

# NAMI *Doorways*

## Newsletter of NAMI Door County



July - October 2009

National Alliance on Mental Illness

Volume 17 Issue 2

Hello from our President -

Aren't you glad it's finally summer?

I love seeing the gardens thrive at JAK's Place. Our new garden coordinator, Aneta, and her crew are doing a great job on the gardens and grounds. The iris are especially beautiful.

July means the annual NAMI-DC potluck picnic. This year it is on Monday, July 13th at 5 pm at Ottumba Park on Sturgeon Bay's Westside. Mark your calendar and join us. Everyone is welcome.

Be sure to check at JAK's Place for lots of volunteer possibilities, like the Brat Fry sales this summer to help us raise funds to keep JAK's Place open and growing.

There are new projects underway to help with employment opportunities, too.

Enjoy summer.

Sue Ernst, President

### The NAMI—DC Quarterly Board Meeting

**will be held at 4:45 on July 20  
at  
JAK's Place**

*NAMI Door County's mission is to improve the quality of life of those who have a brain disorder.  
We are a self-help support / advocacy / education group for families and friends of and for  
the people who have a brain disorder (mental illness).*

### Meeting Schedule

#### Monday July 13

5:00 pm social time - 5:30 NAMI PICNIC  
Otumba Park Shelter - West Side -Sturgeon Bay

#### Fridays July 3,17,24,31

1:00 pm Faith in Recovery - JAK's Place

#### Monday July 20

4:45 NAMI Board Meeting

#### Tuesday July 21

4:45 Advisory Board at Prince of Peace

#### Monday July 27

6:00 pm Open Support Group

#### Tuesday July 28

6:30 pm SOS Group

#### Fridays August 7, 14, 21, 28

1:00pm Faith in Recovery

#### Monday August 10

6:00 pm Open Support Group  
7:15 Monthly meeting

#### Monday August 24

6:00 pm Open Support Group

#### Tuesday August 25

6:30 pm SOS Group

#### Monday September 14

6:00 pm Open Support Group  
7:15 Monthly Meeting

#### Saturday September 19

3<sup>rd</sup> Annual Walk for Recovery & Brat Fry  
10:30 am Gather at the Government Center  
and Walk to JAK's Place

*Unless noted otherwise, all NAMI  
meetings and support groups are  
held at JAK's Place, 820 Egg Harbor  
Road, Sturgeon Bay.*

**NAMI Door County**  
P.O. Box 273  
Sturgeon Bay, WI 54235

Telephone: Call HELpline 743-8818 for crisis information or referral (24 hours a day). For support or information about monthly Support Group meetings and/or monthly General meetings or resources ask to be referred to a NAMI Door County resource person.

**In an emergency call 911**

**2009 Board Members:**

**Elected Officers:**

Sue Ernst	President
Nancy Barley	Vice President
Dolly Lindsay	Secretary
David Swender	Treasurer

**Appointed Members:**

Needed - Program Chair  
Gabriele Wolfe - Events Co-Chair  
Seth Wiederanders - Events Co-Chair  
Care & Share Support Group - Roy Jilburg, Nancy Schmidt  
Family-to-Family - Roy Jilburg, Nancy Barley  
Gaylord Gartman - Editor - NAMI Doorways  
Submissions to: [cpi44@yahoo.com](mailto:cpi44@yahoo.com)  
Laura Haglund - Editor - JAK's Place Newsletter  
Submissions to: [jaksplace@att.net](mailto:jaksplace@att.net)

**Join NAMI Door County now!**

Memberships run by calendar year and include local, state and national dues and newsletters.

_____	\$10	Low income membership
_____	\$25	Consumer
_____	\$35	Individual
_____	\$50	Family
_____	\$50	Supporter
_____	\$100	Advocate
_____	\$250	Sponsor
_____	\$500	Benefactor



\_\_\_\_\_ Donation only

**Make checks payable to NAMI Door County.**

**Mail to: Treasurer**  
**NAMI Door County, P.O. Box 273,**  
**Sturgeon Bay, WI 54235**

Membership fees and all contributions are tax deductible to the full extent allowed by law.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
E-mail or Phone #

**A United Way Grant Recipient**

**NAMI Wisconsin Conference**

May 29-30

Our Door County affiliate was well represented at the recent State conference – Mind, Body, Spirit – One Journey, held in Madison the end of May. Nancy Barley, Marlys Trunkhill and Gabriele Wolfe attended along with two members of JAK's Place who received scholarships, Gina Cross and Lori Hucek.

We managed to participate in most of the workshops that were offered and welcome the opportunity to share our information with NAMI members at our meetings in August and September.

NANCY BARLEY will be attending the National Convention in San Francisco soon!

---

---

**NAMI Library New Acquisitions**

Fierce Goodbye – Living in the shadow of suicide. This is an award winning DVD produced by Mennonite Media; includes inspiring family stories of survival plus insights of theologians and mental health specialists.

Men Get Depression – DVD features stories from men of diverse backgrounds; from a former Fortune 500 CEO, to an Iraq War vet, a minister and others.

Growing Beyond Survival – A Self-Help Toolkit for Managing Traumatic Stress by Elizabeth G. Vermilyea, M.A.

The Strategic Plan for Mood Disorders Research – Breaking Ground, Breaking Through: The Strategic Plan for Mood Disorders Research of the National Institute of Mental Health.

Wellness Recovery Action Plan for Veterans and People in the Military by Mary Ellen Copeland, PhD

*Please check your book shelves at home for borrowed items from our library and return to JAK's Place; others may want to read these materials.*

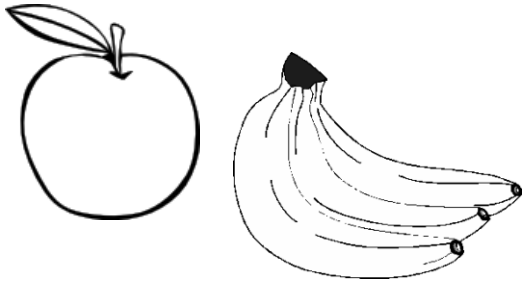
---

---

**NAMI Wisconsin –Executive Director Arrives**

Lannia Syren started as executive director on May 4, 2009. Lannia shared at the NAMI conference that she is a mental health consumer, a family member to individuals with mental illness and has worked as a treatment provider. She enjoys a challenge and hopes her work with NAMI Wisconsin will help the organization grow, better serve affiliates and reach more consumers and families around the state.

Lannia left the Easter Seals Wisconsin position of Manager of Grants and Government Relations. Prior to her role with Easter Seals, she was Executive Director of Big Brothers Big Sisters of Northeast Iowa.



# Hunger Fest

Sunday July 19  
11:30 – 4:00  
at  
Prince of Peace



Several Lutheran Churches are once again coming together to raise awareness of the need for food in our county and Lutheran World Relief. Volunteers from Prince of Peace, Bay View, Hainesville, Tanum Forest and Immanuel are busy gathering items for the silent auction which will be held in the fellowship area of the church.



You may have some “new” items to donate or you may know someone with a business whom you can approach for a donation. The local assistance and the local cause are worth anything you can enlist donors to supply. Thanks for your efforts



Food booths will provide a wide variety of healthy snacks and lunch menu. Children will enjoy games and activities as well.

Musical entertainment will be provided by Fairland Bluegrass Gospel Group and Hobson’s Choice, and others to be announced.



### Did you know that:

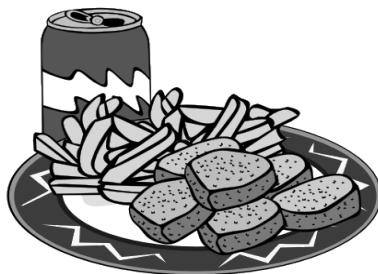
- Over a billion people worldwide live below the poverty level. As a result, more than 900 million people in the developing world are undernourished.
- Poor nutrition affects physical and mental health.
- Hunger breaks up relationships.
- It creates feelings of shame that prevent those in greatest need from seeking help.
- Millions of children die each year because of the weakening effects of malnutrition.

### Hunger in the USA:

- Millions of US citizens live on the edge of hunger.
- Around 4% of US families have to skip meals.
- There are children with learning disabilities and behavioral problems caused by poor nutrition.
- Hunger in the US has risen sharply in the last several years.
- Almost half of the food produced in the US is wasted.

**The proceeds** from this year’s Hunger Fest will benefit Lakeshore CAP Food Pantry, Feed My People, NAMI - JAK’s Place, the Ministerial Fund and Lutheran World Relief.

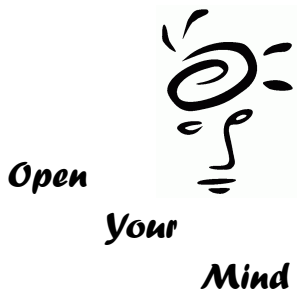
**Volunteers are needed** throughout the day, so please contact staff at Prince of Peace @ 743-7750 and plan on participating in this wonderful event.



**NAMI Door County**  
P.O. Box 273  
Sturgeon Bay, WI 54235



Non Profit Org.  
U.S. Postage  
**PAID**  
Sturgeon Bay, WI  
Permit No. 70



**The NAMI**  
**Family - to - Family**  
**Education Program**

*Mental Illnesses*  
*are*  
*Brain Disorders*

**Free, 12-week course offers education and support for families and friends of people with mental illness.**

Participants learn the **knowledge and skills** needed to cope more effectively.

Funded in part by United Way of Door County.

***Please Contact:***

**Nancy Barley**

**839-9521**

**or**

**Roy Jilburg**

**743-3168**