

JAK's Staff Goes to School

On May 4, all four staff members went to NWTC to learn how to save lives. The Heartsaver AED course gives hands-on training in CPR* and use of an AED**.

*Cardiopulmonary Resuscitation

**Automated External Defibrillator (electric shock heart starter)

We shared two books with CD's to study before the class. Then it was time to get down on the dummies and push and puff. It's a lot of hard work! A CPR-giver has to be the unconscious person's heart and lungs. Pushing on the chest keeps the blood moving so that the brain doesn't starve. After every 30 fast pushes, you have to give 2 breaths. Meanwhile, somebody has to call 911.

All that exercise wasn't enough. We still had to deal with Choking Charlie, a dummy that is like a person who is choking on something. You have to get your arms around from the back, your hands just over the belly-button, and OOF! It took some of us quite a few tries to pop the whatsit out of Charlie.

It is important to know when a person is really choking. Someone who is coughing is not choking. You should not pester someone who is coughing. Back-patting will not help choking anyway. If they can't cough or speak and look desperate, then it is an emergency.

According to the American Heart Association, sudden cardiac arrest can happen to anyone at any time. Victims may have no known heart disease or other risk factors. CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival. — www.americanheart.org

The Garden of Hope is underway again. Tuesday, May 19, the crew got together and attacked lawn and garden in the brisk but sunny afternoon. Aneta Schloemer is our new garden manager. Andy and Troy took turns with the lawnmower while Aneta and Kathy battled twigs and weeds. Throughout the summer we will need additional volunteers to help with various tasks, so please step up when the need arises.

Thanks to...

- All the volunteers that helped in planning our NAMI trip: Sheryl F, Paul K, Seth W, Laura H, and Marlys T.
- Ken and Margi Rock who donated the ham that was used for the picnic lunch
- Sheryl, for paying the entry fees at the Domes with the CSP Block Grant



27 people enjoyed the trip to the Domes on Saturday, May 16. The ride was long, but there was a picnic lunch ready to refresh everyone before they toured the fantastic gardens under glass.

Seth, Paul & Marlys did the shopping and picnic prep. We had plenty of food for lunch and snacks on the return trip.

We set a record this trip...everyone was at the government center by 8:50 and we departed right on schedule at 9 am. This is a first! Congratulations to ALL!

Coming Events

Jenny Spude from the UW Extension will be teaching about sanitation in the kitchen on June 2. The dinner menu includes corn casserole and veggie chili.

Do you know what clean really means? Now is the time to find out. Maybe that “stomach flu” that was “going around” last time wasn't what you thought it was. You can't see bacteria.

Don't forget the Drum Circle, Friday June 19 at 5:00.

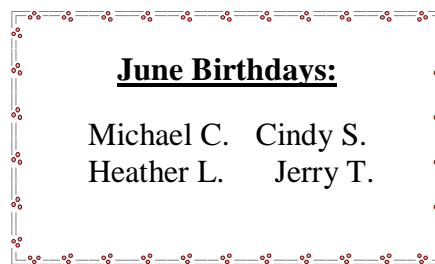
Dinner Preparation Guidelines: Please be here by 2:00 if you want to help with dinner preparation. **If you want to make a special dish, plan ahead!** Let us know in advance if you will need extra space, equipment, and preparation time.

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

Return service requested

Event of the month:

Dolly and Howard Lindsay's daughter, Deb Kurtzke, an occupational therapist, will be the presenter at the June 8th NAMI meeting. 7:15 at JAK's Place



June Birthdays:

Michael C. Cindy S.
Heather L. Jerry T.

Meetings and Events

NAMI — at JAK's Place—Monday, June 8—Open Support Group at 6:00, General Meeting at 7:15.
Monday, June 22—Support Group only, at 6:00

Survivors of Suicide support group for families of suicides/attempts—Tuesday June 23, 6:30, at JAK's Place. Showing part 2 of *Fierce Goodbye* DVD

NEW

Stress Management Group — Every first and third Thursday, 1:00, at JAK's (June 4 & 18)
The group will be led by Kris Miller, MSW Intern from UWGB, and Glen Begrow,MSW

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.

Drum Circle — Friday, June 19, 5:00 (open to 7:00)

Music Group Thursday, June 28, 3:00

Faith in Recovery — Fridays, 1:00-2:30

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Closed Saturdays and Sundays

Closed on Monday, June 15