

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.*

## **OPEN HOUSE SATURDAY SEPTEMBER 21 11:00 to 2:00**

Join us as we celebrate the beginning of our 7th year at JAK's Place! We will have lunch at noon, and the raffle drawing for the Snowball Style Quilt will be held at 2:00 pm. This beautiful queen size quilt is currently displayed at JAK's and plenty of tickets remain, priced at \$5 each, or 6 for \$25.

Please contact staff at 818-0525 to purchase tickets. We also could use some volunteer assistance in selling tickets and displaying the quilt at churches or at activities in the community. Buy tickets even if you don't have the need for another quilt yourself. This is a great wedding gift or birthday gift for a friend!

### **PEDAL PUSHERS SUCCESS**

On June 14<sup>th</sup>, the Pedal Pushers, organized by Kelsey Kowaleski of Green Bay, rode the 'Tour De Anahpee' trail from Algoma to the Luxemburg Speedway.

Paul Klapatch attended the races on a recent Friday night to accept a check in the amount of \$4,000. which was raised during the event in memory of Kevin 'Keeter' Tebon to benefit JAK's Place. Many businesses and individuals made donations to NAMI Door County to increase awareness of mental illness and suicide. Thank you to everyone who contributed to this successful fund raising project!

### **The End of Life**

It is a sad and inevitable truth. Death comes to us all. However, is there a 'good' way to die? I propose that there is. If you have had a blessed and satisfying life, if you have had time to prepare and say good-bye, if you are able to spend your last hours with loved ones, if you can pass peacefully into the next life (or into heaven) you are, in my opinion, very fortunate.

Too often death is untimely, painful, and agonizing. Too often parents have to bury a child, a lifelong spouse is left alone, or a freak accident claims a person who is much too young. Family and friends are left to struggle, shake their heads in

disbelief, and ask "why?", why would God take my friend, my brother, my parent, who clearly had so much more to give, who clearly had so much life left to live. Why?

There is, of course, no answer to the mystery of death. All we know is that death is final, irreversible, and eternal, at least to this life. Is there a heaven? Is there life after death? I hope that there is, and I hope that I pass from this existence without undue pain, without too much regret, and in the company of friends and family. I believe that that is all any of us can hope for in the end.

— Seth Wiederanders

### *Thanks to...*

#### **Financial Support:**

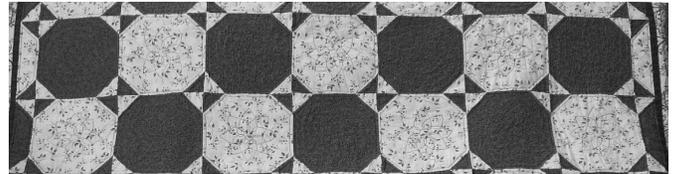
- William & Nancy Wiederanders
- Attic Correctional Services, Inc.
- Welsing's Foodland
- Marlys & Paul Klapatch in honor of Sharon Wiederanders

#### **In Kind:**

- Paul & Julie Hamlin – Organic Vegetables



United Way  
of Door County



### **REMINDERS**

Mental Illness Awareness Week is October 6-12. We actually celebrate the entire month with a display at the Sturgeon Bay Library. Book donations are made to all the Door County Library Branches. We will schedule a viewing of the award winning movie "Silver Linings Playbook".

A complete listing of events will be in the October issue of NAMI Doorways.

JAK's Place will be closed on Labor Day – September 2.

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

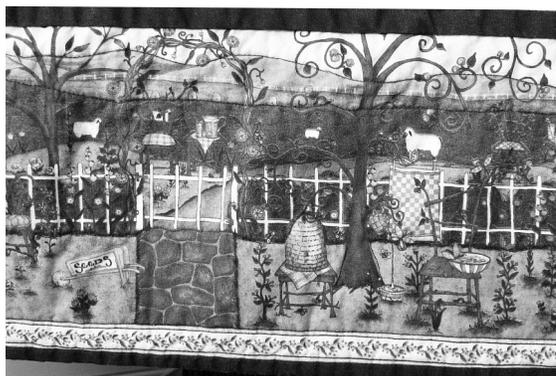
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### Quilt Raffle Saturday, Sept. 21, 2pm

Imagine getting a Christmas present worth hundreds of dollars for someone you love, for only \$5. Bettie Greenwood, of Aylett, Virginia, is a professional quilter; her work is beautiful and precise, a delight to the eye.



You can have a peek at the quilt at JAK's, and buy tickets here any time up to the raffle. Don't miss a chance at this unique treasure.

← The "Come Into My Garden" border

#### Why did my home page change?

#### What happened to Google?

#### Where are all these ads coming from?

The answer to all is usually: You let something install without watching what it was doing.

You don't have to download dangerously tempting "free" goodies to get infested with junkware. Flash and Java updates will stick you with trashy toolbars and other worse-than-worthless add-ons if you let them.

Read everything carefully, watch for options. YOU can control what happens on your computer. Just say NO.

### Meetings and Events

#### **NAMI — Open Support Group:**

Monday, Sept. 9<sup>th</sup> & 23<sup>rd</sup>, 6pm, at JAK's.  
Anyone is welcome to come.

**NAMI General Meeting** — Mon. Sept. 9<sup>th</sup>, 7:15pm

**Board Meeting** — Thursday, Sept. 19<sup>th</sup>, 4:45

**Tai Chi** — Mondays, 4:00

**Yoga** — Mondays, Sept. 9<sup>th</sup>, 16<sup>th</sup>, and 30<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

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

**Film Group** — Fridays, 2:30

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

**CLOSED** on Labor Day – September 2<sup>nd</sup>

**Friday is Computer Day!** It's never too late to learn something new. Problems, questions? Windows 8 giving you a hard time? Bring it all on! Laptops and tablets are welcome to join the fun.

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

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5