NAMI Doorways

Newsletter of NAMI Door County



October-November 2013

National Alliance on Mental Illness

Volume 21 Issue 5

Mental Illness Awareness Week (MIAW), celebrated around the nation, is Oct. 6-12, 2013 and is an opportunity to learn more about serious mental illnesses such as major depression, bipolar disorder and schizophrenia, according to the National Alliance on Mental Illness (NAMI).

"Mental Illness Awareness Week is one way that we strive to spur conversations about mental illness," said Julianne Carbin, Executive Director of NAMI Wisconsin. "President Obama has applauded many commitments from various organizations, encouraging the dialogue on mental health. It's time to make a difference."

One in four adults experiences a mental health problem in any given year. One in five young people aged 13 to 18 also experience mental illness. In fact, one-half of all mental illness begins by the age of 14--three-quarters by age 24.

Unfortunately, there are long delays--sometimes decades-between the first appearance of symptoms and when people get help. Recovery is possible, but only if people get the treatment they need. Less than one-third of adults and less than one-half of children with a diagnosed illness receive treatment.

Know where to find help if it's needed and learn about the nature of mental illness and symptoms of different conditions. Information about specific illnesses, diagnosis and treatment options is available at www.nami.org.

- About 42 million Americans live with anxiety disorders, including obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD)
- About 15 million live with major depression.
- About 6 million live with bipolar disorder.
- About 2.6 million live with schizophrenia.

"The U.S. Surgeon General has reported that stigma is a major barrier to people seeking help when they need it," said Carbin. "It starts with a conversation. You are never alone, so don't be afraid to speak up. The more people know, the better they can help themselves or their loved ones get the support they need. We know that advocacy, education and support around mental illness is an ongoing endeavor, but we invite you to join us and challenge you to take action during MIAW."

Reprinted from www.namiwisconsin.org/

Meeting Schedule

Monday October 14

6:00 pm Care & Share 7:00 pm Monthly Meeting DVD Silver Linings Playbook

Thursday October 17

4:45 pm NAMI Board Meeting

Monday October 28

6:00 pm Care & Share

Fridays Oct. 4, 11, 18, 25

Faith in Recovery 1:00 pm

Monday November 11

Annual Dinner Meeting Hope Church 5:00pm Gathering 5:30 Dinner/Election of officers

Thursday November 21

4:45 pm NAMI Board Meeting

Monday November 25

6:00 pm Care & Share

Fridays Nov. 1, 8, 15, 22

1:00 pm Faith in Recovery

Unless noted otherwise, all NAMI Meetings and Support Groups are held at JAK's Place, 820 Egg Harbor Road, Sturgeon Bay.

NOTE:

JAK's Place will be closed on Thursday November 28, and Friday November 29 in recognition of Thanksgiving Day. We give thanks to all of our many donors who support NAMI's Mission and JAK's Place. NAMI Door County P.O. Box 273 Sturgeon Bay, WI 54235



Address service requested

Non Profit Org. U.S. Postage **PAID** Sturgeon Bay, WI Permit No. 70

Address label here

Life's Little Roadblocks.

A lot of us have established some sort of treatment plan to encourage continued health and to make sure we stay on track. While medication and therapy and such are the mainstays it is important to set goals also. Your goal may be to secure a job or a find a relationship or become more independent in general.

However, your treatment plan needs be flexible. You may not get the job you really want. The person you really like might find someone else. Your symptoms may worsen and your dream of more independence may be pushed into the future. The trick is to stay focused and continue to see the big picture.

If you didn't get that dream job don't give up, go out the next day and put in an application somewhere else. If you finally got the courage to ask that special someone out, and you got shot down, keep your head up. A pity party won't do you much good anyway. When we run into life's roadblocks we stop momentarily and then look for an alternate route.

~ Seth Wiederanders

Last Brat Sale of the Season

Mark your calendars to help out as we sell brats and burgers at Welsing's Foodland in Val my on October 12,13,14 (Sat. Sun. Mon.) It's Pumpkin Patch weekend and Columbus Day, for our Illinois Visitors!

JAK's Place Christmas Cards

We have a new card, a Christmas Rose, to celebrate the season. *Inside:*

Lo, how a Rose e'er blooming
From tender stem hath sprung!
Of Jesse's lineage coming
As men of old hath sung.
It came, a flow'ret bright,
Amid the cold of winter,
When half spent was the night.



The cards are 10 for \$5.00

NAMI Door County Phone:

P.O. Box 273
Sturgeon Bay, WI 54235
jaksplace@att.net

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: Nancy Schmidt
Secretary: Jan Pfannenstiel

Members at Large

Bob Scieszinski Finance Committee Peter DeVanev 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 Activities

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.





United Way of Door County

Mental Illness Awareness Week - October 6-12

There are a number of events taking place throughout October, not just during the celebration week. NAMI selects a book or DVD each year to present to the eight Door County Library Branches. This year our selected gift is the DVD *Silver Linings Playbook*. The movie directed by David O. Russell won 2012 Best Actress award for Jennifer Lawrence. An interview of the director appeared in the spring issue of the NAMI Advocate.

NAMI will have a foyer display at the **Sturgeon Bay Library** through out the month of October. Please stop in to discover what we have been up to this past year and coming events.

Once again we will have a table at the **YMCA Health Fair**, Tuesday, October 22, 8:30am-1:00pm. We will show our newest PowerPoint and pictures of events on the quadfold, and offer free key chains made available to affiliates by NAMI Wisconsin.

Open House

Saturday September 21 was our annual kickoff to the fall season as we commence our 8th year as a Mental Health Resource Center. Several members of our NAMI board were present to welcome visitors to the center. Lunch was provided along with root beer floats for dessert. The highlight of the event was the drawing for our "Snowball" Quilt, a gift from Bettie Greenwood of Aylett, Virginia.

Seth Wiederanders, staff coordinator of JAK's Place pulled out the winning ticket stub purchased by LuAnn Desotelle. LuAnn has been a supporter of JAK's providing us with farm fresh eggs each month. We greatly appreciate her donation of eggs and hope that this quilt brings her the enjoyment that we've shared displaying it at JAK's the past few months. Congratulations!



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.



Newsletter

October 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.

Are you ready for the end of Windows XP? JAK's Place is.

Microsoft is ending its support for Windows XP. No more updates, no more security fixes. So...what's the big deal? I mean, doesn't anti-virus software keep us safe anyway? Heh, think again. When Microsoft abandons ship, so does everyone else. Very soon, other software providers will stop updating products that are compatible with XP. Their only concern will be the newer versions of Windows. In a year or so, nothing up-to-date will work on XP. No computer running Windows XP will be safe on the Internet.

Your choices? Buy a newer version of Windows—*if* your old computer will run it. Buy a new computer (and learn to love Windows 8). Or get out of the Microsoft box for free!

The public Internet computer at JAK's Place is currently running Windows XP. We like the free option. The Linux family of operating systems has been around since the early 90's. There are many varieties. Debian is a well-known and widely used mainstream branch. It is certainly a lot different from Windows, but just as easy to use for everyday activities. We have a computer running Debian Linux, for staff training and demonstration purposes, in the library. Feel free to drop by and have a peek—even if you don't know what version of Windows you have.

THANK YOU! THANK YOU!

Donations:

- Church of the Atonement, Fish Creek, generous donation for kitchen equipment
- K. Carol M. Nelson

In Kind:

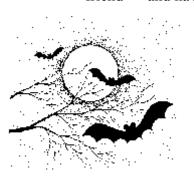
- Paul Klapatch—tomatoes
- Bruce & Pat Weber—veggies
- Jackie Lau—Cheddar Cheese
- Nancy Taylor—Veggies
- Nancy Schmidt—The Soloist—DVD

Canvas—DVD

Howard and Dolly Lindsay—food

Halloween Party

Wednesday, Oct. 30, 3:00 to 5:00. Snacks, costumes, the works! Bring a ghost — I mean a friend — and have some fun.





Meetings and Events

NAMI general meeting at JAK's Mon., October 14th, 7:15

NAMI — Open Support Group:

2nd & 4th Mondays, October 14th & 28th, 6pm, at JAK's. Anyone is welcome to come.

Tai Chi — Mondays, 4:00

Yoga — Mondays, 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

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 is Computer Day!

Closed Wednesday, Oct. 16

JAK's Place schedule at a glance:

Monday: 1—5 Wednesday - Thursday -

Tuesday: 1—6 Friday - 1—5