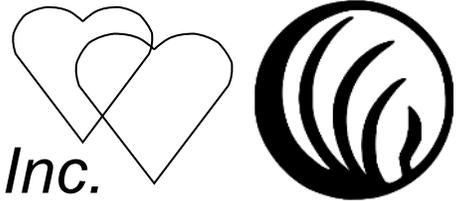


# NAMI Doorways

## Newsletter of NAMI Door County Inc.



February 2015

National Alliance on Mental Illness

Volume 23 Issue 2

### From the Co-President

The Annual Appeal for 2015 has gotten off to a great start with 57 of our members and friends making donations to support the programming offered at JAK's Place.

Our next fundraiser is the 9th Annual Love Festival Concert scheduled for February 15th at Bay View Lutheran Church. We need volunteers to help with the Reception following the concert in the Fellowship Hall. We also need food donations for the reception, which usually draws 100-130 people. This may be even larger this year as we have the combined 7th and 8th grade choirs from Algoma and Sturgeon Bay with approximately 90 students. (Please take a look at the announcement elsewhere in this newsletter on the groups that will be performing.)

Call Marlys at 743-6162 or staff at JAK's Place 818-0525 if you can volunteer to help in any way.

Other pertinent news is that NAMI Door County is preparing, through the Board of Directors financial education, for a strategic planning period to look towards the future of JAK's Place. So far, Bob Scieszinski and guest presenters have covered the topics of:

1) Revenue/Gross Income Issues, 2) Expense Issues, and 3) a review of our Balance Sheet, Cash Flows and Ratios. The 4th meeting in March will be with Rob Burke of UW-Extension Department, to develop an updated Strategic Plan. Prior to this meeting, Rob will work on developing a survey tool that will be sent to all Board Members to get their input for the new Strategic Plan.

### I Changed My Mind—by Paul Klapatch

I said that I retired on January 2nd, 2015, but after reading a retirement gift called "The Joy of Retirement", I've been told that I shouldn't use the word retirement. I am to use: retool, reinvent, recycle, etc. You see, to retire means to take out of circulation, and I have too much to offer to have that happen. I've been thinking of offering my skills at JAK's Place. I have already been voted in as the secretary to the NAMI Board. Whatever the case, I am using the next couple of months staying in an incubation period as I continue to explore how I can actualize my potential.

### Meeting Schedule

#### Monday February 9

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

#### Thursday February 19

4:45 NAMI Door County  
Board Meeting

#### Monday February 26

6:00 Care & Share Support

#### Faith in Recovery

Fridays 1:00—2:00  
February 6, 13, 20, 27

*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



Elizabeth Spaude and her magic flute at the 2012 Love Festival Concert

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

## The NINTH ANNUAL LOVE FESTIVAL CONCERT

2:00 PM Sunday February 15  
Bay View Lutheran Church  
340 West Maple Street



Performers include The Bone Boys; Elizabeth Spaude, flute, and Denise Zenko, piano and organ; Algoma 7th & 8th Grade Choir directed by David Robertson, and TJ Walker Middle School 7th & 8th Grade Choir under the direction of Leslie Hill. Paul Klapatch will once again be the Master of Ceremony.

This benefit concert is presented by NAMI Door County, Inc. to raise funding for JAK's Place, our Mental Health Resource/Drop-In Center. A free will offering will be accepted following the brief intermission, and there will be door prizes awarded throughout the concert.

A reception for the performers and audience will be held in the Fellowship Hall immediately following the performance.

A request for additional funding has been made to Thrivent Financial For Lutherans, Door County Chapter.

### Blast From The Past

This is from the May 2007 JAK's newsletter:

“One of our members will be giving hands-on lessons in basic computer skills, for anyone who wants to learn more (or overcome fear of the horrid things). We are working on scheduling and organizing sessions, and preparing our newest computer (yay!) for use. Participants will be able to work at their own pace, with individual tutoring as needed. Both Windows98 and XP are available....”

Both 98 and XP have gone the way of the dodo and the dinosaur, and our present computers are a far cry from the doddering doorstops we had then! But the offer of help is still open. Don't be afraid to ask. The only dumb question is the one that doesn't get an answer because it is never asked.

You can also get help on finding (safe) free software for many purposes, and advice on purchasing new or used computer equipment.

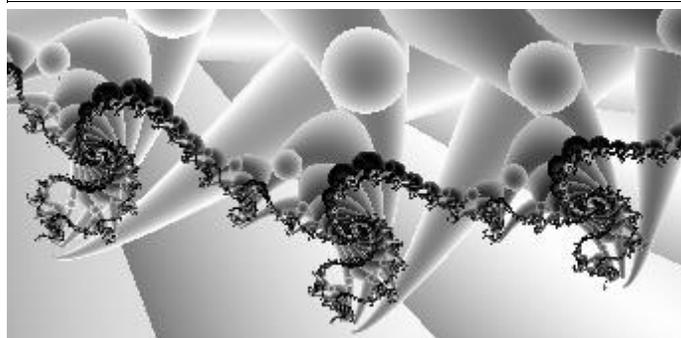
### THANK YOU! THANK YOU!

#### Membership renewals and Donations:

Audrey Miller Sydney, Charlotte Hoffman, Toni Christenson, Adele Douglas, Joy Zakrzewski, Randy Delsart, Rod and Marian Schlise, Michaela Holey, Ardis Fletcher, David and Kelly Swingen William Parsons, Father Tony Birdsall, Michael and Barbara Madden, Russell DiNatale, Nancy Schmidt, Thelma Walker, Barbara Graul, Woodwalk Gallery, Sturgeon Bay Kiwanis Club, Lori Ehlers, William and Jo Guenzel, Cheryl Wilson, Mary Alice Parzych, Roy Jilburg, J.J. Parratta, Thairon Berger, Brian and Joan Wake, Marlys Trunkhill and Paul Klapatch, Seth Wiederanders In Honor of Leni Spaude.

#### In Kind Donations:

- Greg Zipperer – Electric Space Heater
- Ed DiMaio – Food Items



Can you guess what this picture is?

### 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** — **Computer Day!**



# Door County

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

## 2015 Board Members:

### Executive Board:

Co-Presidents: Marlys Trunkhill  
Mark Moeller

Vice-President: Sue Ernst

Treasurer: Nancy Schmidt

Secretary: Paul Klapatch

### Members at Large

Peter DeVaney Personnel Committee  
(vacancy) Personnel Committee

J.J. Parratta Consumer Activities

Thairon Berger Consumer Activities

Roy Jilburg Care & Share Support

Bob Scieszinski Finance Committee

Jan Pfannenstiel 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



## How Can I Help?

Mental health is everyone's concern. No one goes through life untouched. No one needs to bear every burden alone. That is why NAMI exists, so that individuals can share their strength as a group.

You've all heard the story of Stone Soup. Everyone has something to add, no matter how little they think they have.

The first thing that usually comes to mind when we consider a non-profit organization is to contribute money; but other, less tangible, gifts sometimes have the greatest value.

What can you do? Probably more than you think. Small things make big differences, and nothing gets done unless someone takes that first step into the future. Make ripples in the pond of life. Tell someone about JAK's Place. Volunteer. Post links to useful information on Facebook. Listen to someone who needs to unload. Getting involved in any way can help you as much as it helps others.

Toss a little love in the pot. Doesn't that Stone Soup smell good?

# WANTED



## Super Volunteer

<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> NAMI Door County 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		<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"/> \$ _____		<b>Title:</b> <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.	
<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.		NAMI Door County is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.		<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>	

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**NINTH ANNUAL LOVE FESTIVAL CONCERT**

to benefit JAK's Place

Celebrate Valentine's Day with music from the heart!

Sunday, February 15, 2pm, at Bay View Lutheran Church, 340 West Maple Street

**Still Standing**

Your sleep last night was troubled. The dreams were vivid and terrifying, enough to wake you up. You stared at the ceiling for a bit and checked the time. The meds in your system were enough to put you back to sleep in a few minutes. Thank God.

You wake early in the morning, but the clock says you can sleep for three more hours and you do. By the time the alarm sounds, the nightmares have faded and only a few fragmented images remain. "Whatever." you say to yourself. "I've got stuff to do today."

You've got a silly song stuck in your head as you step into the shower. It's not even a song you like but the lyrics are cycling over and over. A voice in your head says, "Shut up with the stupid song,

already," but it's still there, and one of the voices from last night's dreams taunts you as you descend the stairs. It's not threatening and not encouraging but it's there. Impossibly, it is there. The voice is clear, a generic nagging voice without a name. It's commenting on your every move. You turn on the stereo to drown out the chatter.

Breakfast, meds, and coffee and you feel better, ready to take on the day. As you step out into the daylight you hear whispers in your mind. They comment on your clothing. They lie to you saying the car won't start. But the car starts on the first try and you start the day. Out in the daylight the memories of the nightmares fade. You are alright. This is reality. The dreams and voices are gone for now. Concentrate, you've got things to do.

— Seth Wiederanders