

NAMI Door County
P.O. Box 273
Sturgeon Bay, WI 54235

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JAK's Place:
920-818-0525

2012 Board Members:

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Co-Presidents: Marlys Trunkhill
Mark Moeller

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Margaret Buhk	Children & Family Committee
Seth Wiederanders	JAK's Place Liaison
Sarah Charney	Consumer Representative
Alison Ernst	Consumer Representative
Laura Haglund	Newsletter Editor

jaksplace@att.net
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Join NAMI Door County 2012 now!

Memberships run by calendar year and include local, state, and national dues and newsletters.

- ___ \$10 Low income/Consumer
- ___ \$35 Individual
- ___ \$50 Family
- ___ \$100-249 Supporter
- ___ \$250-499 Advocate
- ___ \$500-999 Sponsor
- ___ \$1,000 and up Benefactor
- ___ Check here if you would prefer that you be listed as an anonymous contributor

Make checks payable to NAMI Door County.

Mail to:

Treasurer
NAMI Door County, P.O. Box 273,
Sturgeon Bay, WI 54235



NAMI of 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

Caver Am I

by Aneta Schloemer

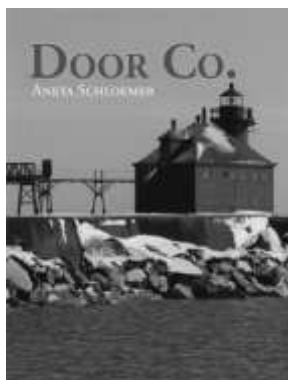
A caver am I,
one who crawls on four
yet stands on two.

A caver am I
all muddy and wet,
but travels along
on that you can bet.

A caver am I,
that's what I shall be
to see the things in darkness
others do not see.

A caver am I
who seeks in this darkness
others do not see.

A caver an I,
that's what I shall be,
for everyone must see their own darkness
before they can see



Aneta Schloemer is an
artist in more than one medium.
Her poetry and superb
photographs are published in a
book, available from xlibris.com.

ISBN 978-1-44150-928-4

Please let us know if you move, so
you won't miss any newsletters ☺



Newsletter

February 2012

JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

JAK's Place schedule at a glance:

Monday: 1—5 Wednesday - Thursday -
Tuesday: 1—6 Friday - 1—5

Tuesdays — Art group, 2:30-4:00

Dinner is at 5:00. Prep starts at 2:00. Cleanup at 6:00

Yoga — 2nd and 4th Mondays, 5:00

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

Chess Group — every third Wednesday, 1:30

Journaling Poets Group — Thursdays, 3:30

Faith in Recovery — Fridays, 1:00-2:00

Computer Lab — Fridays — please make reservation

Closed Saturdays and Sundays

Check www.jaks-place.com for updates

Quilt Raffle

JAK's Place is raffling a queen size quilt made using a variation of the "Confetti" pattern. The top contains over 1500 1-1/2 inch pieces, in blues and white. The quilt has quilted hearts and stippling in the outside white border. The quilt was donated by Bettie Greenwood of Aylett, VA. It will be displayed at this year's Love Fest, and the raffle is planned for May — Mental Health Month.

Working full time and raising 4 children never allowed Bettie the luxury of pursuing her passion for quilting until 2004 when all of her kids had graduated from college. Since then she has machine pieced and quilted over 60 quilts with the majority of them being bed size. After having made quilts for many friends and relatives, donating quilts to charities has become a focus.

She is involved in three different quilt groups and has made and donated quilts to many non profit organizations. Her quilts have gone to battered women's shelters, meals on wheels recipients, for pets, senior citizen day care groups, police departments to give to children in traumatic situations, churches, and the current project of providing quilts for all hospitalized veterans in the local VA Hospital for Christmas.

THANK YOU! THANK YOU!



- * Donations in Memory of Susan Freiburger by Dolly & Howard Lindsay, and Connie Meyer.
- * Donation in Honor of Sheryl Flores by Jacqueline & Robert Sweet.
- * Donation in Honor of Elizabeth & Steve Spaude by Seth Wiederanders.

In Kind Donations:

- * Huehn's Funeral Home – Food
- * Jennifer Moeller – 4 Yoga Mats

Additional donations received from the following during our Annual Appeal:

Sandy Andre, Jerry & Jane Berg, Barbara Anne Buckingham, Sarah & Jim Charney, Leslie Cross, Kathy & Peter Diltz, Sue & Ed Ernst, Hanne & Sid Gault, Michael & Barbara Madden, Jendean Olson, Jennifer Olson, Barbara Perloff, Pat & Bob Scieszinski, Loren & Monica Spaude, and Seth Wiederanders.



Looking Back—And Ahead

2011 was an interesting year for JAK's Place. Streets torn up and rebuilt, the "little house" hauled away, our mortgage refinanced, staff and board members coming and going—it seemed like the dust would never settle.

Now that the new year has begun, we take a moment to catch our breath and think about the future. JAK's Place is not the kind of project that can ever be complete; it's a process, a journey that never ends. JAK's Place is not the road—it's the traffic.

NAMI *Doorways*

Newsletter of NAMI Door County



February—April 2012

National Alliance on Mental Illness

Volume 20 Issue 1

Strategic Planning for Our Future

Sixteen people attended Saturday's Strategic Planning session. NAMI-DC board members, JAK's staff, and other participants filled the meeting room to contribute their thoughts for our future.

Karen Hintz provided well organized leadership. The topics progressed from "plus and minus" lists on to suggestions for what could be improved or added to our working agenda.

It was a great success; everyone had something to contribute. We will have newly defined goals to strive for. Knowing our strengths and weaknesses and charting our progress provides a solid foundation for our continued growth. The next NAMI-JAK's board meeting will be devoted to acting on the identified goals.

We have done very well in meeting the goals set in our last Strategic Plan three years ago. Although our biggest, that of paying off the mortgage, is still not completed, we have made great steps forward toward that end.

Chess, Anyone?

JAK's Place has a Chess Group that meets every third Wednesday at 1:30. The enthusiastic core group welcomes anyone to join in, even if you've never played chess before. The JAK's chess masters will show you the ropes. We have several chess boards, including a brand new solid wood set donated by Sheryl Flores, and lots of table space.

Chess is a game of logic and strategy that gives the mind healthy exercise. The brain is like a muscle in some ways; the more you use it, the better it gets. So even if you think you're a "muscle-head", chess might be just the thing for you!

2012 Memberships are due now. We currently have the following enrollment – 6 Open Door, 13 Individual, and 18 Family. Our members receive publications including NAMI Doorways, JAK's Place Newsletter, Wisconsin Iris, and NAMI National.

Meeting Schedule

Monday February 13

5:00 Yoga w/Anne Miller
6:00 Care & Share Support
7:15 Monthly Meeting

Thursday February 16

4:45 Open Board Meeting
Karen Hintz-Strategic Plan

Monday February 27

5:00 Yoga w/Anne Miller
6:00 Care & Share Support

Monday March 12

5:00 Yoga w/Anne Miller
6:00 Care & Share Support
7:15 Monthly Meeting

Thursday March 15

4:45 NAMI Board Meeting

Monday March 26

5:00 Yoga w/Anne Miller
6:00 Care & Share Support

Monday April 9

5:00 Yoga w/Anne Miller
6:00 Care & Share Support
7:15 Monthly Meeting

Thursday April 19

4:45 NAMI Board Meeting

Monday April 23

5:00 Yoga w/Anne Miller
6:00 Care & Share Support

Faith in Recovery meets every Friday at 1:00 pm except Good Friday April 6th

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

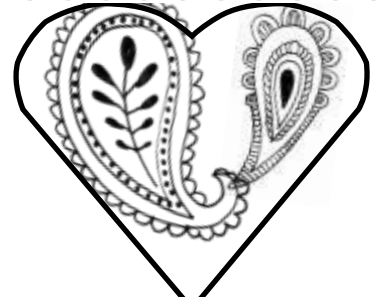

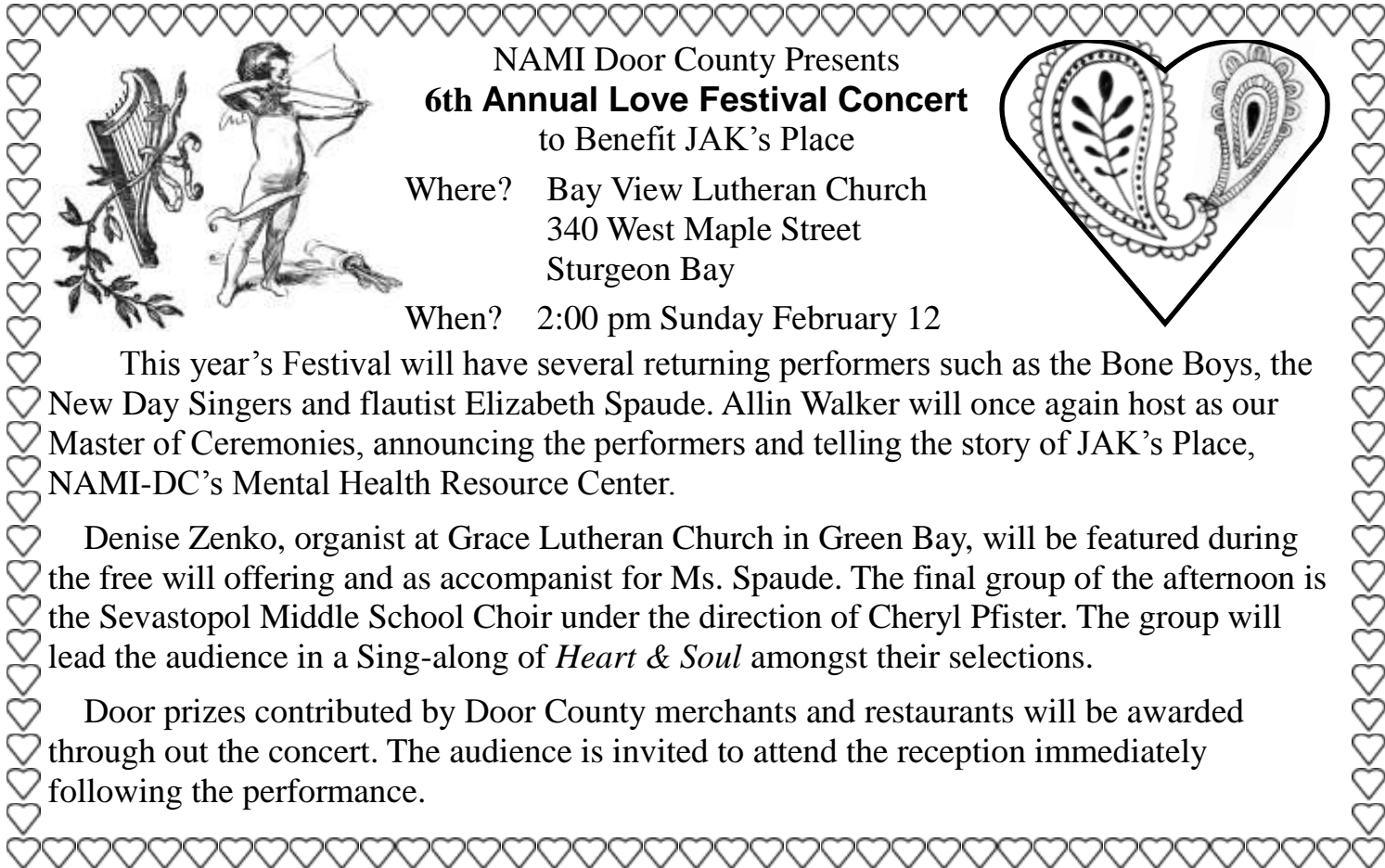
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NAMI Door County Presents
6th Annual Love Festival Concert
to Benefit JAK's Place

Where? Bay View Lutheran Church
340 West Maple Street
Sturgeon Bay

When? 2:00 pm Sunday February 12

This year's Festival will have several returning performers such as the Bone Boys, the New Day Singers and flautist Elizabeth Spaude. Allin Walker will once again host as our Master of Ceremonies, announcing the performers and telling the story of JAK's Place, NAMI-DC's Mental Health Resource Center.

Denise Zenko, organist at Grace Lutheran Church in Green Bay, will be featured during the free will offering and as accompanist for Ms. Spaude. The final group of the afternoon is the Sevastopol Middle School Choir under the direction of Cheryl Pfister. The group will lead the audience in a Sing-along of *Heart & Soul* amongst their selections.

Door prizes contributed by Door County merchants and restaurants will be awarded through out the concert. The audience is invited to attend the reception immediately following the performance.