quilt' tickets are available at JAK's Place with the drawing being held at 1:00pm on Saturday September 21st during our annual 'Open House' luncheon as we enter our 8th year as a Mental Health Resource Center!

Just drop in any afternoon and see what we are about.

Marlys Trunkhill

Meeting Schedule

Monday August 12

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

Thursday August 15

4:45 NAMI Board Meeting

Monday August 26

6:00 Care & Share Support

Monday September 9

6:00 Care & Share Support

Thursday September 19

4:45 NAMI Board Meeting

Monday September 23

6:00 Care & Share Support

Faith in Recovery

1:00 meets every Friday

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
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CSP PICNIC

On Friday, August 23, the Community Support Program will be hosting our annual picnic at Sunset Park starting at 11:00 am, in the pavilion. Individuals are welcome to bring swim suits and towels to enjoy the beach (don't forget to put on your sun screen!). There will be a social hour and assorted games. Lunch will be served at noon, with Bingo to follow. If you are willing to volunteer to help Paul Klapatch with set up or manning a grill, give him a call at 495-8011.

This will also be MSW Intern Brianne Zabrowske's last day with CSP. We want to thank Brianne for working with us two days a week for the past two semesters and wish her well as she moves into a meaningful career in Social Work. In addition to completing her MSW. She has a new project in the works! There will be a little baby shower for our favorite intern.

This is a kid friendly event so please plan to bring your family!

JAK's PLACE OPEN HOUSE **Saturday, September 21, 2013** **11:00 – 1:00 PM.**

Please put the above information on your calendars, so that you can join in the celebration as we begin our 8th year of serving the community as a mental health resource center.

A healthy lunch will be served, and plenty of cool beverages.

The drawing for our Snowball Style Quilt Raffle will conclude the festivities at 1:00 pm.

In lieu of a birthday cake – how about a root beer float, better known as a Black or Brown Cow.