

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 Wisconsin Annual Conference

The conference this year is in Stevens Point at the Holiday Inn Hotel & Convention Center.

Sunday & Monday May 6 & 7.

NAMI Door County will pay for one day of training for members, but lodging and travel expenses will not be reimbursed. There is the possibility of Consumer scholarships which pays for lodging and the conference fee. Consumers must send a \$10 fee when they apply. These are due by April 2 so don't delay in applying.

The Conference theme is Let NAMI Point the Way. Keynote speaker May 6 is Brian Jost, author of *Grounded by Bipolar Disorder: One Pilot's Landing*. May 7 features Sita Diehl, Director of State Policy and Advocacy for NAMI National. (for additional information see the January/February issue of the Iris.)

Discounted room rates are available until April 6; call 715-344-0200 and ask for the "National Alliance on Mental Illness" room rate.

Thanks to...

- Cub Scout Shaun Tooley, who gathered food and delivered it to JAK's Place along with a Marchant's gift card a few weeks ago. Shaun is a member of the Brussels Pack 4140. What an enterprising young man! He contacted friends and relatives to assist him in donating food items on our wish list. He and his mom joined the Tuesday night dinner group and he really liked the way the pork was prepared and said he wants his mom to get the recipe. Everyone at the meal appreciated his enthusiasm and it was great to have a young person involved with JAK's Place and the people we serve.
- Sturgeon Bay Moravian Church, for substantial donations of food left over from the Loaves and Fishes program.
- David Hirn and his Boy Scout troop, for yet another gift of food. These unexpected bounties are heartwarming.



Tai Chi for Anxiety?

Social anxiety disorder involves overwhelming anxiety and excessive self-consciousness in everyday social situations. While many people with social anxiety disorder recognize that their fear of being around people is excessive or unjustified, they are unable to overcome it. Physical symptoms of this disorder include: blushing, profuse sweating, trembling, nausea and difficulty talking. Your doctor may prescribe medication and/or psychotherapy but I would suggest adding Tai Chi to your particular 'treatment plan'.

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation, balance, and health. Tai Chi is described as a 'soft' martial art (no board breaking!) and has shown to greatly improve physical health in general. Tai Chi was recommended to me, personally, for a different

reason: as additional treatment for my anxiety in social situations. Think of Tai Chi as a form of 'moving meditation'. I have studied it regularly since the spring of 2004 and it has helped me immensely. Over the years I have studied with four different instructors and have attended numerous seminars with Master Wasentha Young. Tai Chi classes are available locally at the Door County YMCA and also once a week at the local Senior Center.

On Monday, April 2, at 4pm, I will provide a short introduction to Tai Chi at JAK's place. All are welcome to attend. After a short explanation and demonstration of some of the traditional Tai Chi 'movements' I will ask participants if they would like to meet regularly and what day and time would work best. If we can agree on a schedule I would like to start a weekly Tai Chi session at JAK's. Hope to see you there!

Seth Wiederanders

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

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Garden Alert!

Spring is early this year; we need to crank up our garden enthusiasm and catch up with it. Applications for paid gardener positions should be in as soon as possible. Volunteers are always welcome, of course. Please let us know if you are interested. There will be garden planning sessions on Mondays at 3pm. Please drop in when you can; we know it's hard to get everyone together at one time, but all input is appreciated.

We will be growing vegetables for our Tuesday dinners and flowers for both outdoor and indoor decoration. Gardening is a healthy and satisfying activity. You can see the results of your labor and eat them too.

How well the skilful Gardner drew
Of flow'rs and herbs this dial new;
Where from above the milder Sun
Does through a fragrant Zodiack run;
And, as it works, th' industrious Bee
Computes its time as well as we.
How could such sweet and wholesome Hours
Be reckon'd but with herbs and flow'rs!

— *from "The Garden"*, by Andrew Marvell, 1621-1678



April Birthdays:
Jo G.
Dolly L.
Sue T.



Meetings and Events

NAMI general meeting — Monday, April 9th, 7:15,
at JAK's Place.

NAMI — Open Support Group:
2nd & 4th Mondays, April 9th & 13th, 6pm
at JAK's. Anyone is welcome to come.

Faith in Recovery — Fridays, 1:00-2:00 (except
Good Friday, April 6th)

Yoga — 2nd and 4th Mondays, April 9th & 13th
5:00-5:45

Tai Chi — starting Monday, April 2, 4:00

Chess — 3rd Wednesday, 1:30

Movie day — Wednesday, April 4th, 1:30

JAK's Place schedule at a glance:

Monday: 1—5 Wednesday - Thursday -
Tuesday: 1—6 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, 3:30pm

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.