

# JAK'S PLACE NEWSLETTER

2021 Quarterly Newsletter Volume 1 Issue 4

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JAK's Place is a mental health resource center that provides structured and social resources to those affected by mental illness in our community and their families. Our doors are open for group participation Monday - Thursday from 1 PM-5 PM and Friday from 10AM – 2PM. Come and Join Us!

## Upcoming Holiday Events

**OCTOBER** - Halloween Pumpkin decorating contest. Volunteer appreciation dinner. Movie day: *It's The Great Pumpkin Charlie Brown*.

**NOVEMBER** - Thanksgiving dinner. Christmas Picture Time! Christmas props available for pictures. Dress up and strike a pose for your Holiday cards. Movie day: *A Charlie Brown Thanksgiving*.

**DECEMBER** - Come in and warm up with our Hot Chocolate Bar, Mondays and Wednesdays all month long! Join us for Christmas cookie decorating activity- fun and tasty! Movie day: *A Charlie Brown Christmas*.



## Help us make our goal towards sustainability!

Your contributions are greatly appreciated. If you wish to donate make checks payable to "JAK's Place" and mail to:

JAK's Place, a Program of Lakeshore CAP  
1623 Rhode Island St.  
Sturgeon Bay, WI 54235

*"Sometimes self-care is exercise and eating right. Sometimes it's spending time with loved ones or taking a nap. And sometimes it's watching an entire season of TV in one weekend while you lounge around in your pajamas. Whatever soothes your soul."*

**Nanea Hoffman**

## Fundraiser Update 2021

Tuesday, September 28<sup>th</sup>, 2021 was our annual JAK's Place Spaghetti Dinner Fundraiser and it was busy - considering the current status. Vehicles were lined up down the street to receive their share of yummy hot pasta with homemade sauce with fresh veggies and herbs from our garden and other gardens of generous donors that shared their harvest with us.

At almost \$5,000 we reached 26% of our annual goal towards sustainability. Our goal is to keep JAK's Place around for many years to come.

We would like to extend our gratitude to everyone that supported JAK's Place in this event. From our corporate sponsor: Door County Medical Center, to our silent auction donors and participants, to those whom donated their time to help behind the scene preparing and carrying out food, to every person that purchased a meal... Thank you so very much!

## Benefits of Exercise

### The Mental Health Benefits of Exercise (Part I)

You already know that exercise is good for your body. But, did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more?

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.

Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.

#### Exercise and Depression

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication—but without the side-effects, of course. As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%. In addition to relieving **depression symptoms**, research also shows that maintaining an exercise schedule can prevent you from relapsing.

Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

#### Exercise and Anxiety

Exercise is a natural and effective **anti-anxiety treatment**. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.

Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

### Exercise and Stress

Ever noticed how your body feels when you're under stress? Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel a tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomachache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body.

Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

### Exercise and ADHD

Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention. In this way, exercise works in much the same way as ADHD medications such as Ritalin and Adderall.

### Exercise and PTSD and Trauma

Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of allowing your mind to wander, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs—such as walking (especially in sand), running, swimming, weight training, or dancing—are some of your best choices.

Outdoor activities like hiking, sailing, mountain biking, rock climbing, whitewater rafting, and skiing (downhill and cross-country) have also been shown to reduce the symptoms of PTSD.

Article shared is found in Help Guide. <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>



## New Staff

Meet and Welcome our newest  
Mental Health Advocate:

Julie Layton



Julie joined the team in August 2021 and will soon be a Certified Peer Specialist. She has a background in art and currently facilitates our Art Group that meets every Tuesday from 2:30 pm to 3:30 pm. She is very talented and enjoys sharing her skill with others. “I love seeing the unique touch that each group member brings to a project. The end results have turned out even better than I imagined, and more importantly everyone seems to be enjoying the process along the way!”

## JAK's Support Groups & Activities Offered

JAK's Place Offers the following support groups & activities at our facility:

Art Group  
 Women's Cancer Support Group  
 Coffee Group  
 Depression & Anxiety Support Group  
 Knitting  
 Music Group  
 Open Support Group  
 Skills- Problem Solving  
 Tai Chi  
 Walking  
 Youth Group  
 LGBTQIA - Open Support Group

We also offer a free weekly meal to anyone in need. You must call to make reservations by Sunday the week before. This meal is “pick up only” on Tuesday nights from 5pm-6pm.