

JAK's Place 4th Quarter Newsletter 2023



JAK's Place
1623 Rhode Island St.
Sturgeon Bay, WI 54235
920-818-0525



Recovery and Art

Recovery from mental illness is a process and it's not a straight line. What has worked in the past might not work in the future and you may find it necessary to make adjustments. Medication and therapy are often the first steps after a diagnosis has been made but past that your recovery is largely your own responsibility. You've got to set an alarm, get out of bed when it wakes you, and walk out that door every morning. Recovery means making a plan and setting goals. I would say start with a low bar but aim high.

You may find yourself in a strange place, back in a community that has evolved since you were away. You may have had large gaps in employment due to hospitalization or incarceration but it's time to get back out there. Meaningful employment may be your goal but right now you just need to get out of the gates. A group exercise in a social setting such as Art Group at JAK's Place might be just what you need. Art by itself is therapeutic, allowing you to engage in the medium and create something unique. The group setting at JAK's Place is always relaxed and encouraging.

Everyone is welcome to attend Art Group at JAK's Place, just bring your ideas and enthusiasm. We have a wonderful array of art supplies that we use every week and if the day's project doesn't interest you we can set you up on something of your own. Every so often we have a special project or a guest facilitator to lead us. Just recently we did a tie dye t-shirt event that was well attended (and a bit messy!) Come join us Tuesdays from 230-330pm, have a cup of coffee, make some new friends and express yourself by creating something you can take home with you, although you might let the paint dry first :)

Seth Wiederanders

JAK's Place Staff

Seth Wiederanders, Certified Peer Specialist

Magda I. Gutierrez, Mental Health Advocate (Bilingual-Spanish/English)

Jim Conley, Mental Health Advocate

Sam Burris, Program Director

If you would like any information about JAK's Place and the free services we offer, please call 920-818-0525, send a facebook message to JAK's Place or stop by.

I'm a Tasty Smoothie By Magda I Gutiérrez

Have you ever stopped and pondered on that old saying we've all heard "you are what you eat"? As a child I would giggle imagining if I ate lots of bananas or hot dogs I would become one and how funny that would look! Now as an adult I find myself understanding that phrase much better and explaining it to my own child so that he understands the importance of choosing the right type of foods that will fuel and give him the best nutrients to sustain not only his physical but his mental health as well.

Studies have shown how processed and high sugar foods and drinks negatively impact one's health. These foods can cause inflammation in our system which in return can contribute to a variety of health issues including mood disorder such as depression and anxiety.

(<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health>)

Health care providers recommend foods rich certain vitamins and minerals to sustain and boost mental health. List includes but aren't limited to Vitamins C, D and the Vit B-Complex, Omega- 3s and Magnesium and they suggest a variety of food sources from which to obtain them. Foods like Salmon, Berries, Leafy Greens and Dark Chocolate are amongst the list, all packed with minerals and antioxidants our brain needs. (<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health>)

We can find all sorts of lists that will extensively explain which foods are higher in nutrients and best for us all over the internet. If you do not like certain things there are hundreds of fabulous tasting foods from all over the world that we have access to! Finding the ones that work best for your taste buds is the best way to ensure you will eat your required amounts and can even mask the ones we may not like as much. I find that smoothies are a great way to fulfill my daily requirements of healthy brain food.

So, going back the title of my article, you may ask, how does this make you a Tasty Smoothie? Easy, I am what I eat and each day I like to start with a tasty smoothie!

I will like to share with below a concoction I have created to consume two of my least favorite leafy greens (spinach and kale) that are good for you disguised with some of my favorite

My Morning Tasty Smoothie:

1-2 cups kale and baby spinach mix

½ cup fresh pineapple

½ fresh ripe banana

½ cup blueberry

½ cup raspberries

½ cup coconut milk or water

1-1½ cup ice

*fresh is best but frozen fruits will do too. If you use frozen cut back on the ice or add more water.

Throw everything in the blender until smooth and enjoy all morning!

Vol II Newsletter



LAKESHORE CAP, INC.

HELPING PEOPLE. CHANGING LIVES.

JAK's Place is a program of
Lakeshore CAP, INC.
Lakeshore CAP, INC is a 501(c)3
Non-Profit and your donations
maybe tax-deductible

The Lakeshore CAP Vision

To foster stable, vibrant, poverty-free communities where everyone is inspired to reach their full potential.

The Lakeshore CAP Values

To truly live our mission and ultimately achieve our vision, these are LCAP's values:

1. Integrity: to do the right thing every time
2. Caring: To always interact towards others with empathy and compassion
3. Excellence: To strive to exceed expectations.
4. Teamwork: To act as one through collaboration, cooperation, and communication
5. Perseverance: To tenaciously execute our objective.

JAK's Place is happy to offer two free community meals each week. Tuesday Dinner and Thursday Lunch. Please call 920-818-0525 with any questions

Free community meals have many benefits. They help ensure that everyone has access to healthy food regardless of their financial situation. This can help reduce food insecurity and malnutrition in the community. Sharing meals together also helps promote physical, social, and behavioral health. People of all ages benefit from sharing meals together. They tend to eat more fresh fruits and vegetables and experience fewer sugar and processed food cravings

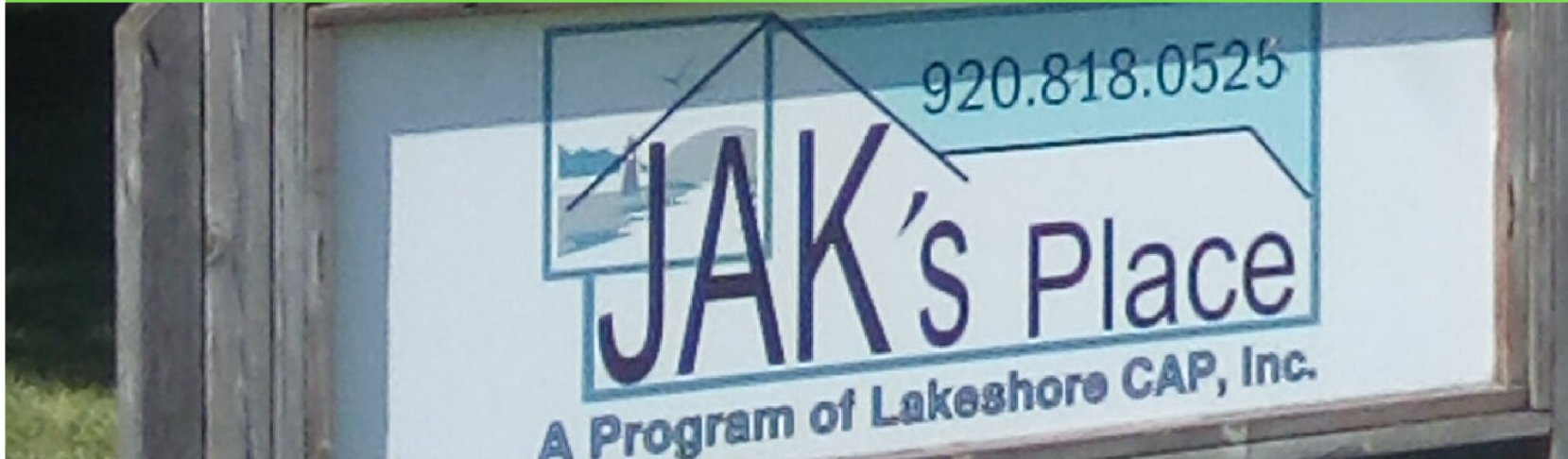


*Scan the QR Code or Click on bottom
of our website and donate to JAK's
Place today!*

lakeshorecap.org/donate/

Where can you see JAK's Place Staff in the Community

- **“Little Eddie Big Cup” Oct. 1st, 2023 Peninsula State Park Golf Course**
- **Healthy Living Fair Door County YMCA Tue. Oct. 24th**
- **Volunteer Fair Door County YMCA Fri. Nov. 3rd 3PM to 6PM**



lakeshorecap.org/donate/

Remember to mention JAK's Place in your donation

With soaring poverty rates and many people's incomes not covering basic needs like housing, food, and transportation can always come to Jaks Place for the Tuesday night dinner! The dinner is hosted by Magda, a twelve year veteran staff member here at Jaks Place. She prepares a delicious and complex meal which is thoughtful and nutritious. She often combines various cultural traditions to match and enhance whatever season we might be in.

There is never a shortcut taken and most items are made from scratch.

Not only does one get a wonderful meal but it is served with warmth and purpose which accentuates the fellowship and communal felling as everyone sits down together to eat. My favorite part of the Tuesday night dinner is when people gather in our living room area a half hour before the meal or so and share stories and feelings of what has been happening with them recently.

So if you're in the neighborhood on Tuesday night around 4:45 stop into Jaks Place and share our tables laden with food and fellowship.

Jim Conley

Mental Health Advocate

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JAK's Place is named after Jonah Andrew Klapatch, who lost his life to the unpredictable effects of mental illness in 2005. His family and friends wanted to honor his memory by creating a place where people with mental health challenges can find support, resources, and hope.

JAK's Place is a community resource center with an inviting, encouraging, and caring atmosphere focused on the needs, hopes, goals, and gifts of everyone who comes in our door. Through outreach, education, and active programming, we seek to be a refuge and a beacon for all those whose lives have been impacted by mental illness.

JAK's Place offers activities Monday through Friday, such as professionally-facilitated support groups, social activities, and structured programs. You can see the current calendar on their website or Facebook page. JAK's Place also provides a free meal every week to anyone in need.

JAK's Place is a program of Lakeshore CAP Inc., a nonprofit corporation that is exempt from federal income taxes. Your donation and contribution may be tax-deductible. Your monetary gifts and donated items are sincerely appreciated. Without them, we are unable to provide the necessary mental health services vital to our community.

Please donate financially to JAK's Place or contact our Office for a list of items always needed. You can visit our website or call 920-818-0525 with any questions about donations.

By supporting JAK's Place, you are helping people with mental illness to express their desires, become aware of their capabilities, resiliencies, talents, and coping abilities. You are also helping to raise mental health awareness and reduce stigma in our society.

Thank you for your time and generosity. Together, we can make a difference in the lives of many people who need our help. **Sam Burris, Program Director**



Please remember to mention JAK's Place when shopping at Green Door Thrift.



Green Door Thrift

1300 Egg Harbor Rd
Sturgeon Bay WI 54235
In Cherry Point Mall

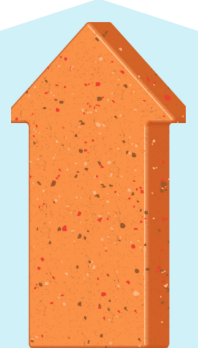
920 818-1444

Hours

Tuesday - Friday	9 - 5
Saturday	9 - 5
Sunday - Monday	Closed

Donation Days: Tuesday, Friday, & Saturday

Find us on Facebook for updates and Sales



Scan to
donate
today!

**JAK's Place
Advisory
Committee:**
Cami Peggar
Chad Welch
Colleen Homb
Marie Massart
Melissa Wolfe
Paul Klapatch
Sam Burris
Sheryl Flores
Ryan Shaw

Two New Groups at JAK's Place

S.O.S. Group
Survivors of Suicide Peer Group Meetings

Peer support group with facilitated discussion with a goal of finding healing for grief experiences related to suicide.

**Meetings are the 1st Monday of month.
6:00 pm – 7:30 pm
at JAK's Place
1623 Rhode Island Street, Sturgeon Bay**

For more information contact:
April Grosbeier (920)559-0220 or Katie Henrickson (920)559-9117
Survivors & Facilitators

prevent suicide
DOOR COUNTY - Friends helping friends

JAK's Place
A Program of Lakeshore CAP, Inc.

JAK's Place
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Sturgeon Bay, WI

New
support
Group!

Every
Thursday
11:30AM
12:30PM

**Beyond
Recovery**

"This support group focuses on over-all health and wellness beyond each individuals recovery from substances. A safe space where peers can come unwind, learn, and heal."

**Reminder for dates JAK's
Place office will be closed for
Holidays
Thur. Nov. 23rd and Friday
Nov. 24th**

**Office Closed Dec. 25th until
Tuesday Jan. 2nd 2024**

**These dates allow staff to
spend time with family and
friends during the holiday.
Thank you for your
understanding.**

Happenings JAK's Place Social Events for Fall 2023
Check out JAK's Place Facebook page for update!
Please call 920-818-0525 with any questions.

- **Oct. 26th Cookout Party**
- **Halloween Pizza Party Oct. 31st**
- **Nov. 21st Thanksgiving Meal**
- **Year-end Holiday Meal Dec. 19th**

Reminder Wednesday

Bingo 1st, 3rd & 5th Wednesday at 1:15PM
3rd Wednesday of Month, Bingo with Food



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