

NAMI Door County Phone:
 P.O. Box 273 920-743-6162
 Sturgeon Bay, WI 54235 JAK's Place:
 920-818-0525

2010 Board Members:

Executive Board:

Co-Presidents: Marlys Trunkhill
 Mark Moeller
 Vice-President: Sue Ernst
 Treasurer: David Swender
 Secretary: Dolly Lindsay

Members at Large

Peter DeVaney Personnel Committee
 Sheryl Flores Program Chair
 Roy Jilburg Care & Share Support
 Paul Klapatch Facilities Committee
 Howard Lindsay Personnel Committee
 Nancy Schmidt Care & Share Support
 Margaret Buhk
 Seth Wiederanders JAK's Place Liaison
 Laura Haglund Editor, NAMI
 Doorways and JAK's Place
 Newsletter

jaksplace@att.net
 jaksplace2006@gmail.com

Join NAMI Door County 2010 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.

JAK's Place OPEN HOUSE

Saturday September 18th NAMI sponsored an Open House at JAK's Place, offering tours of the facility, and lunch for our guests. It was a busy day in Sturgeon Bay with the Harvest Festival down town and crafts exhibits on Jefferson Street plus the farmer's market. We chose this date because of all the activities and to celebrate our success as we commence our 5th year as a community resource center on Mental Illness.

There were several people who were first time visitors to JAK's Place.

Thank you to our staff, board members and especially to the folks who stopped and visited with one another. And a big thank you to everyone that brought in donations of food!



Welsing's Foodland

This summer NAMI volunteers sold brats and burgers on four weekends in Valmy. We thank our many volunteers - 34 in all. On two occasions, former SBHS classmates Seth Wiederanders and Greg Zipperer, class of '91, teamed up to grill and serve the customers.



Photo by Aneta Schloemer

Thank you to Pat, Jane and Nell Welsing for the opportunity to benefit JAK's Place Mental Health Resource Center. We were able to raise \$2073 for activities and programs offered to mental health consumers.



Newsletter

October 2010

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—7 Friday - 1—5

Tuesdays — Art group, 2:30-4:00

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

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

Closed Saturdays and Sundays

Closed Wednesday, October 20

Check www.jaks-place.com for updates

THANK YOU

- Jendean Olson
- Door County Community Foundation,
- Danis Fund
- Joy Zakrzewski
- Hilary and Martin Ford



In Kind Donations

- Michael Stebbins—Personal care items
- Bay View Lutheran-Food Donation
- Moravian Church – Food Donation
- Loaves & Fishes – Food Donation

Introducing our new staff member,
Jennifer Swender



I come to work at JAK's Place with personal experience and previous work experience and

education with the developmentally disabled. I am very enthusiastic about learning, helping, and growing with JAK's and NAMI, as mental illness is a part of everyone's life in some way

Living in Door County since 2000, I have 3 sons, and a wonderful, supportive Significant Other.

Jennifer is our “fourth wheel”, taking at least one shift per week and filling in for other staff members when they are ill or need some time off. She has volunteered to be The Cook until Gabi gets back on her feet.

Everyone who's been to JAK's Place, especially on dinner nights, knows **Gabriele Wolfe**. Her seemingly tireless efforts to keep the weekly dinner going, raise funds, and promote JAK's Place have earned her a



reputation as an advocate for the mentally ill in our community.

Gabi is very sick now, having had surgery twice this past week and recovery will take a while yet before she is able to return to work. She is without insurance and temporarily without income. We would

like to help Gabi through this time of ill health and need.

October Birthdays:

- John K
- Roseann K
- Allan M
- Marlys T
- Paul K

Please join us in support of a friend and a great worker. Anyone wishing to help Gabi can do so by sending a card and possibly a donation to NAMI Door County, P.O. Box 273, Sturgeon Bay, WI 54235. Please specify in the MEMO that this donation is designated for Gabriele Wolfe.



HALLOWEEN PARTY!

Wednesday, October 27 1:30pm at JAK's Place. Costumes, food, games, prizes. Don't miss it!

This year's spookfest will be held in full daylight, to keep the real vampires away.



NAMI *Doorways*

Newsletter of NAMI Door County



October-December 2010

National Alliance on Mental Illness

Volume 18 Issue 3

From Co-President Marlys Trunkhill

This has been quite a busy summer for NAMI Door County. Our annual picnic was a great event with over 60 people helping us to celebrate. We have continued to stay afloat financially despite the woeful economy. Gifts from individuals and foundations have actually increased this year!

We are truly grateful to the people that supply us with in-kind donations as well. Our food pantry has been blessed with donations from the various churches in our county and our Garden of Hope has provided a wealth of veggies, herbs and beautiful flowers.

Jenny Spude, nutritionist at UW-Extension has continued to offer her expertise in the areas of food preparation, vegetable processing and helpful hints on how to stretch the grocery money. Once a month she offers hands-on opportunities for JAK's Place staff and Tuesday dinner guests.

Sheryl Flores, DC Community Programs Supervisor, has been program chair for our monthly NAMI meetings and provides our members the opportunity to learn what is currently happening in the field of mental health. Dr. Anne Miller will be our presenter on October 11 and she will share new treatment information for persons having Schizophrenia.

Family-to-Family classes began September 25th and will continue for 12 weeks. This course is a must for family members, friends and service providers to learn how to advocate for and gain understanding in the treatment of persons having a mental illness.

Mental Illness Awareness Week is October 3-9. You will see a list of our many activities elsewhere in this issue. Please attend any forums that are available and also view our exhibit at the Door County Library in Sturgeon Bay.

Enjoy the fall colors while they last!

Peace and Blessings,

Marlys Trunkhill



Photo by Kraig Kemp

What a cookout it was!

Over forty people attended the awesome outdoor feast on Tuesday, August 27, at JAK's.

Board members provided most of the food, and co-president Mark Moeller outdid himself with his famous smoked turkey and a to-die-for pork roast.

Meeting Schedule

Monday October 11

6:00 Care & Share Support Group
7:15 Monthly Meeting with presentation by Dr. Anne Miller, 'New Treatments for persons having Schizophrenia'

Monday October 25

6:00 Care & Share Support Group

Fridays October 1, 8, 15, 22

1:00 Faith in Recovery

Freedom from Depression

Thursday October 28

4:45 NAMI Board Meeting

Monday November 8

Annual Dinner Meeting at

Bay View Lutheran Church

Gathering at 5:30, 6:00 Dinner

6:45 Election of Officers

Monday November 22

6:00 Care & Share Support Group

Fridays, November 5, 12, 19

1:00 Faith in Recovery

Unless noted otherwise, all NAMI

Meetings and support groups are held at JAK's Place, 820 Egg Harbor Road, Sturgeon Bay.



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



Non Profit Org.
U.S. Postage
PAID
Sturgeon Bay, WI
Permit No. 70

Address service requested

Mental Illness Awareness Week is October 3-9

A number of activities are being planned not only for the week but the entire month of October.

- Once again we will have a display at the Sturgeon Bay Library for the month and will be donating a book selection on Mental Illness to the 9 Door County Library Branches.
- On October 10, 17, 24, & 31 Hope United Church of Christ will have forum presentations focusing on Mental Illness and the resources that are available in our community. These forums begin at 9am and are held in the Fellowship Hall prior to the 10:30 service.
- NAMI monthly meeting at 7:15 on October 11th will have Dr. Anne Miller, Door County Community Programs, as presenter discussing 'New Treatments for Schizophrenia'.
- Tuesday October 26, 8:30 – 12:30 NAMI will have a table at the YMCA Health Fair sponsored by the Parish Nurses in Door County.

NAMI ANNUAL DINNER MEETING

Once again our annual meeting and election of officers will take place at Bay View Lutheran Church. The date to keep in mind is Monday November 8, gathering at 5:30 and dinner served at 6:00pm. NAMI will provide the main course and beverages. Please bring a dish to pass if you are able to do so. We will need kitchen help with the set up beginning at 4:45.

NEW BOARD MEMBER

**We welcome Margaret Bukh to our
NAMI Board of Directors.**

Margaret is Door County Integrated Services Project Director. She brings a wealth of experience to our board, having worked for a number of years with children having serious emotional disturbances and their families. The project is a collaborative effort of County health and human services agencies, schools and parents.