

What's Happening:

NAMI Book selection for Door County Library Branches

Each year at this time we present a selected book on Mental Illness to the eight Door County Libraries. This year's presentation to the libraries coincides with Veteran's Day activities on Thursday November 11th.

Down Range: to Iraq and Back – Bridget C. Cantrell, Ph.D. and Vietnam Veteran Chuck Dean have joined forces to present this vital information and resource manual for both returning troops and their loved ones. Here you will find answers, explanations, and insights as to why so many combat veterans suffer from flashbacks, depression, and fits of rage, nightmares, anxiety, emotional numbing and other troubling aspects of Post-Traumatic Stress Disorder (PTSD).

PTSD can happen to anyone and is not limited to the battle field. It is a normal reaction to an abnormal set of circumstances. PTSD symptoms are familiar to many survivors of family abuse – emotional, physical and sexual. Survivors of natural disasters such as floods, hurricanes, earthquakes and certainly the terrors of September 11, 2001 remain fresh in all our minds. The book's closing Resource Section offers addresses and organizations that can be helpful to everyone.

Gabriele Wolfe is recovering well from her surgery, and has begun chemotherapy. She is staying with her son and daughter and a friend. Her doctor said it is all right for her to work one day a week; so we may have Gabi back at JAK's, though not as active in the kitchen.

Keep Gabi in your prayers.

Thanks to...

NAMI Door County has recently received donations from the following persons and organizations:



- The Danis Family, for the gift that made possible our new laptop computer and projector
- Hope Musicians John Beck, Mary Hall and friends



A warm welcome to

John Fredrickson, latest addition to the JAK's Place staff. John is no stranger to JAK's, or to the challenges of mental illness. He is a good listener. John has previously volunteered at JAK's, working on plumbing projects.

It was the Year of the Carrot

The garden of Hope was expanded this year, and there were some experiments in planting and in encouraging volunteers. Some worked, some lagged behind. That's how it is with everything. Pampered broccoli plants refused to produce until the last minute, while two hot peppers thrived. You never know.

Carrots, though— oh my goodness. We've never had such magnificent carrots. Short or long, planted early or late, they all grew huge and juicy. Our organically grown carrots need no peeling.

One nice surprise was our small potato patch. A couple of sprouting spuds were discovered lurking in a dark corner. Cut into several pieces and buried in one end of one of the new front beds, they soon formed a mini jungle. Eventually, they yielded several pounds of good potatoes. All eaten now!

November Birthdays:	Chris L.
Laura H.	Mike & Elisabeth M.
Lori H.	Laurie S.
Joy L.	Seth W.

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

Return service requested

NAMI-DC Annual Dinner Meeting

Monday November 8th

Bay View Lutheran Church

Social gathering is at 5:30 with dinner served at 6:00pm. Our guest speaker is Amy Kohnle, Director of United Way of Door County. She will present their impact goals which were approved in December 2009 and report on the focus groups that have been meeting this year. Our annual business meeting and election of officers will immediately follow Amy's presentation.

JAK's Place offers opportunities for support and sharing of ideas and experiences.

First and second Mondays of each month: NAMI open support group meets at JAK's, 6:00. Shared burdens become lighter.

Faith in Recovery: A faith-based group led by Marlys Trunkhill meets every Friday at 1:00.

Tuesday dinner: More than just a meal, it's a time for friendship; the JAK's Place family gets together for conversation at the table.

Any time: Drop in and chat with staff or other visiting members.

Meetings and Events

NAMI annual dinner meeting — Monday, Nov. 8, at Bay View Lutheran Church. Gathering 5:30, dinner served at 6:00

NAMI — Open Support Group:
Monday, November 22, 6pm, at JAK's.

Faith in Recovery — Fridays, 1:00-2:00
(no F-in-R Nov. 26)

Family-to-Family — Thursdays at 6pm, at JAK's,
For information, call:

Sue Ash 743-6498

Roy Jilburg 743-3168



JAK's Place schedule at a glance:

Monday: 1—5 Wednesday - Thursday -
Tuesday: 1—7 Friday - 1—5

Art group Tuesdays, 2:30-4:00

Tuesday Dinner is at 5:00. Prep starts at 2:00. Cleanup at 6:00. PLEASE SIGN UP AHEAD so that we can plan how much to cook.

Closed November 25 & 26

Visit www.jaks-place.com for updates