

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.

What's Happening:

NAMI – Door County News

At the Annual Dinner Meeting held in November, the following officers were elected for the year 2010: Mark Moeller, Co-President; Marlys Trunkhill, Co-President; Susan Ernst, Vice President; Dolly Lindsay, Secretary; and David Swender, Treasurer. The NAMI By Laws were amended to allow the change from the office of president to a co-presidency.

We are restructuring the remainder of the board of directors and are still looking for volunteers to serve on committees. Please consider how your talents can further the mission of NAMI.

During the next six months we will be focusing on three Standing Committees:

- **Membership** – We are increasing our memberships and need volunteers to maintain all membership records...local, state, and national.
- **Program** – We need to develop programs and resources that address the social needs, promote self reliance and support the mental health needs of consumers. A program chair person is needed for our monthly NAMI meetings.
- **Fundraising** – We will be developing a data base of contributors and donations. This committee, with volunteers, will prepare programs that bring in sufficient funds to sustain NAMI Door County/JAK's Place. We especially need people with expertise in writing grant proposals.

Thank you for your help with the CSP/JAK's Place Holiday Dinner on December 22nd:

- Bay View Lutheran for the use of the kitchen and fellowship hall.
- Econo Foods for preparation and delivery of the Holiday Dinner.
- My Sister's Cafe for food donation and gift certificates.
- Katy Swender and Glen Begrow for providing the musical accompaniment and leadership of the carol sing along.
- Community Programs Staff and all the volunteers who did the setup, preparation of food, and cleanup.

Have you thought about writing something for the newsletter?

January Birthdays:

Mary J.
Linda M.
Laurie T.

Thanks to...



- **D.C. Department of Social Services – Children & Families workers** for their generous gift to JAK's Place in lieu of exchanging gifts with one another. What a wonderful way to spread the spirit of Christmas.
- **Door County Librarians** who responded to our wish list with cards, stamps, paper products, food items and a monetary donation. We are truly blessed by your support and generosity.
- **The Government Center and Door County employees** who contributed food items collected by Door County Community Programs staff and delivered to JAK's Place. Our pantry has grown tremendously and provides a good selection for our Tuesday evening dinners.
- **Bay View Lutheran Church - Sunday School Children & their Teachers** for the food items donated to our pantry during December.
- **Larson Manufacturing** of Brookings, South Dakota – for two new storm doors for the side entrance and second floor exit. We will definitely be warmer!

To honor the memory of our sister, Cathy Whaley, we, her sisters Margaret Lockwood and Susan Morgan and her brother Frank Lockwood, are pleased to present to NAMI-DC/ JAK's Place a gift of \$15,000.

Catherine Lockwood Whaley passed away November 7, 2009 at the age of 62. Although she was not known by the people of Door County, it was because of Cathy that our parents Fred and Helen Lockwood co-founded NAMI-DC sixteen years ago. In their memory several years ago the Lockwood Library at JAK's Place was established.

Cathy was a very intelligent, courageous and compassionate woman. For over 40 years she lived with schizo-affective disorder. As the years progressed she also learned to live with diabetes, heart and kidney failure and many other physical problems. Throughout her life she was a devoted wife of 23 years, and a loving daughter and sister. Cathy always gave what she could to organizations that helped others. Her sense of humor cheered all those who knew her.

We will always miss her. We think she would appreciate the good work done by NAMI-DC/ JAK's Place and are pleased to be able to honor her in this way.

JAK's Place
820 Egg Harbor Road
Sturgeon Bay, WI 54235

Return service requested



Something missing? Maybe it's the Drum Circle!

Starting in January, drum circle every
Thursday at 4:00.

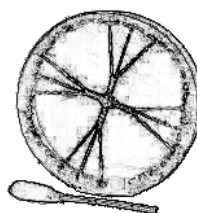
Drums have been used to heal and maintain wellness since long before recorded history.

2010 NAMI memberships are due now!

Categories are:

\$10 – Consumer	\$250 - 499 – Advocate
\$35 – Individual	\$500 - 999 – Sponsor
\$50 – Family	\$1,000 and up – Benefactor
\$100 - 249 – Supporter	

NAMI of Door County is a 501 (c) (3) public charity. Donations are fully tax deductible to the extent the law provides.



We are the stars who sing,
we sing with our light;
We are the birds of fire,
we fly over the sky.
Our light is a voice...
We make a road for the spirits,
for the spirits to pass over.

Among us are three hunters
who chase a bear.

There never was a time
when they were not hunting.
We look down on the mountains.
This is the song of the stars.

Passamaquoddy Traditional Song
From www.aaanativearts.com

Meetings and Events

NAMI general meeting — Monday, January 11,
7:15, 6pm, at JAK's.

NAMI — Open Support Group:

Second and Fourth Mondays, January 11 and
January 25, 6pm, at JAK's.

Survivors of Suicide support group — Tuesday, Jan.
26, 6:30.

N.E.W. Curative's **Supported Employment Job Club**, January 25 at 3pm (4th Monday of every month).

Visit www.jaks-place.com for updates

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

Tai Chi — Mondays, at 2:00

Drum Circle — Thursdays, 4:00

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

Closed Saturdays and Sundays, & New Years Day
We will be closed one or more extra days for
kitchen renovation — dates to be announced