

NAMI Doorways

Newsletter of NAMI Door County Inc.



September 2015

National Alliance on Mental Illness

Volume 23 Issue 9

Open House!

This month we celebrate the beginning of JAK's Place's tenth year with an Open House on Saturday, Sept. 19th. From 11am to 1pm we will welcome visitors with refreshments and tours of the house and garden.

Unlike other years, we will not hold the quilt raffle drawing during the Open House, but this year's quilt will be on display. The drawing will occur at our annual Dinner Meeting in November, and tickets will be on sale until the last minute!

Please bring a friend to JAK's Place for our Open House. Or any other time during normal weekday hours, 1-5.

In a sense, every day is Open House at JAK's Place. Anyone can walk in and find a warm welcome. Since fall of 2006, when NAMI Door County purchased the property using memorial funds given in honor of Jonah Andrew Klapatch (J.A.K.), JAK's Place has been available as a haven and source of information on mental illness for the whole community.

Join us in the battle against stigma—help bring light into the dark corners of life. People fear the most what they know the least about. As long as the subject of mental illness is avoided, there will be unnecessary suffering. We need an Open House of the mind.



The Wailin' Jennys gave a performance at the Door County Auditorium that benefitted NAMI Door County and JAK's Place. This amazing group travels all over the country and often works with local NAMI affiliates to raise money. See Michaela Holey's article inside. *Photo from www.thewailinjennys.com*

Meeting Schedule

Monday September 14

6:00—Care & Share Support
7:15—NAMI Door County
monthly general meeting
(Planning for MIAW)

Thursday September 17

4:45—Board meeting

Monday September 28

6:00—Care & Share Support

Faith in Recovery

Fridays 1:00—2:00

September 4, 11, 18, 25

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](https://twitter.com/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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Moving Past Maintenance

Recovery is our goal. We seek not only to reduce and control symptoms but to refuel and regenerate our lives. After we achieve stability, often by securing SSI or SSDI benefits and a place to live and (maybe) a part time job the question is, what comes next?

The next step is to take a "real life risk" where we deliberately move out of our comfort zone and challenge ourselves to something new. This is not an easy move and it may end in failure. It requires a leap of faith.

I have been on staff at JAK's since we opened in September of 2006. Prior to being hired at JAK's I had resigned myself to a life of maintenance in at least two different ways.

One: I had accepted my illness and was discouraged by my options, and I chose a "low impact" lifestyle that allowed me to exist and maintain.

Two: the only work that I could sustain that didn't aggravate my symptoms was literally maintenance related—i.e. cleaning and building maintenance. It was boring and unrewarding work, but it was all I felt comfortable doing. Paying the bills with enough money to occasionally recreate was enough. I had found a lifestyle that was basically survival with little or no room for advancement.

JAK's place has been my place of employment for almost 9 years. It has been a "rock" for me, a place where I am comfortable and feel like I can contribute. It's a place, and a mission, that I am proud to be a part of. Stepping out of my comfort zone has recently meant taking on the challenge of becoming a Certified Peer Specialist. My goal is to seek more employment in the mental health field, specifically working with people who seek recovery.

— Seth Wiederanders



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



What Is JAK's Place?

This is a question any one of us may be asked some day, and may only have 30 seconds to answer it. That 30 second reply would be called an elevator speech.

We as participants, family members, advocates, and contributors, are all in the best position to spread the word about JAK's. We could tell how it got started, what JAK's provides in classes, services, and how JAK's reduces negative stigma about mental illness in the community. We can tell how JAK's has benefited our understanding of mental illness in the community of Door County. We can point out how negative stigma has been changed to positives for those that live with mental health challenges.

You see, the story needs to belong to us, so JAK's can belong to the community.

by Paul Klapatch



JAK's Place Activities

CLOSED for **Labor Day**, Monday Sept. 7th

Art group Tuesdays, 2:30-4:00

Tuesday Dinner is at 5:00. PLEASE SIGN UP AHEAD. We can only seat twenty.

Life Skills Group — Wednesdays, 3:00

Game Days — every 2nd and 4th Wednesday, 1:30

Chess Group — Wednesdays, 1:30

Rhythms of Recovery with Paul Klapatch

Wednesday, September 16, 1:30

Tai Chi with Seth — Thursdays, 2:00

Nutrition Group — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00

Friday — **Computer Day!**

THANK YOU! THANK YOU!

Membership Renewals and Donations

- Sharon Wiederanders
- William Wiederanders
- The Wailin' Jennys
- Door County Auditorium Patrons
- Rev. Bruce Joffe and the Door County People of Faith
- Russell Warren
- Gloria LaPlante



In Honor of:

Sharon Wiederanders' 40th Birthday, August 29;
Marlys Trunkhill & Paul Klapatch

In Kind Donations:

CSP picnic leftovers
LDS Church for non-perishable food donation

Garden:

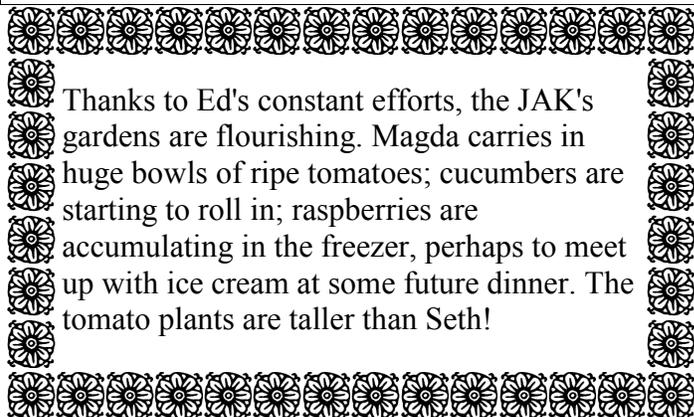
Ed DiMaio — straw bales, conduit for staking tomatoes

Roy Jilburg — watering system, soil supplements

Karen Overbeck — Dahlias, Cannas, False Indigo

Avery Landscaping — 12-yd. row of thornless ever-bearing raspberries; 18-yd. row of yellow raspberries

Our awesome volunteers—Jill Kolodziej, Paula Moynihan, Gina Cross, Michaela Holey, Roy Jilburg



Thanks to Ed's constant efforts, the JAK's gardens are flourishing. Magda carries in huge bowls of ripe tomatoes; cucumbers are starting to roll in; raspberries are accumulating in the freezer, perhaps to meet up with ice cream at some future dinner. The tomato plants are taller than Seth!



Rhythms of Recovery

Wednesday, September 16, 1:30

Feel the beat!



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



Partnering With Musical Praise

NAMI Door County had the distinct pleasure of being asked to be part of a long-standing commitment to NAMI nationwide when The Wailin' Jennys came to the Door Community Auditorium in August. The show-stopping harmonies, impressive instrumental prowess, breathtaking songs, and witty stage banter provided a fresh take on a mix of Americana, pop, and traditional folk music. This dynamic trio of gifted female musicians--vocal and instrumental--brought such a devotion to NAMI nationally as they did to their songs. They are committed to raising awareness for mental illness and money for the local chapters when they arrive.

We set up and hosted a table display for our state and local NAMI affiliate and they, in turn, provided some incentive items to give away during the concert. If concert-goers gave a donation to NAMI. It was an excellent idea and not only garnered NAMI Door County a wonderful gift of cash but also the gift of sincere mental health conversations throughout the entire evening. The innumerable words of gratitude that we received for our work through NAMI and for just being there as a visible presence and support warmed our hearts more than words can express. It even gave some patrons a chance to share their story!

I encourage everyone to follow these talented women as they support our cause nationwide. Everyone will be blessed by their support of NAMI and their grounded musical gifts. www.thewailinjennys.com

By Michaela Holey

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:				
Payment Information		<input type="checkbox"/> Check	or	<input type="checkbox"/> Cash Enclosed (Please do not mail cash)
For Office use only: <input type="checkbox"/> Check		<input type="checkbox"/> Cash	Date:	