

# NAMI Doorways

## Newsletter of NAMI Door County Inc.



January 2015

National Alliance on Mental Illness

Volume 23 Issue 1

### From the Co-President

#### Tis the Season

Actually, the season seems to last from Halloween to New Year's Day. I was going to say Thanksgiving and Christmas but that is no longer true is it? TV commercials and shopping centers have been cranking out advertisements and Christmas jingles and sales for months.

I personally prefer the twelve days of Christmas culminating with Epiphany, on January 6th, when the manifestation of Christ to the Magi occurred. Part of my bias towards Epiphany comes from my many years of performing in New York City as a professional musician. The month of December was filled with holiday performances of Handel's *Messiah*, Bach's *Christmas Oratorio* and other great works. Christmas Eve was Midnight Mass at Lutheran and Episcopal Churches. Christmas Day services began at 8am, leaving little time for sleep. Our children, Seth and Sharon, usually spent Christmas Eve with our Jewish friends, the Milsteins, and together we celebrated Christmas Day and Hanukah at their home. We are all aware that NYC is the "melting pot" of diverse cultures. A bit of trivia is that I was the only Trunkhill and Bill the only Wiederanders in the gigantic New York Phone book!

As 2014 draws to a close I welcome the New Year and especially the imminent retirement of my husband, Paul Klapatch, from Human Services on January 2nd. I am pleased to report that his replacement, Amy Higginbotham, is already on the job and meeting her clients. Quite a few of them are already known to her, as she interned at CSP in 2005 when Paul took several months of family leave following the death of our son Jonah. We wish her well in her role as Case Manager with Door County Human Services

Peace to all  
and a joyous New Year,

Marlys Trunkhill



### Meeting Schedule

#### Monday January 12

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

#### Thursday January 15

1:30 Board Financial Meeting  
Hope Church, 141 S 12th Ave

#### Monday January 26

6:00 Care & Share Support

#### Faith in Recovery

Fridays 1:00  
January 2, 9, 16, 23, 30

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



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

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



Santa's helpers arrived early at JAK's Place this year. Kay Jensen and Door County Library Director Becca Berger brought in a load of Christmas cheer collected at the Door County Library branches.

Library staff has provided both in-kind items as well as financial donations since the opening of JAK's Place in 2006. We are truly grateful for their annual support and good cheer!



**LOVE FESTIVAL CONCERT**

2:00 PM Sunday February 15  
Bay View Lutheran Church



Preparations are being made for the 9th Annual Love Festival Concert to benefit NAMI Door County/JAK's Place.

Returning performers this year include the Bone Boys; Elizabeth Spaude, flute; and Denise Zenko, piano and organ. T.J.Walker 7th and 8th grade choir under the direction of Leslie Hill will be joined by the Algoma 7th and 8th grade choir directed by David Robertson.

Paul Klapatch returns as the Master of Ceremony, introducing the musical groups and presiding over the door prizes which will be awarded throughout the performance. A reception honoring the musicians will immediately follow in the Fellowship Hall.

**THANK YOU! THANK YOU!**

**Membership renewals and Donations:**

- Mark & Jennifer Moeller
- Peter DeVaney
- Judy Gartman
- Carolyn Kellogg
- Sheryl Flores
- Judi Dexheimer
- Susan & Alison Ernst
- Leslie Cross
- Anne & David Miller
- Lori Holtz
- Bev Luethge
- David & Susan Morgan
- Keith Anclam
- Susan McAninch
- Cathleen Mangan
- Marlys Trunkhill & Paul Klapatch
- Jean Klansky, in memory of Mary Malcore
- Door County Library Staff
- United Way of Door County
- F. Thomas Ament Fund at the Greater Milwaukee Foundation

**In Kind Donations:**

- Community Support Program – Holiday Party Food
- Door County Library Staff – Paper products
- Cindy Ehlers –German Chocolate Cake
- Comprehensive Community Support – Pizza

**JAK's Place Activities**

- Tai Chi** with Seth— 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
- Faith in Recovery** — Fridays, 1:00
- Journaling Poets Group** — Fridays, 3:00
- Meditation Group** — Fridays, 4:00
- Friday & Monday — Computer Days!**



# Door County

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

## 2014

The Love Festival Concert survived an emergency change of venue



### 2015 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
- J.J. Parratta Consumer Activities
- Thairon Berger 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

SummerFeast warmed hearts and plates

But the picnic was chilly



Best brat fries ever



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



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



# Door County

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**Resolution Revolution!**

Another year is coming to an end and it's time to reflect. What went right? What went wrong? How about a New Year's resolution? Many of us go the self improvement route with our resolutions. I will lose 10 pounds. I will exercise more. I will drink less. These are great things to focus on. These are changes that will improve your health and add to your happiness. Positive steps to a better lifestyle are always a good thing to focus on and the new year can provide good motivation to make some healthy changes.

This year we could expand on the idea of self improvement. Instead of focusing on self improvement we could aim a little higher. How about striving for community improvement as a New Year's Resolution? Community improvement benefits us all. It makes everyday work and life more enjoyable.

I suggest that in the new year we all try to improve our community by expanding our tolerance of one another. We are a diverse population and all of us have something to contribute. Kindness and patience are the first step and a smile and a nod go a long way. Its a nicer community to live in if we take the time to appreciate each other and accept each other and our differences. Kindness is catching. Happy New Year!

Seth Wiederanders