

# NAMI *Doorways*

## Newsletter of NAMI Door County



August-September 2014

National Alliance on Mental Illness

Volume 22 Issue 4

### **Kyira Hauer visits JAK's Place**



NAMI Door County welcomed Kyira to JAK's Place and offered her a tour of our facility on Monday July 14. Kyira works primarily with the affiliates in Wisconsin assisting them with training opportunities and supporting their efforts to achieve excellence as outlined by NAMI National. Kyira complimented our programs being offered at JAK's Place by saying that we set an example for the rest of the affiliates to aspire to. We offer a variety of programs that even the larger affiliates do not provide.

Kyira and her friend Jordan later joined our NAMI Annual Picnic at Otumba Park on the west side. They were able to meet and greet many of our NAMI members. We were almost forced to move indoors at 4pm when it rained, but the skies cleared,

sunshine returned, along with a drop in temperature as the wind picked up. We had contacted Pastor Malek of Bay View Lutheran Church earlier in the day and had a plan B in case of bad weather.



### **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.

To help us save even more and avoid missing anything, subscribe by email!

Thank you.

### **Meeting Schedule**

#### **Monday August 11**

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

#### **Thursday August 21**

4:45 NAMI Board Meeting

#### **Monday August 25**

6:00 Care & Share Support

#### **Monday September 8**

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

#### **Thursday September 18**

4:45 NAMI Board Meeting

#### **Saturday September 20**

OPEN HOUSE 11:00am – 1:00pm  
Lunch at 12 & Quilt Raffle

#### **Monday September 22**

6:00 Care & Share Support

#### **Faith in Recovery**

Fridays 1:00  
August 1, 15, 22, 29  
September 5, 12, 19, 26

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



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



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## **COMING EVENTS**

### **CSP Picnic**

Thursday, August 21, 11am — 3:30 pm  
Sunset Park  
Don't forget the Sunscreen!

### **Brat Fry**

Welsing's Foodland  
August 29 through September 1

### **JAK's Place Open House**

Saturday, September 20, 11am — 1pm  
Quilt Raffle Drawing at noon

### **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.

Want to save a tree or two (and save us some expense)?  
Subscribe by email! Send request to [jaksplace2006@gmail.com](mailto:jaksplace2006@gmail.com)

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

#### **Members at Large**

Peter DeVaney Personnel Committee  
(vacancy) 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



### **Freedom**

If you think about the word, what comes to mind? I think that many people would say that, "Freedom from limitations, from restrictions, from laws, is true freedom." Think about it though. Order serves a purpose. Without law and the fear of punishment what kind of 'freedom' exists? Without the rules and established laws what remains?

I suggest to you that only a person who has lost, and then regained their freedom, truly understands the question at hand. Too many of us have been committed to an institution or sent to jail. Too many of us have had our freedom temporarily revoked. How we respond to the loss of freedom defines who we are. You either learn your lesson or you repeatedly offend.

Many people who suffer from mental illness commit acts which temporarily cause them to lose their freedom. A person who suffers a psychotic break in public may cause a scene. If the wrong person feels threatened and calls the police, someone is going to get arrested.

No one wants to live in fear, but a healthy amount of concern and respect for the law benefits everyone. Some laws are good, justified and properly enforced. Some are misguided and wrong. Stay safe and be careful. The threat of losing your personal freedoms should not be taken lightly.

— *Seth Wiederanders*

Thank you to our SummerFeast Silent Auction donors!

1. Computer tune-up – Door County Computer Detectives
2. Squirrel doorstop – Higbee's
3. Gift Certificate – The Main Course
4. Hand Made Necklace – European Gifts (Fish Creek)
5. Gift Certificate – Trainor's of Door County, LLC
6. Going Solo Movie and GC – Ms. Etta Ranson and Hot Tamales
7. Purse – Casual Explorer
8. Morning Breakfast Mugs and Coffee – JAK's Place
9. Arbonne (face care sample bag) – Miranda A. Werkheiser
10. 2 Table Cloths 34x34 – European Gifts (Egg Harbor)
11. 1 Table Cloth 34x34 – European Gifts (Egg Harbor)
12. 1 Table Cloth 34x34 – European Gifts (Egg Harbor)
13. 1 Table Runner – European Gifts (Egg Harbor)
14. EVOO/Balsamic Vinegar – Oilerie, Fish Creek
15. Gift Bag 3 Books 2 Handmade Soaps – Rudy and Shirley Senarighi
16. Wall Hanging – Running on the Earth – Laura Haglund
17. Mini Budweiser Fridge with Spuds MacKenzie shot glass – Seth Wiederanders
18. Movie Night Basket – Magda Gutierrez
19. Coffee Gift Basket – Fifth & Jefferson Coffee House

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.



## SummerFeast - A Huge Success

NAMI's first attempt at a summer fund raising event, SummerFeast, was the brainchild of Magda Gutierrez who has organized similar events previously for the Spanish Community. Magda and our three staff persons, Seth, Laura and Ed divided the work load and truly worked as a team to pull this event off in so short a time span. Additional NAMI members and participants at JAK's Place contributed over 50 hours of their time helping with the various tasks.

## THANK YOU! THANK YOU!

### Donations:

- Hope Fellowship
- Attic Correctional Services
- United Way of Door County
- Human Services
- Ana & Jonathan Stoehr
- Todd & Cynthia Ehlers
- Mike & Jenny Blue
- Seth Wiederanders in honor of Jenny Blue
- Welsing's Food Land – 20% Discount Brats & Burgers for Picnic

### In Kind:

- EconoFoods – Chicken for SummerFeast
- Pick-N-Save – Ham for SummerFeast
- Hope UCC – Hosting SummerFeast
- DeBaker Acres – a flat of Strawberries



A very special Thankyou to our Entertainer, Johnny Contratto

## Meetings and Events

**NAMI general meeting** at JAK's  
 Mon. August 11<sup>th</sup>, 7:15

**NAMI — Open Support Group:**  
 2<sup>nd</sup> & 4<sup>th</sup> Mondays, August 11<sup>th</sup> & 25<sup>th</sup>, 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 1:30

**Chess Group** — Wednesdays, 1:30

**Nutrition Group** — Thursdays, 4:00

**CLOSED** Thursday, August 21 — CSP Picnic

**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