

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.

Creative Giving by NAMI Members



Last week NAMI member Delane Jome was listening to Eddie Allen's program when Terry Ullman, owner of Door County Candy, was interviewed. He made an offer to match 32 donations of \$100 to non-profit organizations in the county. Delane called me at home and said that she was willing to make the donation, but would need help in fulfilling several requirements to obtain the match. Quick action was needed and help was received from two staff members at JAK's Place, Magda Gutierrez and Seth Wiederanders. Several hours were spent Thursday making a sign that read 'Life is Sweet', taking a photo of the sign and the donor, making a copy of the check, and lastly presenting the items to Terry. Seth did the running around to Delane's home and then to D.C. Candy. I filled in at JAK's Place during Seth's absence. By the end of the afternoon NAMI had received the \$200. It turned out to be a fun activity for all involved. We appreciate Terry's support!



As many of you know, Laura Haglund, on our staff at JAK's Place is a computer guru. She is available on Monday and Friday afternoons to assist individuals in learning the tricks of the trade. There isn't a fee for her expertise. On Fridays Laura is also available to repair and program PC's and Lap Tops that are brought in to receive treatment. Since Laura is 'on the clock' she asks those seeking her help to make a monetary donation to NAMI D.C. If Friday afternoon doesn't work for some people Laura does offer her services for a fee.



Have you seen our flower note cards and Christmas cards? We have 5 different photos taken of our flower garden. They are available at JAK's Place reasonably priced at \$5.00 for a packet of 10 cards & envelopes.

Thanks to...

NAMI Memberships & Financial Donations:

- Door County Library Staff, Attic Correctional Services, United Way of Door County, Marlys Trunkhill & Paul Klapatch, Delane Jome, Terry Ullman, Nancy Schmidt, Margaret Lockwood & Allin Walker, Susan & David Morgan, Joan A. Draeb, Beverly Luethge, James & Margaret Meyer, Susan & Ed Ernst, Cheryl Wilson, Hilary Ford, Robert Vanderkelen, Sheryl Flores. Jan Pfannenstiel in Honor of Laura Haglund.

In Kind Donations:

- Door County Library Staff, Delane Jome, D.C. Community Support Staff, Mark Moeller.



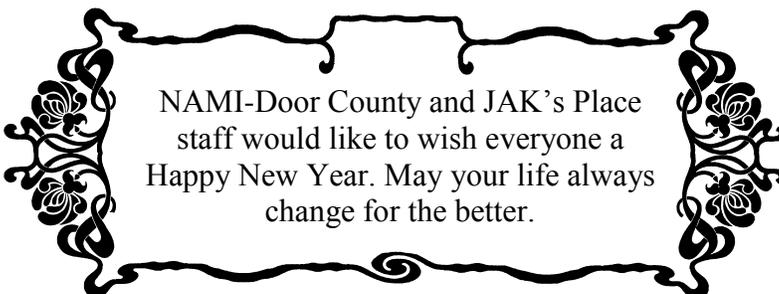
Ring out the Old

Why are so many New Years' resolutions broken? It's not because we don't mean to keep them, but because most of them are an attempt to change our habits. That is not easy, because of how habits work.

A habit is something that we do without thinking about it.

Making a resolution is part of the first step: Becoming aware of the habit. Next comes a bigger, scarier step: *Understanding why we have the habit.* What is its place in our life, what does it do, what does it protect us from? Habits can be a defensive wall, keeping away disturbing thoughts. Trying to break that wall messes with our comfort zone.

Sometimes other changes in life make it easier to drop an old habit. Friends can help, too, if they truly understand your needs. Talk about it, with others and with yourself. Yes, argue it out with yourself, because self-understanding is the key.



NAMI-Door County and JAK's Place staff would like to wish everyone a Happy New Year. May your life always change for the better.

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

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Depression and The Season

We've all been there. The alarm goes off and you think to yourself, "Dammit, another day, another day of the same ol' same ol', can't I just stay in bed?" Most of us answer that question with some sort of "just do it" response. "If I don't do it, no one will." So we get out of bed, hit the shower, and eat, and do it. Again.

Its hard, especially this time of year. Pretty lights and decorated houses. Christmas songs on the radio. The brightness and celebration are meant to motivate us and get us into the spirit of the Holidays, but for some of us that fails. For some it

does the exact opposite. The holidays can can become abysmal, especially for the old, the sick, and the lonely.

We, as a community and society, should be very aware of our vulnerable people this time of year. The lack of sunlight and cold days are even harder on them than the rest of us. The holidays don't bring joy to everyone. For some the holidays bring memories that are painful. Loss and regret may surface in spite of all the brightness. As we celebrate the season, we need to be aware of the less fortunate and strive to bring them cheer also.

— Seth Wiederanders

Meetings and Events

NAMI General Meeting — Mon. Jan 13th

NAMI — Open Support Group:

Monday Jan 13th and 27th, 6pm, at JAK's.
Anyone is welcome to come.

Board Meeting — Thursday, Jan. 16th, 4:45

Tai Chi — Mondays, 4:00

Yoga — Mondays, Jan. 6-13-20, 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 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 is Computer Day! It's never too late to learn something new. Bring in your problems and leave without them.

CLOSED Wednesday, Jan. 1 — Happy New Year!

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5