

NAMI *Doorways*

Newsletter of NAMI Door County



June-July 2014

National Alliance on Mental Illness

Volume 22 Issue 3

NAMI Wisconsin Annual Conference

The keynote address on Friday May 2 was presented by Mike Veny. He is committed to inspiring people to feel hopeful and he uses public speaking and drumming as a critical part of his own recovery. As a child, Mike was hospitalized and subsequently expelled from school three times. He medicated to help reduce his behavioral outbursts. By the 5th grade he was put in special education. Today Mike is a professional studio drummer with over 21 years of experience.

During his journey to recovery, Mike found that stigma not only affects those who struggle with mental health challenges. It also has a profound effect on professionals in the field. In the break out session that followed, 40 participants joined Mike in his workshop “Transforming Stigma Into Strength: Drumming Session”. For over an hour we played hand drums and ‘pitched hollow plastic tubes. The din that followed was a cacophony of rhythms and pitches as we familiarized ourselves on the instruments. This was followed by participants seated in a circle taking turns at creating rhythmic patterns within a structured meter.

Our Door County participants came away with renewed interest in the art of drumming and the fun that happens as we join together in exploring sound and rhythm.

Habitat for Humanity –Earth Day Recycling

A huge ‘Thank You!’ to Habitat Restore for sponsoring the recycling project on April 22. Their volunteers helped dispose of so many obsolete electronic devices. JAK’s Place was finally able to get rid of the air conditioners that have taken up space in our basement. These were inherited when we occupied the building in the fall of 2006. Good riddance!

A partial tally includes 345,000 pounds of electronic equipment, 12 tons of refrigerators and air conditioners, 28,000 cans of paint (I am told enough to paint Lambeau Field), books were donated to the Door County Library, and HELP of Door County recycled phones for cash which was enough to pay one month’s rent on a home for a battered woman and her family. BRAVO TO HABITAT!

Meeting Schedule

Monday June 9

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

Thursday June 19

1:30-3:30 NAMI Board Meeting
at Hope Church, 141 S. 12th Ave.

Monday June 23

6:00 Care & Share Support

Monday July 14

5:00 Annual Picnic!

Thursday July 17

4:45 NAMI Board Meeting

Monday July 28

6:00 Care & Share Support

Faith in Recovery

1:00 Meets every Friday

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



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.

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).

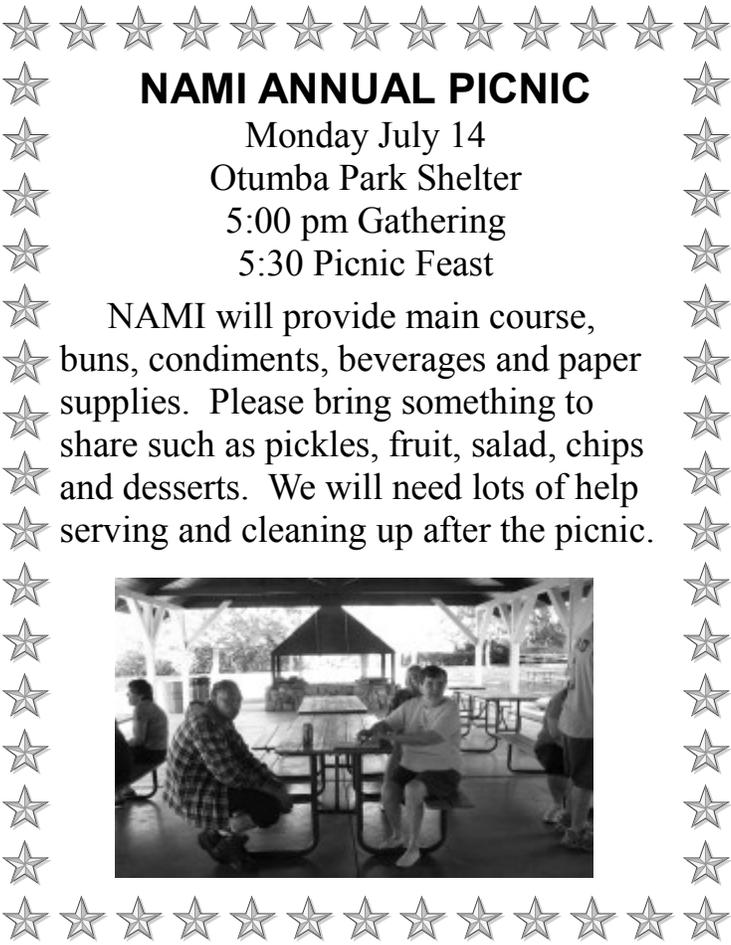
NAMI Door County
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Sturgeon Bay, WI 54235



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NAMI ANNUAL PICNIC

Monday July 14
Otumba Park Shelter
5:00 pm Gathering
5:30 Picnic Feast

NAMI will provide main course, buns, condiments, beverages and paper supplies. Please bring something to share such as pickles, fruit, salad, chips and desserts. We will need lots of help serving and cleaning up after the picnic.



Quilt Raffle Tickets

are on sale now! Don't pass up a chance to win this year's eye-catching offering.

Aunt Bettie's queen size "Disappearing 4-Patch" is a dramatic statement in red, black, and white.

Tickets available at JAK's Place, \$5 each, or 6 for \$25.

Drawing to be held at noon on Saturday, September 20, during our annual Open House.

NAMI Door County Phone:
P.O. Box 273 920-743-6162
Sturgeon Bay, WI 54235 JAK's Place:
jaksplace2006@gmail.com 920-818-0525

2014 Board Members:

Executive Board:

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

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Howard Lindsay Personnel Committee
Alison Ernst Consumer Activities
Chris Basken Consumer Activities
J.J. Parratta Consumer Activities
Paul Klapatch Facilities Committee
Roy Jilburg Care & Share Support
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



Farewell to Dolly and Howard



At our May Board Meeting we learned that Dolly and Howard Lindsay will be moving soon to be closer to their children and grandchildren in the Eau Claire area. We have benefited from their active volunteerism as members of the NAMI Board. Dolly served several years as Secretary and Howard has been on the Personnel Committee since JAK's Place opened in the fall of 2006. They have been supportive of

our programs and fund raising activities. Most Tuesday afternoons you would find Dolly helping out with the meal preparation and cleanup following the Evening Dinner Program. Howard, as a retired Methodist minister has spent many hours with our participants, listening – as they needed to share their concerns and stories. Dolly and Howard were a support to many of our families as they grieved the loss of loved ones. JAK's Place hosted several Memorial Services, assisted by Howard in a kindly, dignified manor, allowing all of us to grieve as a family.



Thank you for all that you have given to us and we wish you well as you begin yet another adventure on your journey.



JAK's Place — 820 Egg Harbor Rd. Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace2006@gmail.com
 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.

Sharing knowledge

At JAK's place we seek to provide information and services to our participants. We are constantly looking for new ways to serve our community and provide a place for people with mental health issues to meet and recreate and relax. One of the ways we do this is to constantly research what services other communities provide. Two other NAMI Door County members and I took a tour of mental health drop in centers around the state. Our goal was to gain ideas that would help JAK's Place grow.

Our day to day effort to gather information and provide new services is complimented greatly each year by the NAMI Wisconsin Annual Convention. This year's convention was held in Appleton and as always, it was incredible. Every year we look forward to the chance to gather with like-minded professionals and community members, to look a little closer at mental illness. We all come to the conference with our own personal stories and our own specific knowledge. We share our knowledge and experiences with the hope that we can make life better for everyone who suffers from mental illness.

– Seth Wiederanders

Concerned about Internet security? Ask our technical advisor. Mondays & Fridays

Meetings and Events

NAMI general meeting at JAK's
 Mon. June 9th, 7:15

NAMI — Open Support Group:
 2nd & 4th Mondays, June 9th & 23rd, 6pm,
 at JAK's. Anyone is welcome to come.

Tai Chi — Mondays, 4:00

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!

Donations:

- Rose Kolski
- Marlys Trunkhill & Paul Klapatch
- Attic Correctional Services, Inc.
- United Way of Door County
- Mental Health Focus Work Group
- Nancy Stults – Miles for Mental Health Team
- Debbie Karas and Jean Severson, in honor of Anne Miller



In Kind:

- Community Support Program – Food
- Morning Rotary Club – Food
- Veteran's Service Council – Food
- Door County Ministry Medical Center – T Shirts
- Lakeshore CAP – Fresh Produce & Breads

◆◆◆◆◆ July Fundraiser ◆◆◆◆◆

Plans are rolling along for a dinner and silent auction to be held on the evening of Friday, July 11th, at Hope Church. All you can eat for \$10 a plate; \$8 if you buy a ticket in advance. Menu to be decided on soon. Surprise musical entertainment too! Volunteers will be needed for setup, cleanup, and reception.

For more information, call (920) 818-0525.

Chess Group — Wednesdays, 1:30

Nutrition Group — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00

Journaling Poets Group — Fridays, 3:00

Meditation Group — Fridays, 4:00

Friday & Monday — Computer Days!

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5