

NAMI Doorways

Newsletter of NAMI Door County Inc.



July 2015

National Alliance on Mental Illness

Volume 23 Issue 7

NAMI Door County Annual Picnic

at Otumba Park
 Monday July 13
 5:00 Gathering
 5:30 Serving Time
 6:00 Special Musical Treat

Paul Klapatch, on his various concertinas, along with his sister Leni Spaude, with her magical flute, will perform during the dessert portion of our meal. This unique pairing of musical talents and instruments will be a treat for everyone.



Typical array of pot-luck picnic goodies

NAMI Board Member's Donation

Roy Jilburg of our board is a member of Thrivent Financial for Lutherans and recently requested and received a \$250. gift card on behalf of JAK's Place. We made quick use of this donation to purchase new equipment for viewing our library of DVD's. We have been frustrated with our antique players that inevitably fail us each time we try to show a movie or DVD. A very special appreciation to Roy and Thrivent Financial!



DON'T FORGET THE TIMBER RATTLERS GAME

Tuesday July 7 — Departure at 10am

Reserve a seat by calling Sheryl Flores or Seth

Wiederanders. Tickets, lunch and transportation are being provided by Human Services and NAMI Door County. If

you wish to purchase a souvenir or additional food, please bring cash with you. Also please bring sunscreen, and a

light jacket in case the weather doesn't cooperate.

Remember that you will be sitting outside for several hours.



Meeting Schedule

Tuesday July 7

Timber Rattlers Game

Monday July 13

NAMI Door County Annual Picnic at Otumba Park Shelter
 5:00 Gathering
 (See article elsewhere)

Thursday July 16

4:45 Monthly board meeting

Monday July 27

6:00 Care & Share Support

Faith in Recovery

Fridays 1:00—2:00
 July 3, 10, 17, 24, 31

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



Follow us on Twitter
 @NAMIdoor

When I hear music, I fear no danger.
 I am invulnerable. I see no foe. I am related to the earliest times, and to the latest.

— Henry David Thoreau

*NAMI Door County's mission is to improve the quality of life of everyone affected by mental illness.
 We are a self-help / support / advocacy / education group for individuals living with mental illness and their families and friends.*



Door County

P.O. Box 273
Sturgeon Bay, WI 54235

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Make It Stop

Another massacre. Another 9 people added to the list of casualties. Another senseless, terrorist action committed on US soil by a US citizen. Who or what is to blame here? Start with the gunman? Yes. That makes sense. He's the one who worked up enough rage to get a gun, load it, and then walk into a church and start shooting. This time it was evidently a proud, racist, young white man that choose to end the lives of 9 black people as they gathered in a place they felt safe. This was an act of terror motivated by hate, plain and simple.

Should this man have had access to a firearm? NO! Was he suffering from mental illness? Possibly. We hope that the court can sort it out. We hope that justice is served. At the same point we

realize that there is no good way for this to end and I fear that we, as a nation, will once again shrug our shoulders and move on. Liberals will call for more gun regulation and conservatives will quote the second amendment. Again.

We need to fix this. This can't become the norm. We need to seek out these troubled, hate filled souls who think shooting up a church is a legitimate way to make a statement. The shooter is always ultimately to blame, but if you look deeper you will see he was not acting on his own ideals. We have a long history of racism and hate in this country and it needs to stop.

— *Seth Wiederanders*

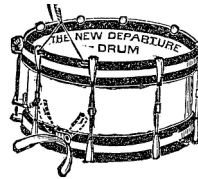
Next Brat Fry:
Labor Day weekend -- Friday September 4
through Monday September 7
Call 818-0525 for more information or to
volunteer. Car pooling will be available.

Rhythms of recovery

Rhythm means: a regular, repeated pattern of sounds or movements. Our first introduction to rhythm was the sound pattern of our mother's heart-beat. The security of that constant pattern of sound continued with those things in our world which we are able to predict such as movements, repeated pattern of events, changes, activities, etc.

In the group "rhythms of recovery" we are revisiting how to predict the rhythms in our life and us-

ing a variety of drums to play the patterns of sound beats that surround us. We are exploring how they can support us as we walk our paths of recovery. We have plenty of drums and instruments to go around. We only spend an hour a month with our next group on July 15th, starting at 1:30pm.



Come and join our musical team as we become one with the beat.

by: Paul Klapatch



Why Music?



One day Dr. Valorie Salimpoor turned on her car radio and experienced the power of music so strongly that it changed her life. She had been feeling depressed and lacking direction; suddenly she was euphoric. It made her want to understand what had happened and why. Since then, she has devoted herself to the study of music's effects on the human brain. Her research, and that of others, has deepened our understanding of music.

Music affects us profoundly for many reasons. Brain scans show that music stimulates the area associated with pleasure. Your favorite songs help you feel good by producing dopamine. Some of the same brain regions involved in perceiving motion are activated by music. Is it any wonder that we tap our toes or get up and dance?

Listening to music also involves memory, pattern recognition and emotion. We link tunes to events and people in our memories. That's why one person's favorite song is not another's - for one, the song brings up pleasant memories; for the other, it's just something they heard on the radio during a traffic jam.

Pattern recognition is responsible for our musical preferences. Anything that resembles what we are already familiar with is more readily accepted. People whose exposure to music when they were young was widely varied will enjoy more different types of music. You can still enlarge your musical vocabulary at any age. It's probably the most enjoyable way to exercise your brain.

THANK YOU! THANK YOU!

Membership Renewals and Donations

- Todd Ehlers
- Kala Hafeman
- United Way of Door County
- Honor Chapter #1 of the Order of Eastern Star
- Thrivent Financial for Lutherans



In Kind Donations:

- Jean Marsh – art & craft supplies
- Leni Spaude – tomato plants
- Paul Klapatch – raspberry bushes
- Rich Higdon – brats & buns
- Anonymous – more picture frames

JAK's Place Activities

Tai Chi with Seth

Mondays, 4:00; Thursdays, 2:00

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

Chess Group — Wednesdays, 1:30

Rhythms of Recovery — Wednesday, July 15, 1:30

Nutrition Group — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00, July

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

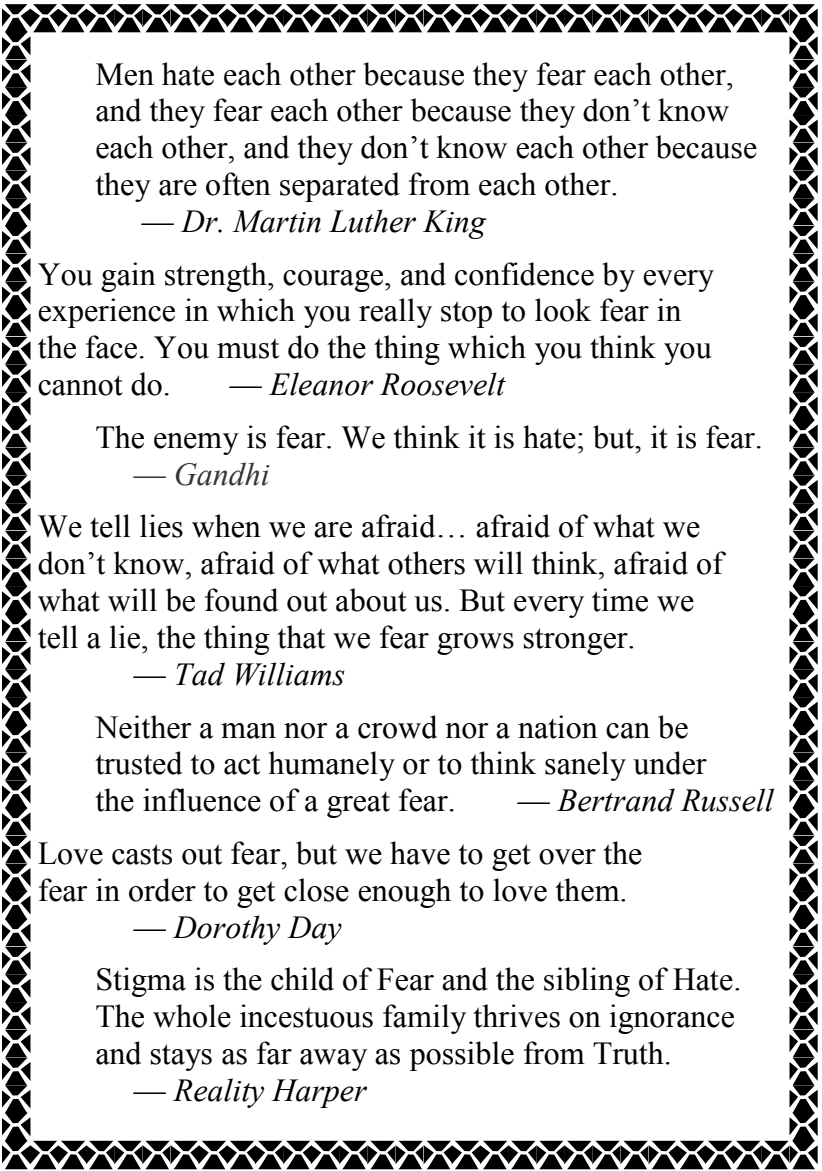
Peter DeVaney Personnel Committee
(vacancy) Personnel Committee
J.J. Parratta Consumer Activities
Thairon Berger Consumer Activities
Roy Jilburg Care & Share Support
Bob Scieszinski Finance Committee
(vacancy) Finance Committee

Advisors to the Board:

Sheryl Flores, Program Chair
Laura Haglund, Newsletter/Media Editor
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



Join NAMI Door County <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		Contributions NAMI Door County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		Mail to: NAMI Door County PO Box 273 Sturgeon Bay, WI 54235 OR pay online using PayPal at our website: www.jaks-place.com			
Yes, I want to: (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year Dues _____ \$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: www.nami.org/subscribe . 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.		Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr. Primary Member Last Name: Primary Member First Name: Middle: Address: City: State: Zip: Phone: Email:			
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