

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

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JAK's Place:
920-818-0525

2010 Board Members:

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Vice-President: Sue Ernst
Treasurer: Amy Schommer
Secretary: Candace Worrick

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Sheryl Flores	Program Chair
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Paul Klapatch	Facilities Committee
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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

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Join NAMI Door County 2011 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



United Way
of Door County

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

Mental Illness Awareness Week Activities

October 2 – 9 is the official week for NAMI activities, however here in Door County we celebrate the entire month! Some of the events include our window exhibit at the Sturgeon Bay Library entrance. The monthly meeting on Monday October 10 will be devoted to the viewing of 'Shadow Voices', a product of the Mennonite Media, which features several prominent advocates of services to persons and families with a mental illness. This is a 'must see' for everyone that is affected by mental illness.

Our annual gift to the 8 Door County Library branches this year is the DVD *Home of the Brave*. "It is a riveting and hard-hitting look at the lasting effects of combat upon the courageous Americans for whom the scars of war can never truly heal."

We will once again have a display table at the YMCA Health Fair on Tuesday morning October 23rd. This event is organized by the Parish Nurses of Door County.

United Way Campaign

Please support the annual fund raising campaign kicked off on August 23rd. NAMI Door County has two programs funded in part by contributions made to Door County United Way. They are the Work Emphasis Program and JAK's Place Program.

The work program provides on site job training and experience for consumers of mental health services right at JAK's Place. We hire consumers to assist our staff in various activities and job training experience, thus building a resume for future employment opportunities in the community. This program now in its initial year, is currently sponsored by Door County Community Programs.

JAK's Place Program has received funding from United Way since we opened in 2006. We continue to grow as a mental health resource center, recognized for the services we provide to the community at no cost to the individuals we serve.

Please step up and make contributions to the United Way Campaign!

NAMI—Door County has a new Treasurer

As of October 1st, Amy Schommer will take over the Treasurer's duties. Amy is an experienced bookkeeper, and is looking forward to serving. ☺

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

Game Day — every 2nd and 4th Wednesday

Journaling Poets Group — Thursdays

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

Computer Lab — Fridays — please make reservation

Next Packer Party — Sunday, November 1, noon

Closed Saturdays and (most) Sundays

Check www.jaks-place.com for updates

THANK YOU! THANK YOU!



- * Robert J. VanderKelen, donation of landscaping shrubs and trees
- * Jason Feldman, for his time in planning and planting
- * Roy Jilburg donated a big mixer for our kitchen!



Coming up November 1st— Packer Hall of Fame trip!

Takeoff is at 9:30, from the Government Center parking lot. Brian Frisque's Packer Party Van will take up to 15 passengers. The rest will ride in CSP vehicles.

Please sign up at JAK's to ride in the Packer Party Van. Only CSP clients can ride in the CSP car and vans. There will be room for 34 people in all, including CSP personnel and drivers.

The tour will go through the stadium first, from 10:30 to 11:30; then from 11:30 to 12:30 the group will tour the Hall of Fame.. After the tour is dinner at Old Country Buffet on Military Ave.. Negotiations are in progress to reduce the fee for the Packer tour; we hope that it might be provided free. CSP will be paying for the meal.

The Packer HoF was the first ever built to honor a single professional American football team. Its 25,000 square foot house over 90 years of Packer history, including four Super Bowl trophies and a re-creation of Vince Lombardi's office. The Hall became a permanent site in 1976 when its new home was formally dedicated on April 3, 1976, by President Gerald R. Ford.



Halloween Party

The annual Halloween Party will be from 1:00 to 3:30 on Friday, October 28th. Dress up and join the fun! Games, prizes, refreshments; everyone is welcome.



Garden season is almost over. There is not much to do any more besides harvest and cleanup, especially with all the rain we've been getting (finally!). It's been a pretty good season, with plenty of tomatoes, and root veggies still to come. Some very nice carrots have been sampled already, and the turnips and parsnips look very promising.

Mental Illness Awareness Week — and beyond

The monthly NAMI Door County meeting will feature a video, Shadow Voices, on Monday, October 10th at 7:15. NAMI and JAK's Place members will take part in many other activities throughout the month. An Open House on Saturday, October 15th, celebrates the sixth anniversary of the founding of JAK's Place.

NAMI *Doorways*

Newsletter of NAMI Door County



September—December 2011

National Alliance on Mental Illness

Volume 19 Issue 3

What is mental illness?

Mental illness is a condition that affects a person's mood, thinking, and/or ability to relate to others. Many types of mental illnesses have been classified and named; and they occur in varying degrees of severity.

It is almost as common as the common cold. Twenty-three percent of North American adults will have a mental illness in any given year, though less than half will be affected severely enough to disrupt their normal activities.

Mental illness has many faces. It may be defined differently at different times, in different cultures. What matters to individuals is that mental illness changes their lives, and the way others see them.

Other forms of illness don't have a terrible stigma attached to them. Illness that has only physical effects is seen as "normal". Mental illness affects social interactions; it produces changes in behavior that seem, to friends, family, and co-workers, incomprehensible and unreasonable. But mental illness is just another kind of illness. In most cases it is treatable, it can be kept from going critical. It can be lived with, just as chronic physical disabilities can be lived with.

The key to effective treatment and recovery is knowledge. Knowing that mental illness is treatable, that it is not a character flaw or a moral weakness, makes early treatment possible. No progress is possible as long as we deny the reality of mental illness. It won't go away if we pretend it isn't there. NAMI exists to inform and support; our mission is to bring those who suffer from mental illness back into the mainstream of life.

— from the new NAMI-DC brochure

Copies of our brochure are available at JAK's Place. Please spread the word, during Mental Illness Awareness Week and every other day of the year.

Last Brat Fry of the season is October 8-9-10. One dollar per brat sold goes to JAK's Place. Volunteers can sign up at JAK's.

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

Meeting Schedule

Monday October 10

6:00 Care & Share Support
7:15 Monthly Meeting
DVD – Shadow Voices

Thursday October 20

4:45 NAMI Board Meeting

Monday October 24

6:00 Care & Share Support

Friday October 28

Halloween Party
1:00 – 3:30
Lunch @ 1:30

Monday November 14

Annual Dinner Meeting
Bay View Lutheran Church
5:30 Gathering
6:00 Dinner
6:45 Meeting & Election

Monday November 28

6:00 Care & Share Support

Monday December 12

6:00 Care & Share Support
7:15 Card Signing Party

Faith in Recovery meets

Fridays at 1:00

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



NAMI Door County's mission is to improve the quality of life of those who have a brain disorder. We are a self-help support / advocacy / education group for families and friends of and for the people who have a brain disorder (mental illness).

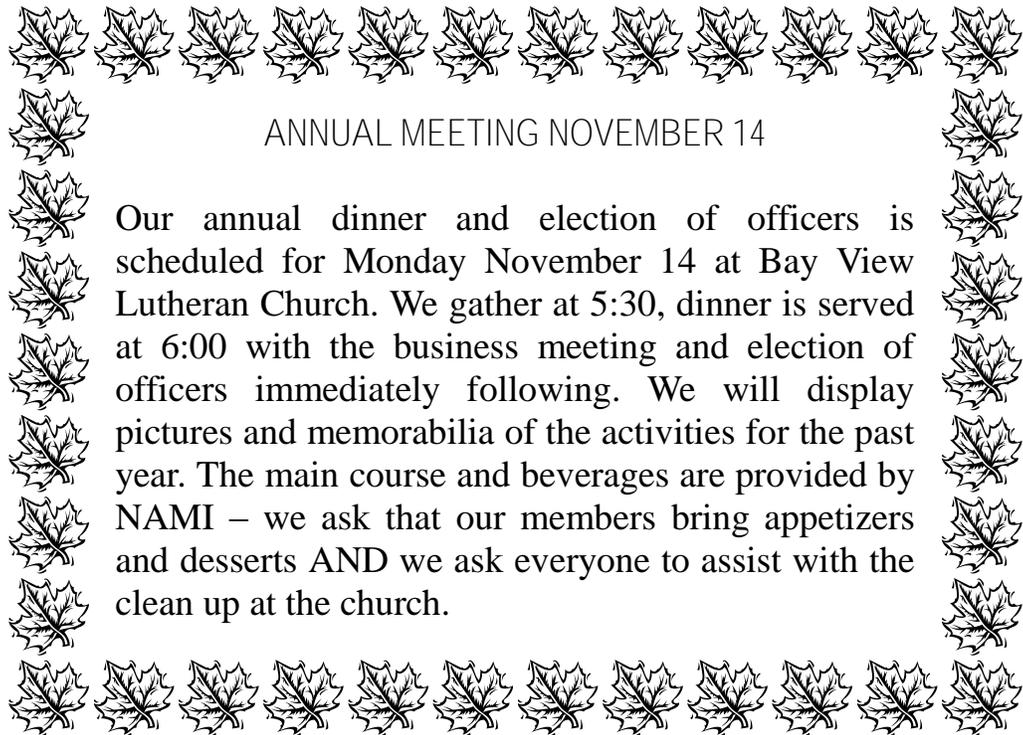
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ANNUAL MEETING NOVEMBER 14

Our annual dinner and election of officers is scheduled for Monday November 14 at Bay View Lutheran Church. We gather at 5:30, dinner is served at 6:00 with the business meeting and election of officers immediately following. We will display pictures and memorabilia of the activities for the past year. The main course and beverages are provided by NAMI – we ask that our members bring appetizers and desserts AND we ask everyone to assist with the clean up at the church.