

NAMI Doorways

Newsletter of NAMI Door County Inc.



November 2014

National Alliance on Mental Illness

Volume 22 Issue 6

From the Co-President

In January of 2006, Alison Ernst served on the original Task Force Committee helping to establish the goals and needs for a resource/drop-in center. Once the location for JAK's Place was established, Allie served on the Advisory Board until that Board merged with the NAMI Board. She continued to be a spokesperson representing consumer interests.

We thank Alison for the eight years she has volunteered her help to NAMI Door County and reluctantly accept her resignation from the Board of Directors. We wish Alison much success as she meets new challenges on her life journey.

My next question to all NAMI Door County members is to ask:

- How can you step forward to accept more responsibility for the goals that challenge us?
- Can you volunteer a larger time commitment to our organization?
- Can you donate more funding to support our programs and services at JAK's Place?
- Can you spread the word about our services to those that you know are in need of help?

Everyone has special gifts and talents that can help us reach the next level of support to those families that are affected by mental illness. Do you have a family member who has a mental illness or have you a friend or relative that has attempted suicide? Act now; please do something that can make a difference.

We are fast approaching that time of year when we make a plea to the community for membership renewals and additional financial support. Please respond when you receive our appeal letter in November by saying "YES, AMEN!"

Thank you,

Marlys Trunkhill, Co-President NAMI Door County Inc.

Meeting Schedule

Monday November 10

NAMI Door County
Annual Dinner Meeting
Hope Church, 141 S 12th Ave
5:00 Social Time; 5:30 Dinner
6:15 Meeting and
volunteer awards

Thursday November 20

4:45 Board Meeting

Monday November 24

6:00 Care & Share Support

Faith in Recovery

Fridays 1:00
November 7, 14, 21



JAK's Place
jaksplace@att.net
jaksplace2006@gmail.com
On the Web:
www.jaks-place.com

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

The Annual Dinner Meeting of NAMI Door County will include recognition of outstanding volunteers in 2014 and the election of officers and board members for the year 2015 comprises the agenda. Plan on having a relaxed time as we highlight the events of the year and share our stories of success.

Annual Dinner Meeting

Monday November 10

Hope United Church Of Christ

5:00 Gathering—5:30 Dinner—6:15 Meeting

A resource center for anyone affected by mental illness, focused on the hopes, needs, goals and gifts of all who come through our door.

THANKFUL

: glad that something has happened or not happened, that something or someone exists, etc.
 : of, relating to, or expressing thanks
(Merriam-Webster online dictionary)

We are usually reminded to be thankful for what we have. But the word covers a lot more. We can be also thankful for what we don't have, for what didn't happen. We can be thankful for the people in our lives, but there are times when we can be thankful that someone is no longer a part of our lives. Anyone can be thankful for good health; some can be even more thankful for pain medication that really works.

Everyone recalls the Rolling Stones' song:
*You can't always get what you want
 But if you try sometimes well you just might find
 You get what you need*

Now that brings up the question of want vs. need. Can you tell the difference? Wanting, wishing, coveting and envying are the exact opposite of being thankful. Gratitude is not a fawning, brown-nosing social gesture, it is a deep-rooted emotion. It is a feeling of fulfillment, a celebration of inner joy.

Thankfulness puts flavor into our lives. When you eat a favorite food, do you take time to savor it in small bites well chewed, or do you gulp it down like a human garbage disposal, barely tasting it at all? Some people can get more pleasure out of half an ounce of chocolate than others can get out of a pound. Thankfulness is like mindfulness in eating; it allows us to accept more enjoyment from what we have.

To be thankful is to be happy.
 Do it.
 -- Laura Haglund

THANK YOU! THANK YOU!

Donations:

- Sharon Wiederanders
- Marlys Trunkhill in memory of Che Gutierrez
- Marlys and Paul Klapatch in memory of JoAnne Trunkhill Moen
- Attic Correctional Services, Inc.
- United Way of Door County

We would also like to thank: Seth Wiederanders and Mark Moeller, for decorating the lobby window at the Door County Library Sturgeon Bay Branch; Nancy Schmidt and Seth Wiederanders, for representing NAMI Door County at the Parish Nurses and YMCA Health Fair; Bob Sciezinski for his leadership in finance training for our board members.

Energy Ball Meditation Workshop

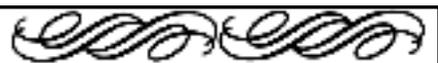
On Friday, November 6th, at 4pm, Skyler Champeau will host an Energy Ball meditation workshop at JAK's Place. Skyler has practiced this style of meditation for five and a half years. He says it has helped him reach a level of empowerment when he felt helpless.

An energy ball is the body's natural bio-electric current being realized and worked into the shape of a ball. It is a form of visualization, using the mind to influence the body, and developing the mind as well. Visualization is used in many forms of meditation and therapy.

In this workshop Skyler hopes to help everyone achieve a spiritual understanding of their own strengths.

To understand anything fully, you must first understand yourself.

JAK's Place will be CLOSED for Thanksgiving, and the following Friday, Nov. 27 & 28. Enjoy your holiday.

 **JAK's Place Activities** 

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
Journaling Poets Group — Fridays, 3:00
Meditation Group — Fridays, 4:00
Friday & Monday — Computer Days!
 Internet access available through a public computer or our secure wireless



P.O. Box 273 Sturgeon Bay, WI 54235
mtpklapatch@greenbaynet.com

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)
- J.J. Parratta Consumer Activities (vacancy)
- 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

NAMI 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



What If...

What if there were no place you could find someone to talk to?

What if no one cared enough to speak out about mistreatment or neglect of the mentally ill?

What if people were just locked up, like they used to be?

The mission of NAMI is to bring hope to all who are affected by mental illness. To bring the once forbidden subject out into the light, to end the fear of the unknown that causes stigma. To unite and reconnect, to end division and discrimination.

To this end, NAMI Door County Inc. has established JAK's Place, a resource center with a home-like atmosphere where people can find information, hold meetings and support groups, or just drop in to talk with someone who will not judge them. JAK's Place is our point of contact with the community. It is our face, our voice, our hands held out to help those in need.

Visitors to JAK's Place have found friends and renewed interests. Educational programs have helped families to cope with difficult situations and decisions. Individuals have been encouraged to find jobs and continue their education.

It costs a lot to maintain a building and pay even part-time staff. The funds that we receive from United Way and other organizations, agencies, and foundations cover half or less of our expenses. We do what we can with what we have.

We would like to do more. Can you help us?

<p>Join NAMI Door County</p> <p><i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i></p>	<p>Contributions</p> <p>NAMI Door County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness</p>	<p>Mail to: NAMI Door County PO Box 273 Sturgeon Bay, WI 54235 OR pay online using PayPal at our website: www.jaks-place.com</p>
<p>Yes, I want to:(please check one)</p> <p><input type="checkbox"/> <u>join</u> NAMI</p> <p><input type="checkbox"/> <u>renew</u> membership for one year</p> <p>Dues</p> <p>_____ \$35 Regular Membership</p> <p>_____ \$3 Open Door (for low income)</p> <p>Member benefits include NAMI's flagship magazine, the <i>Advocate</i>, as well as NAMI's monthly e-newsletter, <i>NAMI Now</i>, if you subscribe at: www.nami.org/subscribe. All members receive the same benefits. NAMI membership is valid for one year.</p>	<p><input type="checkbox"/> \$ 25</p> <p><input type="checkbox"/> \$ 50</p> <p><input type="checkbox"/> \$ 75</p> <p><input type="checkbox"/> \$ 100</p> <p><input type="checkbox"/> \$ 125</p> <p><input type="checkbox"/> \$ 200</p> <p><input type="checkbox"/> \$ _____</p> <p>NAMI Door County is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.</p>	<p>Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.</p> <p>Primary Member Last Name:</p> <p>Primary Member First Name: Middle:</p> <p>Address:</p> <p>City: State: Zip:</p> <p>Phone:</p> <p>Email:</p>
<p>Payment Information</p> <p><input type="checkbox"/> Check or <input type="checkbox"/> Cash Enclosed (Please do not mail cash)</p>		
<p>For Office use only: <input type="checkbox"/> Check <input type="checkbox"/> Cash</p>		<p>Date:</p>

Address service requested

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Pick An Issue

Anyone who knows me knows that I am politically motivated. Anyone who has listened to my rants on specific topics knows that I am not satisfied with today's version of government. Everything we participate in is under the influence of government and law. Good or bad we have a law for anything in this country and some of those laws are outdated and useless. Some are misguided and discriminatory. Some produce more harm than good.

Laws are the language of government. If something threatens or becomes an issue of importance, government reacts with law. In a perfect world these laws are enacted by our leaders, whom we elect, through supposedly fair and well regulated elections. In a perfect world everyone's vote counts the same. On election day, in theory, my vote is as good as yours, no matter what our respective incomes may be. What infuriates me,

personally, is the person who does NOT vote. The argument that NOT voting is somehow a powerful statement and will produce change is flawed. If you choose not to vote you choose to concede. You choose to let others make decisions for you.

What this county of ours needs, in my opinion, is a well informed populace that cares enough to educate themselves about issues that matter to them. We need to take this knowledge with us to the polls. We need to hold our elected officials to their word, and if they deceive us, we have the power to remove them from office.

The mid-term elections are almost upon us. Pick an issue and do some research. Find out how the different candidates stand on the issue that matters most to you, personally. Cast your vote with confidence as to how your chosen leader would perform while in office. Remember, politics is not just a game; it's about what could be. Vote!

— Seth Wiederanders