

NAMI *Doorways*

Newsletter of NAMI Door County



April-May 2014

National Alliance on Mental Illness

Volume 22 Issue 2

Scholarships for Wisconsin NAMI Conference

We are very pleased to announce that seven members of our Door County NAMI Affiliate have received scholarships to the state conference being held May 2 & 3 in Appleton. Board members Alison Ernst, Chris Basken and J.J. Parratta are recipients along with Gina Cross and Lis Mertens. JAK's Place staff members Ed DiMaio and Seth Wiederanders have also been awarded scholarships.

Our local affiliate has a policy of supporting attendance at the annual conference and reimburses members for the cost of one day which is usually around \$50 per person. Transportation is not included in the scholarships or reimbursements.

We appreciate receiving the scholarships and know that everyone attending will have a great learning experience.

Profile: The Face of our Donors

We are so very fortunate to have friends and donors that support us on an annual basis. Who are they and what do they look like? You may be surprised by their age, uniqueness and commonality. We have the Thrivent Financial for Lutherans who have supported our Love Festival Concerts annually since 2007. This year that amount was \$1500.

We also have the Sturgeon Bay Rotarians who have helped to finance various physical improvements to the property at JAK's Place. Their contributions have been applied to our second floor stairway, combined storm and screens for the windows, enhanced our back yard picnic area, and this year \$500 to install a front door to block the gales that howl on wintry days. The sound effects are interesting and eerie; however one of our utility bills this winter was over \$300.

The youth at Bay View Lutheran Church have provided us several times with food donations and this year they raised over \$300 with their "Souper Bowl of Caring". This is a youth-led initiative to fight hunger and poverty in local communities across the country.

Thank you to all the above for your help in providing the services offered at JAK's Place, NAMI's drop – in resource center for persons affected by mental illness. Bless you!

Meeting Schedule

Monday, April 14

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

Monday, April 28

6:00 pm Care & Share Support

Thursday, April 17

Board meeting 4:45

Fridays, April 4, 11, 25

Faith in Recovery 1:00 pm

Monday, May 12

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

Thursday May 15

4:45 pm NAMI Board Meeting

Monday May 25

6:00 pm Care & Share Support

We owe a special Thank You to Dave and Anne Miller for their support and volunteer work over the years.

Wishing both of you the best in your new location—and dangit we'll miss you!



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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Upcoming Mental Health Presentations

Door County Public Health Department's 2011 Community Needs Assessment revealed concerns with mental health in our community. Two years ago, concerned community members formed a Mental Health Focus Group. This group is comprised of a variety of people from our general community, professionals as well as other coalition and agency members. The goals of the Group include promoting mental health awareness, decreasing the stigma of mental illness, and suicide prevention.

May is Mental Health Awareness Month, and our group is planning to promote Mental Health Awareness with a number of activities. A nationally recognized leader in the field of compassion fatigue, suicidology, and coping with traumatic loss will provide a series of presentations May 12-13 in Door County. Our speaker is Barbara Rubel; her biography and credentials may be found at:
www.griefworkcenter.com

One presentation will be Monday, May 12th, from 7:00-8:00pm — location to be announced.

But I Didn't Say Goodbye: — Helping children and families after a sudden loss.

A presentation specifically for community members will be Tuesday, May 13th from 7:00-8:00pm, at Stone Harbor in Sturgeon Bay. All are welcome and there is no charge for the event.

Building Community Resilience — techniques to cope with personal and professional sources of stress. Key concepts related to compassion fatigue; recognize ways to enhance your resilience.

Also, a team of runners will be participating in the Door County Half Marathon & Nicolet Bay 5K on May 3rd. Donations will be split between JAK's Place and Suicide Prevention. We are also offering T-shirts to wear during the month of May (see on JAK's website) If any one wants a t-shirt call or email me with your contact information and size. 746-2235 — nstults@co.door.wi.us

Nancy Stults, DC Public Health

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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.



May is Mental Health Awareness Month!

No one can know everything about mental health, or even everything about any one form of mental illness. But everyone can learn something. The first step is awareness—you can't learn anything about what you don't know exists. Too many people don't know basic facts about mental illness, including the fact that in most cases it responds to proper and prompt treatment.

Now is always the time to learn something new, or to give someone else an opportunity to learn.

Mental health is what we're all about. JAK's Place is a resource center, and knowledge is our greatest resource. Drop in and check out our library.

Search the Internet for a mental health related subject. Narrow your search and read up on whatever concerns you most. Find online resources and support groups. There's a lot of good, free information everywhere.

April is Dental Health Awareness Month!

Protect your child's teeth and prevent tooth decay by participating in the free fluoride varnishing clinic for children ages 10 months through 18 years of age.

Date: Wednesday, April 2, 2014

Time: 10:30 am - 5:30 pm

Location: Ministry Door County Dental Clinic
1843 Michigan Ave.

Sturgeon Bay Wisconsin

For ADULTS who have Medicaid or are uninsured the dental clinic will be expanding their hours starting May 1, 2014. As of May you may contact Tanya Fischer the Dental Clinic Manager at (920) 493-1300 to see if you financially qualify to be seen at the Ministry Dental Clinic.

Sheryl Flores — CSP Coordinator

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.

Donate



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.

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.

In Our Own Voice Presentation During May—Mental Health Month

On May 22 the Men's Group of Community Support Programs will host a NAMI presentation 'In Our Own Voice' 11:00 – 12:30 in the Peninsula room located on the ground floor of the Government Center.

NAMI members Seth Wiederanders and David Swender are the presenters who have been providing this program throughout the county for the past three years. They will be sharing their personal stories and experiences of having a mental illness and their journeys of survival despite the stigma and adversities that are frequently encountered. The presentation is about 45 minutes followed by questions and discussion with the audience. The event is open to all.

Thank You — Donations and Memberships

- | | |
|---------------------------------|------------------------------|
| •Kenneth & Ann Boettcher | •Jan Pfannenstiel |
| •DeAnne Hoffman | •Bob Scieszinski |
| •Donald & Coggin Heeringa | •Gina Cross |
| •Leslie & Russell Cross | •J.J. Parratta |
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| •Carolyn Kellogg | •Marlys Trunkhill |
| •Judy Gartman | In Memory of Gerda Nelson |
| •Ed DiMaio | •United Way |
| | •Attic Correctional Services |



Coordinator's Corner

Punishment is described as "the infliction of imposition of a penalty as retribution for an offense." If you do something that harms someone else it is viewed as an offense and in our country (as in most) you are typically punished. You get a ticket or a fine in most cases. However, if your particular offense is serious enough you may be incarcerated in a jail or worse.

Incarceration is a very old, very established means of punishment. In some cases it is justified. Theft, violent acts, physical assault, things that endanger others, kidnapping and murder (of

course!) will land you in jail or prison. Serious offenses that endanger others must be acted upon and incarceration is necessary in these cases.

The problem with incarceration is its cost. Building and staffing huge prisons is expensive, but filling them takes its toll on society in other ways. It creates a huge dependent population. Nonviolent drug offenders should not be incarcerated. It's expensive and wrong. In times of economic decline we are often asked to cut services or raise taxes. The third alternative is to stop warehousing our own people.

— Seth Wiederanders

Meetings and Events

NAMI general meeting at JAK's

Mon., April 14th, 7:15

NAMI — Open Support Group:

2nd & 4th Mondays, April 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, Apr. 4-11-25 1:00

Film Group — Fridays, 2:30

Journaling Poets Group — Fridays, 3:30

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5