

NAMI Doorways

Newsletter of NAMI Door County Inc.



July 2016

National Alliance on Mental Illness

Volume 24 Issue 6

From the Co-President

NAMI Door County, Inc. has been an affiliate of NAMI Wisconsin for 24 years serving the Door Community by providing education, support and advocacy to families affected by mental health issues. Ten years ago NAMI Door County opened the door to JAK's Place, a mental health resource/drop-in center located at 820 Egg Harbor Road. We are grateful to individual donors, religious congregations, foundations, NAMI members and our many volunteers who have made monetary and in-kind contributions to maintain our facility.

We are currently awaiting the merger of JAK's Place with Lakeshore Community Action Program which provides human service programs to Sheboygan, Manitowoc, Kewaunee, and Door Counties. We are in the process of revising the by-laws of our affiliate and making the necessary changes needed to move forward. We will continue to support the programs offered at JAK's Place. Our NAMI members and volunteers are committed to providing services to the mentally ill living here in Door County.

— Marlys Trunkhill

Meeting Schedule

Monday July 11

Annual Picnic at Otumba Shelter
5:00 Gathering
5:30 Feasting
6:15 Sing-a-long

Thursday July 21

4:45 NAMI Board Meeting

Monday July 25

6:00—Care & Share Support

Faith in Recovery

1:00-2:00 on Fridays
July 1, 8, 15, 22, 29

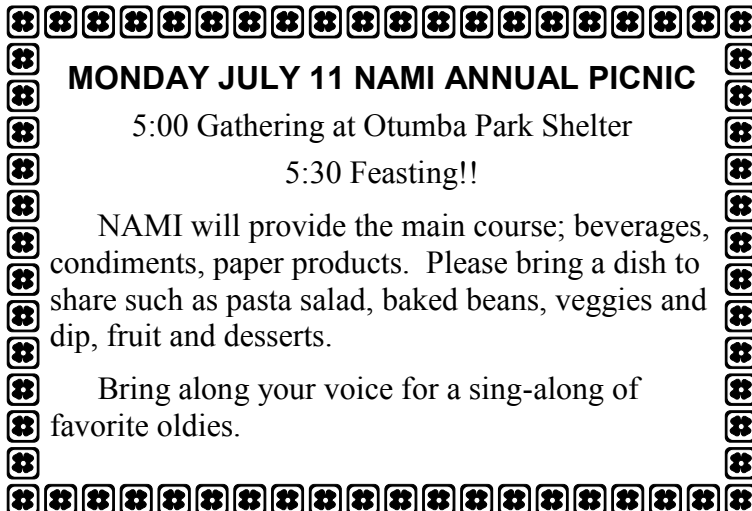
Unless noted otherwise, all NAMI Door County Meetings and Support Groups are held at JAK's Place, 820 Egg Harbor Road, Sturgeon Bay.



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

Going Digital

Please provide us with your email address, if possible. We are trying to cut back on the number of newsletters that we have to snail-mail. Send a note to jaksplace2006@gmail.com



MONDAY JULY 11 NAMI ANNUAL PICNIC

5:00 Gathering at Otumba Park Shelter

5:30 Feasting!!

NAMI will provide the main course; beverages, condiments, paper products. Please bring a dish to share such as pasta salad, baked beans, veggies and dip, fruit and desserts.

Bring along your voice for a sing-along of favorite oldies.



CAUTION!

Traffic on Egg Harbor Road and Jefferson Street is unbelievable and almost impossible for pedestrians to navigate intersections. We urge participants at JAK's Place to cross only at intersections and not mid-block. Hopefully the traffic will be less congested once the Bay View Bridge reopens and the round-a-bouts at Michigan Avenue 42/57 are completed.

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

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Sturgeon Bay, WI 54235

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Free Again

What aspect of your life do you hold most dear? What means more to you than anything? For me the answer to the question is clear, as in one word. Freedom. If you have ever lost it for even a short time you know the anxiety that comes with a loss of freedom. Suddenly you can't sleep when you want. You can't move around when you want. You can't choose your meals or your meds or your clothes. All decisions are made by someone who has (hopefully) your best interest in mind.

If you have been a threat to others then that entity is in charge of others' safety too. Anyone who has been handcuffed and put in the back seat of a police car knows the terrible feeling of being physically restrained. Your freedom at this moment is gone. You are now the responsibility of the arresting officer and the laws he is charged to enforce.

Many of us have been arrested or at least escorted home by the police. It's not a good feeling. It means you have had your freedom taken from you because you broke the law. You put yourself or others at risk by losing control of your actions and

now you are paying the price. Once you are put into a jail or an institution you have effectively surrendered your freedom. I have never been forced into a hospital or jail but I'm afraid that many who suffer with mental illness can't say that. The fact of the matter is that some find help only after they are incarcerated. For myself the loss of personal freedom was enough for me to change my ways. I haven't been in the hospital since 2000 and I have no desire to ever go back in.

Approximately 20 percent of inmates in jails and 15 percent of inmates in state prisons have a serious mental illness. A 2004-2005 survey reported that there were "more than three times more seriously mentally ill persons in jails and prisons than in hospital."

Persons with mental illness typically do not receive the services they need while they are incarcerated in jails and prisons. They tend to reoffend. We need resources in the community that strive to keep people IN the community. On a local level, JAK's Place, along with many other agencies and organizations, seek to provide these badly needed services.

— *Seth Wiederanders*

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

Drugs Associated with Photosensitivity Reactions

Antibiotics

Doxycycline (Vibramycin and others)
Floxin
Minocycline
Tetracycline

Disease-Modifying Agents (to treat rheumatoid arthritis and lupus)

Dapsone
Gold
Hydroxychloroquine (plaquenil)
Methotrexate
Sulfasalazine (Azulfidine)

NSAIDs

Piroxicam (Feldene)
Ibuprofen (less likely)
Naproxen and others

Antihypertensives

Captopril
Diltiazem
Methyldopa
Nifedipine

Hypoglycemics

Glipizide
Glyburide
Tolbutamide

Antidepressants

Amitriptyline
Desipramine
Doxepin
Imipramine
Nortriptyline
Trazodone

Antihistamines

Benadryl and others

Diuretics

Chlorothiazide (Diuril)
Furosemide (Lasix)
Hydrochlorothiazide

Others

Oral contraceptives
Xanax

JAK's Place Activities

Art group Tuesdays, 2:30-4:00

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

Game Day — every Wednesday, 1:30

Life Skills Group — Mondays, 3:00 (except 3rd Monday)



Rhythms of Recovery
with Paul Klapatch
Monday, July 18, 3:00

Tai Chi with Seth —Thursdays, 2:00

Nutrition Group — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00



Don't let summer sun spoil your fun!

Many drugs can cause severe reactions to sunlight.

It is unfortunate that some of the medications that help us lead normal lives can make normal outdoor activities dangerous. They can cause severe sunburn and skin damage in a short time if we are not careful. Anyone who is taking a drug that may cause photosensitivity should avoid sunlight as much as possible. Sunblockers can help. Light-colored clothing that covers the arms and legs, and broad-brimmed hats, also protect.

Don't think that a cloudy sky makes it safe to go out unprotected! Ultraviolet light is not stopped by clouds, and that is what causes the damage. Sunlight reflected from water doubles the effect, so be extra-cautious on the beach or boating.

Check the list on this page — you might be taking more than one sensitizing drug. Ask your doctor and pharmacist too, since some drugs go by more than one name, and some might not be on this list.

List copied from www.verywell.com

Save Your Grocery Receipts!

EconoFoods will donate 1% of the total to JAK's Place. So hang on to those Econo receipts and bring them to JAK's. (Only EconoFoods!)



Door County

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

2016 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
(vacancy) 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



THANK YOU!

Memberships and Donations

.Althea Logerquist
Edwin Lund
Marlys & Paul Klapatch in Memory of Roger Rockwell
Welsing's Foodland and all the volunteers who served food on Memorial day weekend!

In Kind Donations:

Leni Spaude – Tomato & Pepper Plants
Paul Klapatch – Parsley and Geranium Plants



Garden of Hope

Have you been enjoying the flower gardens at JAK's? We have irises, peonies, tulips, roses, and lilies of the valley – an ever changing scenery of color and beauty. What a heritage of splendor. We are grateful for in-kind donations adding to the natural glow of JAK's Place.

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.	
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				Primary Member First Name:	Middle:
				Address:	
				City:	State:
				Zip:	
				Phone:	
				Email:	
Payment Information		<input type="checkbox"/> Check		or	
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