

NAMI Door County  
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Phone:  
920-743-6162  
JAK's Place:  
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### **2012 Board Members:**

#### Executive Board:

Co-Presidents: Marlys Trunkhill  
Mark Moeller

Vice-President: Sue Ernst

Treasurer: Amy Schommer

Secretary: Carleen Horner

### **Members at Large**

Peter DeVaney	Personnel Committee
Sheryl Flores	Program Chair
Roy Jilburg	Care & Share Support
Paul Klapatch	Facilities Committee
Candace Worrick	Facilities Committee
Howard Lindsay	Personnel Committee
Nancy Schmidt	Care & Share Support
Margaret Buhk	Children & Family
Seth Wiederanders	JAK's Place Liaison
Paul Gruendemann	Consumer Representative
Alison Ernst	Consumer Representative
Laura Haglund	Newsletter Editor

### **Join NAMI Door County 2012 now!**

Memberships are for one year and include local, state, and national dues and newsletters.

\_\_\_ \$3 Open Door (low income)  
\_\_\_ \$35 Individual

Additional categories of financial support

\_\_\_ \$50-99 Friends  
\_\_\_ \$100-249 Supporter  
\_\_\_ \$250-499 Advocate  
\_\_\_ \$500-999 Sponsor  
\_\_\_ \$1000 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**

October 7 - 13

Featured events will include our monthly meeting which is Monday October 8, 7:15 pm, at JAK's Place; a presentation at the Door County Branch Librarians Meeting 9am Thursday October 11, and a number of displays at churches in the Sturgeon Bay Area. We will also decorate the Lobby Showcase at the Sturgeon Bay Library for the entire month of October. Please stop by and note the many activities we have been involved with during the past year.

### **BOOK SELECTION:**

Each year at this time we select a book on mental illness for our Lockwood Family Library at JAK's Place and purchase and present copies to the 8 Door County Library Branches.

This year's choice is *Shockaholic*, by Carrie Fisher. More and more famous people are disclosing their personal battles and success stories after dealing with a mental illness. These shared stories on recovery help inspire us to achieve the goals that we too have set for ourselves.

### **UNDERSTANDING SERIOUS MENTAL ILLNESS**

Tuesday, October 23, 2012

8:30 a.m. – 4:00 p.m.

Bay View Lutheran Church

340 W. Maple Street, Sturgeon Bay

Presenters include: Maria E. Hanson, NAMI Wisconsin, Dr. Anne Miller, M.D, Psychiatrist, Department of Community Programs, Pam Peterson, UW – Extension, and David Swender & Seth Wiederanders, NAMI Door County 'In Our Own Voice'.

There is a fee of \$25 per person which includes lunch. Persons need to register by October 17, 2012. Information and registration forms are available at UW-Extension, please email [pam.peterson@ces.uwex.edu](mailto:pam.peterson@ces.uwex.edu) or call 746-2260.



### **New documentary recommended by NAMI**

**A GUY CALLED DAD: A DAUGHTER'S JOURNEY** takes a unique, intimate look at schizophrenia and how it affects one daughter's relationship with her father.

Please help us keep our mailing list up-to-date. Let us know if you move! It costs us both unnecessary postage and a return fee when a newsletter is sent to someone who has moved or is away for the summer. Thank you.

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.*

## The Coordinator's Corner

### Acceptance

Life with mental illness is hard, sometimes unbearable. It impacts every aspect of one's life. It requires constant attention and evaluation of what is working and what isn't. One needs to develop a personal program, a plan, that allows you to recover and stay healthy. But first you have to recognize that you have a mental illness and accept that you need help. This is the crucial first step.

Society has a generally unfavorable opinion of the mentally ill. A homeless person, dirty and unkempt, talking to himself. A crazed psychopath with a semiautomatic rifle and no conscience shooting up a movie theater. A large man restrained with straps and a straight jacket. A padded cell. This is the terrible misconception that results in Stigma.

Stigma is overcome by knowledge and fact. Educating the public, so that less people are scared and judgmental of people with mental illness, is our goal at JAK's Place and the focus of NAMI itself. That we can accept our illnesses without fear of ridicule or punishment is key to recovery. If we can reach a level of comfort and insight about mental illness, it is then possible to accept the fact that we need help. If you can accept the fact that you have a mental illness and that it is treatable you can begin to pursue your own personal recovery.

— Seth Wiederanders

## Meetings and Events

**NAMI general meeting** at JAK's Monday, Oct. 8<sup>th</sup>.

**NAMI — Open Support Group:**

2<sup>nd</sup> & 4<sup>th</sup> Mondays, Oct. 8<sup>th</sup> & 22<sup>nd</sup>, 6pm,  
 at JAK's. Anyone is welcome to come.

**Packer Party**—Sunday Oct.21<sup>st</sup>, 3:15

**Tai Chi** — Mondays, 4:00

**Yoga** — Mondays, 5:00-5:45

**Art group** Tuesdays, 2:30-4:00

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

**Game Days** — every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 1:30

## THANK YOU! THANK YOU!

- Ardis Fletcher – Donation to JAK's Place.
- Donation in Memory of Mickey Fellows: Bob and Carol Moellenberndt.

### **In Kind Donations:**

- Candace & Gerald Worrick - Patio Stone
- Linda Goodman – Beautiful Beets
- Dolly Lindsay – Raspberry Bushes
- Nancy Taylor – Acorn Squash
- Roy Jilburg – Office Supplies
- Pete DeVaney – Library Books
- Judy Gartman – Zucchini Bread
- Sue Ernst - Desserts



**Garden season** is pretty much over. It was not our most productive year, thanks to a combination of weather and soil depletion. Our garden beds need a good dose of organic fertilizers. Compost, manure, bone meal, and soft rock phosphate would all be desirable. Donations would be appreciated hugely.

We had good luck with carrots and cucumbers in spite of heat and drought. The raspberries produced enough for sampling, and the bed is being expanded to include some donated everbearing plants.

**Chess Group** — Wednesdays, 1:30

**Nutrition Group** — Thursdays, 4:00

**Journaling Poets Group** — Fridays, 3:30pm

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

**Friday is Computer Day!**

**Halloween Party**—Wednesday, October 31, 1:30

## JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5

# NAMI *Doorways*

## Newsletter of NAMI Door County



October—December 2012

National Alliance on Mental Illness

Volume 20 Issue 4

### NAMI National Sets Uniform Membership Dues

On July 1, 2012 NAMI National set uniform membership dues for all NAMI affiliates across the country. There are now just two categories. Individual Membership is \$35 which is divided amongst National - \$10, State - \$10 and Local Affiliate - \$15. The second category is set at \$3 for Open Door Membership for persons having a low income. This amount is divided equally amongst National, State, and Affiliate with \$1 being sent to each.

The most notable change is that we will not offer a family membership. In a typical household unit, each adult membership will be \$35. NAMI Door County will continue to have categories of supportive donations to JAK's Place. Please note the changes on page 2 of this newsletter.

### NAMI Door County Annual Meeting

Monday November 12 at 5:00 pm  
Bay View Lutheran Church  
340 W. Maple Street, Sturgeon Bay

Our local NAMI affiliate was founded 20 years ago! Come and celebrate with us at our Annual Dinner Meeting and election of NAMI officers and board members.

We will start at 5pm with light snacks and time to look at pictures and memorabilia taken this past year at a variety of events and activities. Dinner will begin at 5:30 followed by the annual meeting. We will be recognizing four of our outstanding volunteers for this year. You might just be one of the lucky recipients of a gift card!

### **Last Brat Fry of the year**

October 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>, at Welsing's Foodland in Valmy. Volunteers can sign up at JAK's for 3½-hour morning or afternoon shifts. No great skill needed, and you get a free lunch of the best brats in the world.



### Meeting Schedule

#### **Monday October 8**

5:00 Yoga  
6:00 Care & Share Support  
7:15 Monthly Meeting

#### **Thursday October 18**

4:45 NAMI Board Meeting

#### **Monday October 22**

5:00 Yoga  
6:00 Care & Share Support

#### **Monday November 12**

Bay View Lutheran Church  
340 W. Maple Street  
5:00 Social Time  
5:30 Dinner  
6:00 Annual meeting and election  
of officers

#### **Monday November 26**

5:00 Yoga  
6:00 Care & Share Support

#### **Monday December 10**

5:00 Yoga  
6:00 Care & Share  
7:15 Christmas Card Signing Event

**Faith in Recovery** meets every Friday at 1:00 p.m.

*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).*

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



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### Quilt Raffle Report

On Saturday, September 15, at the end of an Open House celebrating the anniversary of JAK's Place, the long-awaited quilt raffle drawing took place. Assorted members, staff, and board members all but held their breath as the tickets were repeatedly stirred and the winner was drawn.

For our first ever raffle, it was a great success. We sold 376 tickets for \$1,896, well over the estimated value of the quilt.

The quilt traveled from Aylett, Virginia to Sturgeon Bay and will find its final home with Sharon Wiederanders in Kansas City, Missouri. It truly is a Travel Quilt. Our heartfelt thanks to Bettie Greenwood, of Aylett, Virginia, maker of this lovely quilt.



Jennifer Moeller picks the amazed winner—Marlys Trunkhill!

**Halloween Party at JAK's**—Wednesday, October 31, 1:30  
Come as you aren't! Spook up for a fun time! Prizes,  
munchies, games galore.