

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:

We had perfect weather for Love Fest 6 — no blizzard, no below-zero freeze-your-face-off, not even a high wind — encouraging a good turnout. The generous donations totaled over \$3,500.



The Bone Boys

**Sevastopol
 High & Middle
 School Choir &
 Cheryl Pfister**



Thanks to...

- The Bay View Ruth Endowment Fund
- All the performers and volunteers who made our Love Fest possible!
- All who donated at our Sixth Annual Love Festival Concert:

Nanette S Anschutz; Linda & James Adams; Kaare & Mary Wold; William Wiederanders; Paul Klapatch & Marlys Trunkhill; Sandy Finnel; Edward & Susan Ernst; Eric Hutchison & Kelly Maravilla; Tony & Molly Kleiman; Arlene Stevens; Steven & Elizabeth Spaude; Marilyn Schlise; Ann E. & Kenneth Boettcher; Tim & Debra Malek; Sheryl Flores & Bob Vanderkelen; Allin Walker & Margaret Lockwood; Charles & Stefanie Komschlies; Jendean Olson; Roy Jilburg; Judy Gartman; Delane Jome; Thomas & Lucile Kile; Mr. & Mrs. Donald Heeringa

The following businesses provided door prizes:

Door County Confectionery; Glidden Lodge Restaurant ; The Mill Supper Club; Ministry Health Care; Scaturò's Baking Co. & Café

Living in a Different World

People who live with schizophrenia have it rough, to put it mildly. They have to deal with everything everyone else has to deal with and a lot of other stuff that is not real. Hallucinations and delusions make it terribly difficult to think clearly, manage emotions, make decisions, and relate to others.

"It feels like a dream, but it's not, because you're not asleep. And because you're not asleep, you can't wake up...."

Imagine trying to concentrate and complete everyday tasks while having someone talking in your ear constantly, only it's not a real voice, and no one else hears it. Now think what it would be like if it wasn't just one voice you were hearing. Some of the voices might be threatening and some might actually be encouraging. The question becomes, "Which of

these voices should I listen to? Which one of these voices is real?" A doctor would probably say to ignore them all. It is (of course) not that simple. It's important to know that when people are hallucinating or having delusions, the voices they hear and images they see are very real to them.

The fact of the matter is that schizophrenia is a serious and challenging mental illness that affects more than two million Americans. There is no cure for it. If you know someone with this affliction remember that when he or she is having a psychotic break you need to stay calm. Do not argue, act frightened, or make fun of the situation. What is happening to the person is real for them, at least at the moment.

Seth Wiederanders

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

Stamp

Return service requested

Address Label



March Birthdays:

Sarah C.
Nick C.
Gaylord G.
Kathleen K.
John O.
Nancy T.
Mike U.

SNOW

Snow on my window pane.
Tiny pressures that won't wane.
I have myself listen
and find the now white window
is not forsaken. The snow
isn't a blizzard - I joyfully feel
the prettiness of winter.

by Laurie Sheets

The 7th & 8th grade students collected canned goods, cash and sold soup at Bay View on super bowl Sunday raising \$255 which was donated to JAK's Place on February 13th. Shown in the presentation is Ed DiMaio, staff member at JAK's, Shannon Lauder, Bay View's Director of Faith Formation, and students Ashley Sternard, Ruby Malek, and Paige Frystak.

Meetings and Events

NAMI general meeting — Monday, March 12th, 7:15, at JAK's Place.

NAMI — Open Support Group:
2nd & 4th Mondays, March 12th & 26th, 6pm
at JAK's. Anyone is welcome to come.

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

Yoga — 2nd and 4th Mondays, March 12th, 5:00-5:45;
March 26th, 4:45-5:30

Chess — 3rd Wednesday, 1:30

Movie day — Wednesday, March 7, 1:30 —
Popcorn!

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, 1:30-3:00

Journaling Poets Group — Thursdays, 3pm

Friday is Computer Day— bring your questions, learn something new. Why does Facebook send me e-mail? How can I search my e-mail How do I.... Laptop acting funny? Bring it in.