

NAMI *Doorways*

Newsletter of NAMI Door County



February-March 2014

National Alliance on Mental Illness

Volume 22 Issue 1

8th Annual Love Festival Concert

Sunday February 16th at 2:00 pm is our 8th annual Love Festival Concert. Once again Bay View Lutheran Church is our concert site.

This year we feature the Bone Boys; New Day Singers; Elizabeth Spaude, Flute; Denise Zenko, Organ and Piano. We close with the T.J. Walker Middle School 6th Grade Chorus under the direction of Leslie Hill. They have over 60 singers this year, and they represent our hope for the future in terms of talent and volunteerism! Please join us for a fun afternoon replete with door prizes, musical talents and a reception to greet the performing artists. A free will offering is graciously accepted. Paul Klapatch, NAMI Board Member will host the event as Master of Ceremonies by introducing the performers.

In Our Own Voice Presentation

On Sunday, February 2nd, the Adult Forum at HOPE United Church of Christ begins at 9:00 am. David Swender and Seth Wiederanders will share their journeys of living successfully with a mental illness. They were trained by NAMI Wisconsin staff three years ago and have been offering this program to various churches and mental health groups in Door County. Seth and David are available to give a presentation in May, which is the designated Mental Health Month. Interested persons can contact Seth at JAK's Place, 818-0525.

Introducing New Board Members

At our Annual Meeting in November two new NAMI Board Members were elected from the floor. Chris Basken and J.J. Parratta join Alison Ernst in representing fellow members of JAK's Place. Their first task is to survey their constituents as to preferences for the trips that are funded in part by United Way of Door County. Based on their findings they will then help staff members in organizing and planning these special events. Please welcome our newest members to the board.

Meeting Schedule

Monday, February 10

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

Monday, February 24

6:00 pm Care & Share Support

Thursday, February 20

Board meeting 4:45

Fridays, February 7, 14, 21, 28

Faith in Recovery 1:00 pm

Monday, March 10

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

Thursday March 20

4:45 pm NAMI Board Meeting

Monday March 24

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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EIGHTH ANNUAL LOVE FESTIVAL CONCERT

Sunday, February 16th, 2:00 pm, at Bay View Lutheran Church

Featuring:
The Bone Boys
New Day Singers
Elizabeth Spaude, Flute
Denise Zenko, Organ and Piano
T.J. Walker Middle School 6th Grade Chorus,
under the direction of Leslie Hill

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

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

2014 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
Chris Basken Consumer Activities
J.J. Paratta 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.



Perspective Makes a Difference NAMI Wisconsin 2014 Annual Conference May 2 & 3 Radisson Paper Valley Hotel Appleton, WI.

Nami Wisconsin 2014 annual conference being offered May 2 & 3 celebrates diversity, making the most of every individual's background, experiences and perspectives. Friday's keynote speaker is Mike Veny, a consumer, national mental illness stigma speaker and musician.

Saturday's keynote speakers are Cinda and Linea Johnson, co-authors of 'Perfect Chaos'. It is a story of a daughter's courage and a mother's faith and their love which helped them smash through the stigma of mental illness. Break out sessions are also being planned at his time for consumer groups, family members and professionals attending the conference.

NAMI Door County offers reimbursement to its members for one day of training. The conference has early bird registration discounts prior to February 28. All attendees must preregister and pay by April 28th as no one can register at the door during conference days. Continental Style Breakfasts and Lunch are included in the registration fee. A limited number of consumer scholarships are currently available with \$10 co-pay. Interested persons need to call NAMI Wisconsin at 608-268-6000 to request an application form. Additional information is available at namiwisconsin.org or check with the most recent Wisconsin Iris publication. The annual conference is always well attended by 350 – 400 persons and the variety of training sessions addresses all interests. Car pooling is recommended as there is no provision for this expense.

Don't want to bother with a check?

You can donate through PayPal on our website. You don't need a PayPal account to use the service; a credit or debit card will be accepted. If all or part of a gift is for membership, please add a note to let us know.

Transferring money with PayPal is quite secure, and takes very little time.



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

February 2014

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.

Our Value Is the Community

When deciding on a place to live there are many things that come into play. Most of us would not even consider relocating without some form of secure employment. If you get a job offer that requires you to move to a new community there are a few questions to ask. Is there a reputable hospital or health care facility available? Are there adequate services for children and seniors? What about transportation and entertainment?

Here in Door County we are blessed. For a community this size we have a suprisingly abundant amount of resources and services. We have a major hospital and access to other health care. We have pharmacies and physical rehabilitation services close

by, and for more serious injuries and illnesses we are only 40 miles from Green Bay. We have a great resource in our local YMCA.

We also have better mental health services than many communities. JAK's Place exists to meet the needs of people who suffer from mental illness. We are not doctors or counelors but we have a great facility and staff that will assist you if at all possible. If we cannot provide the services you need, chances are we can point you in the right direction. We are constantly looking for new ways to enhance our value in the community. If you have a specific suggestion or need, stop in and talk to us. We are here to listen.

— Seth Wiederanders

Thank You to the following for Memberships and Donations:

- Adele Douglass
- Ardis Fletcher
- Arvin & Judi Dexheimer
- Eric & Patsy Vollrath
- Dawn Foxx
- Father Tony Birdsall
- Jim & Susan McAninch
- Mike & Barbara Madden
- Peter Diltz
- Peter DeVaney
- Roy Jilburg
- Charlotte Hoffman
- Anne & David Miller
- Mark and Jennifer Moeller
- Dennis & Diane Smith
- Bill & Betty Parsons
- Susan Klemas
- Delane Jome
- Ann Quale
- Charlotte Hoffman
- Seth Wiederanders
- Susan & Jared Sloan
- Joseph & Shirley Van Riette
- Brad & Mary Van Riette
- Lori Ehlers
- Nancy Schmidt
- Sonja Soper
- Mason Soper
- Steven & Elizabeth Spaude
- An Anonymous Donor
- Sturgeon Bay United Methodist Church
- Door County Department of Human Services
- Attic Correctional Services, Inc.
- United Way of Door County
- Seth Wiederanders In Honor of Leni & Steve Spaude

Meetings and Events

NAMI general meeting at JAK's

Mon., January 10th, 7:15

NAMI — Open Support Group:

2nd & 4th Mondays, January 10th & 24rd, 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!

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5