

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.

Eighth Annual Love Festival Concert

Early Saturday evening, Pastor Tim Malek of Bay View Lutheran Church contacted Marlys and Paul with the news that services on Sunday as well as the afternoon concert would need to be canceled due to frozen water pipes at the church. Initially we considered postponing the event but quickly changed our focus to seek a new venue. We were extremely fortunate to reach Reverend Joe Mitchell of the United Methodist Church, who graciously offered NAMI the use of their Sanctuary and Reception Hall.

Next on the agenda was to contact the scheduled groups to notify all their musicians, no easy task since this included over 90 performers.

Announcements were broadcast on WDOR, emails sent to area churches with the change to be announced at their Sunday morning services.

Next on the list was to contact all the volunteers that were scheduled to bring food to the reception. Paul and Marlys and their son Seth Wiederanders made phone calls for a couple of hours.

To our amazement and delight, the concert started on time and over 200 people enjoyed an afternoon of musical treasures.

Door Prizes donated by local businesses were awarded throughout the concert to lucky winners:

Donny's Glidden Lodge Restaurant — Ann Quale & Marilyn DeVaney

The Mill Supper Club — Betty Bowers & Mike Mertens

Scarturo's Baking Co. — Tom Krueger

Sheryl Flores, Human Services, Floral Arrangements — Lis Mertens & Bruce Stelton

Sturgeon Bay Florist, Rose Arrangement — Tom Kyle

Anonymous Donor, Jewelry — Joanne Cihlar & Shawn Leonardson

John Mann, Painting Labor — Nancy Wiederanders (given to JAK's Place)

THANK YOU TO EVERYONE

A huge thank you to all the performers, volunteers, the audience and especially the supportive funding of Thrivent Financial for Lutherans- Door County Chapter.

Thanks to...

New and renewed NAMI Memberships:

- Peter DeVaney
- Peter Diltz
- Lori Ehlers
- Susan Ernst
- Ardis Fletcher
- Sheryl Flores
- Dawn Foxx
- Alison Greaves
- Laura Haglund
- Roy Jilburg
- Delane Jome
- Lucy Kile
- Susan Klemas
- Gerald Krause
- Susan McAninch
- Connie Meyer
- Mark Moeller
- Jennifer Moeller
- Anna Quale
- Marlys Trunkhill
- Seth Wiederanders

Aunt Bettie's Quilt 2014

Bettie Greenwood of Aylett, Virginia has once again donated a queen size quilt to be raffled for the benefit of NAMI Door County/JAK's Place. We will have our raffle license renewed and will be selling tickets in the spring and summer months. The drawing will occur during our Open House in September.

This is the third quilt Sheryl Flores' aunt Bettie has made for us. Each has been uniquely different. The pattern this year is a "Disappearing 4-Patch". It is more modern looking and has less traditional colors, bright reds and contrasting blacks. We will have a picture of the quilt in next month's NAMI Newsletter and will be looking for venues to display the quilt and sell raffle tickets.

New Meditation Group

Starting in March JAK's will be offering a meditation group on Fridays at 4, till 4:30 PM. The group is geared for folks who are new to meditation or have a regular practice. Benefits include: relaxation, balancing emotions, and avoiding knee-jerk reactions. Come join us!

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

Stamp

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Successful? Give Back!

How do you know when you've "made it?" What is the ultimate sign of success? A magic amount of money in your bank account? A really nice car in your driveway? To travel wherever and whenever you please? The ability to flaunt superiority by throwing money around as if it isn't an object? I would say, after a moment of consideration, absolutely NOT.

It is important to recognize the source of your success. Very few people are born into wealth that affords them the freedom to do whatever they wish. Most of us have worked hard to get to where we are. Most of us have family and friends to thank as well as an occasional hand up from the community.

Monetary wealth and material possessions may show others what you can buy, but they don't show what you're worth.

If you are successful you have already achieved the ability to live well. Your diet is better. Your car is nicer. Your vacations are longer and more frequent. You can afford the little things that aren't necessarily vital but enhance your happiness and comfort.

I suggest that the true sign of success should be generosity. A person with the time and resources to improve the lives of others in their community and does so is, in my opinion, one of the most successful members of that community.

— Seth Wiederanders

Meetings and Events

NAMI General Meeting — Mon. Mar 10th

NAMI — Open Support Group:

Monday Mar 10th and 24th, 6pm, at JAK's.
Anyone is welcome to come.

Board Meeting — Thursday, Mar. 20th, 4:45

Tai Chi — Mondays, 4:00

Yoga — Mondays, Mar. 3-10-31, 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

Meditation — Fridays, 4:00

Friday is Computer Day! It's never too late to learn something new. Bring in your problems and leave without them.

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5