

What's Happening:

We all know it's been pretty hot, and it's not going to get very cool for a while. So here's some good advice on...

Surviving Summer

If you take medications for mental conditions, or have other chronic health issues, you are at high risk for heat exhaustion.

Warning Signs of Heat Exhaustion:

- heavy sweating
- paleness
- muscle cramps
- tiredness, weakness, dizziness, headache
- nausea, vomiting
- fainting

Treatment: If a person displays symptoms of heat exhaustion:

- Move to a cooler place as soon as possible
- Give water or other liquids (avoid coffee, tea, and alcohol) immediately -- no need for salt
- Encourage him or her to rest for a short time
- Cool shower, bath or sponge bath
- Loosen or remove clothing.

Prevention of Heat Related Illness

During periods of high temperature (90 degrees and above) there are things everyone should do to lessen the chances of heat illness:

- Stay in air conditioned areas if possible.
- Keep windows shut and draperies, shades, or blinds drawn during the heat of the day.
- Open windows in the evening or night hours when the air is cooler.
- Avoid overexertion and outdoor activity, particularly during warmer periods of the day.
- Apply sunscreen and lotion as needed.
- Drink plenty of water.
- Dress in loose fitting, light colored clothing.
- Take a cool shower or bath.
- Eat regular meals. Weight loss helps, and light meals are best when it's hot.

Stay Cool and Stay Healthy!

Thanks to...

- Hope Church Fellowship
- Door County Community Foundation
- Welsings Foodland
- Neil and Patricia McCarty



United Way
of Door County

August Birthdays:

Becky B.
Helen B.
Nick F.
Susan F.
Estelle R.

The garden is thriving despite the heat. We have awesome cucumbers, and banana peppers are popping out. Pea pods and other goodies turn up in Ed's wholesome cookeng.

Journaling Poet Group

Second and fourth Thursdays.
Starting August, 11th
From 3:00-4:30

Led by published poet and staff member Edward DiMaio, the Journaling Poet Group will explore writing as a cathartic way of integrating our life experiences. Pulling from our own stories and inspirations we will explore the art of writing. Weather you are just a beginning, or a well practiced writer, the Journaling Poet Group will have something to offer you on your path of words.

VALMY BRAT DAYS SCHEDULE

September 3-4-5 — October 8-9-10



Welcome to our newest staff member!

Magda Gutierrez has experience in too many fields to get into this little space. She speaks fluent Spanish, cooks, and never loses her sense of humor.

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

Stamp

Return service requested

Address Label

CSP PICNIC

August 19th at Sunset Park, Rain Or Shine!
Come help set up at 11:00 - Picnic Lunch at NOON
Games and hanging out with friends till 2:30.
Bring a beach towel and go swimming if you like!

Glen "Bingo" Begrow
keeping the good
times rolling at last
year's picnic. ☺



Saturday, August 6th: KIDS CARNIVAL

Located at Jellystone Park
3677 May Rd (Cty SB), Sturgeon Bay

BENEFITS JAK'S PLACE!

To start the day, Yogi will be holding a charity walk for JAK's Place

Later, join the fun and enjoy a variety of carnival games and activities. Enter raffles for free camping and other great gifts from local businesses. Proceeds go to JAK's Place and local food pantries.

Please bring non-perishable canned food items (e.g., chicken or beef broth, soup, Spaghetti-O's or fruit) to donate to the charity food pantry at check-in, and receive one complimentary raffle ticket per family. There will also be a DJ dance on Saturday night.

Meetings and Events

NAMI General Meeting — Monday, August 8

NAMI — Open Support Group:

2nd and 4th Mondays, August 8 and 22, 6pm
at JAK's. Anyone is welcome to come.

Faith in Recovery — Will not be held this month

CSP Picnic — Friday, August 19, at Sunset Park;
lunch at noon.

NAMI September 12th Meeting —

Sandy Pharis, Veterans Support Specialist, from
NAMI – Fox Valley, guest presenter.

Please check our monthly calendar and website
for other activities. Also, please have a look at our
Wish List page! www.jaks-place.com

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. PLEASE SIGN UP
AHEAD. We can only seat twenty.

Game Days — every 2nd and 4th Wednesday, 1-2:30

Friday is Computer Day— bring your questions, learn
something new

Needed for Gabriele's Kitchen:

16-20 qt. stainless steel stock pots , large stainless steel
colander, 18" wooden rolling pin, st. steel mixing bowls