

NAMI *Doorways*

Newsletter of NAMI Door County



December 2013-January 2014

National Alliance on Mental Illness

Volume 21 Issue 6

NAMI Annual Dinner

This year the NAMI Annual Dinner was held once again at Hope United Church of Christ. Hope has supported NAMI and its activities since our affiliate became incorporated in 1992. Fred and Helen Lockwood were members of the committee that led to our 501 (c) (3) status and as members of Hope they recruited many in the congregation to add their support. Several members of Hope are on our current board.

Our annual meeting provides the opportunity to celebrate our organization and to recognize outstanding individuals for their volunteerism. Awards this year were presented to:

Laurie Sheets, for her service skills at Welsing's Brat Sales and the Love Festival Concerts.

Dr. Anne Miller, for her weekly yoga classes at JAK's Place which she began in 2011.

Delane Jome, for chairing the reception team for our 7 Love Festival Concerts.

Chris Basken, for taking multiple shifts and duties at Welsing's Brat Sales.

Newly elected NAMI Board members for 2014 are Chris Basken and J.J. Paratta. They join Alison Ernst in planning activities and events at both JAK's Place and the various day trips around the area.

We thank Joe Krebsbach and Sheryl Flores for sharing funding from Human Services Block Grant to support the Halloween Party and the Annual Dinner Meeting. Food catered by Econo was great and leftovers were given to JAK's Place.



Meeting Schedule

Monday, December 9

6:00 pm Care & Share Support
7:15 pm Christmas card signing

Saturday, December 14

10 am – 2pm NAMI Board
Financial Planning 2014

Monday, December 23

6:00 pm Care & Share Support

Fridays, December 6, 13, 20

Faith in Recovery 1:00 pm

Monday, January 13

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

Thursday January 16

4:45 pm NAMI Board Meeting

Monday January 27

6:00 pm Care & Share Support

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



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).

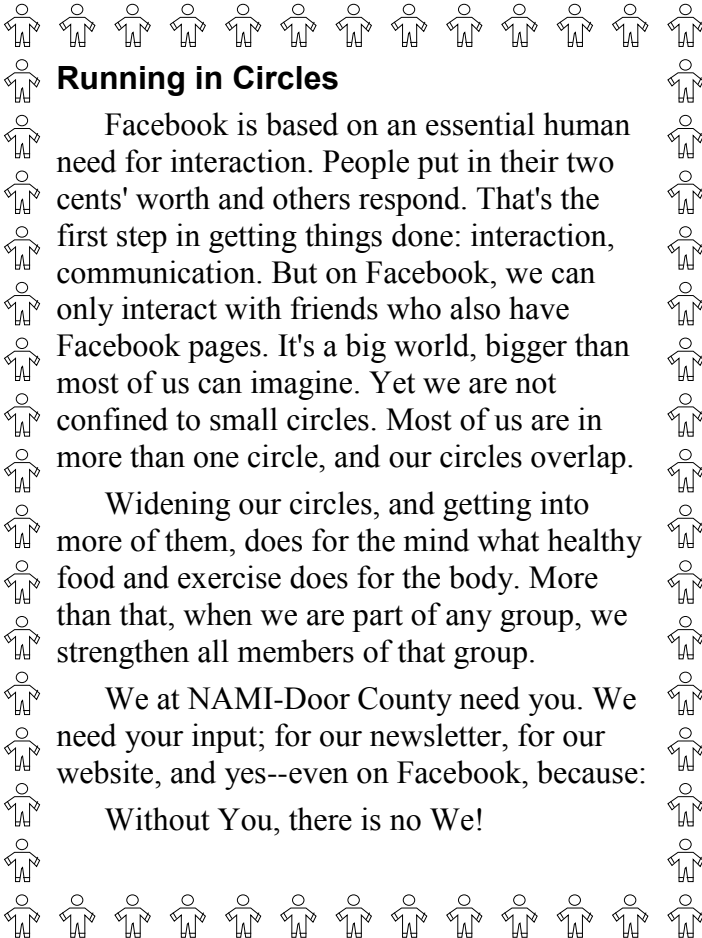
NAMI Door County
P.O. Box 273
Sturgeon Bay, WI 54235



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Running in Circles

Facebook is based on an essential human need for interaction. People put in their two cents' worth and others respond. That's the first step in getting things done: interaction, communication. But on Facebook, we can only interact with friends who also have Facebook pages. It's a big world, bigger than most of us can imagine. Yet we are not confined to small circles. Most of us are in more than one circle, and our circles overlap.

Widening our circles, and getting into more of them, does for the mind what healthy food and exercise does for the body. More than that, when we are part of any group, we strengthen all members of that group.

We at NAMI-Door County need you. We need your input; for our newsletter, for our website, and yes--even on Facebook, because:

Without You, there is no We!

Holidays sometimes seem to be 99% anticipation and 1% fulfillment, which too often adds up to more than 100% disappointment. Try to enjoy each moment as it happens instead of looking so far forward that you forget to live *now*.

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

Phone:
920-743-6162
JAK's Place:
920-818-0525

2013 Board Members:

Executive Board:

Co-Presidents: Marlys Trunkhill
Mark Moeller
Vice-President: Sue Ernst
Treasurer: Nancy Schmidt
Secretary: Jan Pfannenstiel

Members at Large

Peter DeVaney	Personnel Committee
Alison Ernst	Consumer Activities
Roy Jilburg	Care & Share Support
Paul Klapatch	Facilities Committee
Howard Lindsay	Personnel Committee
Nancy Schmidt	Care & Share Support
Bob Scieszinski	Finance Committee

Advisors to the Board:

Sheryl Flores, Program Chair
Laura Haglund, Newsletter/Media Editor
David Miller, Finance/CPA
Seth Wiederanders, JAK's Place Coordinator

Join NAMI Door County 2014 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



2013

It was a
goodYear!



Meet, greet, eat!



Celebrate!



Happy New Year

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

December 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.

Thanks for the giving.

We gather around the table this time of year, some of us do anyway. We celebrate what may or may not be a great time in history, pilgrims and indians(natives) and such. We see silly pictures of turkeys and whatever those horn shaped baskets are (usually with vegetables spilling out of them) and we are reminded to give thanks for all the blessings in life.

As I look around my apartment I begin a count of my own, personal, things to be thankful for. I quickly realize that I am blessed with family and friends. My parent's old couch is now my couch. My grandmother's old bookshelf is now my bookshelf. My TV stand and loveseat were gifts from a friend. I inherited my CD player from my younger brother, Jonah, for whom JAK's Place is named.

Thanks for health, physical and otherwise. Thanks for food and shelter and warmth. Thanks for family and friends. Thanks for the opportunity that each day brings. Thanks for the all that I have, for all that I have had and lost, and all that I will ever gain. Thanks.

— Seth Wiederanders

Boxing Day Dinner

Because we will be closed on two Tuesdays, there will be a meal on **Thursday, Dec. 26.** (In England, the day after Christmas is called Boxing day.)

Meetings and Events

NAMI general meeting at JAK's

Mon., December 9th, 7:15

NAMI — Open Support Group:

2nd & 4th Mondays, December 9th & 23rd, 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

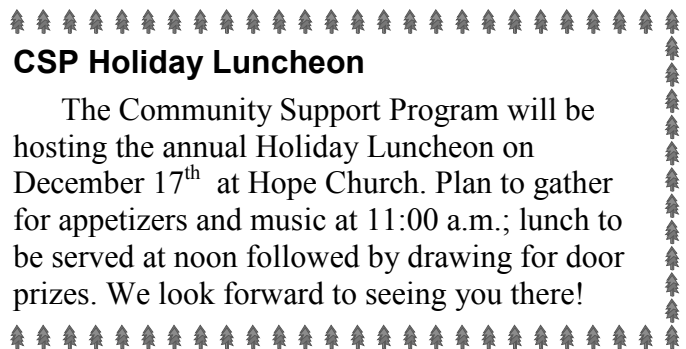
THANK YOU! THANK YOU!

Financial Support:

- Norman & Mabel Watkins
- Marlys & Paul Klapatch in honor of son Seth Wiederanders
- Attic Correctional Services
- United Way of Door County
- Sharon Wiederanders
- Ace Hardware

In Kind Donations:

- Three Combined Catholic Churches:
- Corpus Christi, St. Joseph, and Saints Peter & Paul for canned goods, paper products and wish list items.
- Kaye Jensen for stamps and Halloween treats.
- Jean Severson for donating & preparing the turkey dinner meal on Nov. 26



CSP Holiday Luncheon

The Community Support Program will be hosting the annual Holiday Luncheon on December 17th at Hope Church. Plan to gather for appetizers and music at 11:00 a.m.; lunch to be served at noon followed by drawing for door prizes. We look forward to seeing you there!

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 December 24, 25, and 31

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5