



A Program of Lakeshore CAP, Inc.
1623 Rhode Island St
Sturgeon Bay WI 54235
www.lakeshorecap.org • 920.818.0525



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

What's Happening at JAK's Place:



Autumn is **HERE!**
October- Halloween

November- Tuesday, November 26th, 5:00 – 6:00 pm
Thanksgiving Dinner!

December- Tuesday, December 17th



HOLIDAY DINNER
5:00 – 6:00pm



Jak's Rock Garden

YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED!
IF YOU WISH TO DONATE:
Visit: www.lakeshorecap.org (use the "donate" button) or
Make checks payable to "JAK's Place"
and mail to:
JAK's Place, a Program of Lakeshore CAP
1623 Rhode Island Street
Sturgeon Bay, WI 54235



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JAK's NEW Program Highlights

Mindfulness and Meditation Group lead by Megan S. Meets Thursdays, 1 – 2:00pm

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing lens. This group will describe how to develop a mindfulness practice that can be applied to everyday life. We will analyze the connection between the mind, body, and spirit. Come to learn about different meditation practices to help relieve symptoms of mental stress, anxiety and depression. Breathing techniques to relax the body and grounding methods will be explored.

This group is led by Megan Sinclair. Megan is a case manager/social worker with Door County Health and Human Services Community Support Program. Megan has been practicing mindfulness and meditation in her daily life for over a decade.

Understanding the Misunderstood lead by Brianna A. Meets Mondays 1:45 – 2:45pm

Understanding the Misunderstood is a group working to reduce the stigma of Mental Health issues by educating about various Mental Health diagnoses. These illnesses range from learning about anxiety to learning about schizophrenia. Participants will learn about symptom management and coping strategies. This group offers a safe space to share personal experiences and to connect with others.

Nutrition Group lead by Marie M. Meets Mondays, 12 – 1:30pm

This group focus on nutrition, exercise and weight management. Informational and motivational articles and open support are provided.

TUESDAY DINNER -Free meals are offered every Tuesday!

Watch the JAK's Place Facebook page for the weekly menu and reservation information. Facebook: JAK's Place-A Program of Lakeshore CAP, Inc.



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



Director's Note

Fall is one of Nature's inspiring seasons. The colors of the trees and the invigorating briskness and breezes in the air are grand presentations of Nature. However, shortly after brings the icy but beautiful cold of winter and the "S" word. For many people this brings excitement and looking forward to the holidays and winter sports. But also, for many people the winter onset brings anxiety and depressed mood. The lack of daylight, the confinement of being "cooped up" and isolated, the drudgery and difficulties of dealing with the elements. For some, just the thought of it brings up stress and low mood. But there are positive ways of dealing with it.

Seasonal affective disorder (SAD) is a type of depression that occurs during specific seasons, usually fall or winter. Symptoms include:

- Mood: Persistent low mood, feelings of guilt, worthlessness, or despair, tearfulness, and low self-esteem
- Energy: Decreased energy, fatigue, or feeling slowed down
- Sleep: Sleeping more than usual, finding it hard to get up in the morning, or increased daytime drowsiness
- Appetite: Increased appetite, especially for sweets and carbohydrates, or unplanned weight changes
- Concentration: Difficulty concentrating, remembering, or making decisions
- Social withdrawal: Social withdrawal and increased sensitivity to rejection
- Other symptoms: Physical aches or pains, headaches, cramps, digestive problems, irritability, anxiety, or a reduced sex drive

SAD symptoms can range from mild to severe and can interfere with daily life. Early treatment of these symptoms can help prevent them from getting worse.

Treatments can include light therapy, talk therapy, medications, keeping socially involved, exercise, journaling, participating in hobbies, enjoyable activities and depending on your faith.

Remember that if you are overwhelmed with these symptoms you can seek professional help and/or call the suicide & crisis hotline at 988 if needed. There's no shame in taking care of yourself!

Best regards,
Mark Palmgren

Magda's Kitchen Corner

By Magda I Gutiérrez Mental Health Advocate

Fall is comfort food time! I love everything creamy and warm. One of my son's favorite dishes is creamy shrimp alfredo with a nice garlic kick. This is my family's version of the classic dish. Hope you enjoy!

Mom's Shrimp Alfredo

What you will need...

- 1.5# shrimp (any size, peeled or unpeeled) Marinate for 30 mins in 2tbs EVOO, 2 minced garlic cloves, salt and pepper.
- 1 Stick Butter (divided in 8tbs. Don't have to use that much though.)
- 1-pint (2 cups) Heavy Whipping Cream
- 1/4 c White Wine
- 1tsp Cardamom (ground)
- 1/2 tsp. Nutmeg (ground)
- 12-14 oz Freshly grated Parmesan Cheese
- 1Tbs Minced Garlic (fresh is better)

How to...

- In a large frying pan or sauce pan (I use my medium sized Wok) sauté the shrimp in 3 tablespoons of butter until they are bright and cooked, about 3 mins each side depending on the size you are using- do NOT overcook!
- Remove the shrimp and set aside. Add 2 more tbs of butter, Over med heat, sauté the garlic lightly- careful not to burn- and deglaze with the white wine.
- Add into the wok about 1 cup of the cream, once hot, add about half the cheese and stir until melted. Continue alternating a few ounces of cream with a few of cheese and the rest of the butter until all the cheese is incorporated and the mixture feels thick as you stir it (if it is still too thin just add more cheese).
- Add the Cardamom and Nutmeg. Add salt and pepper to taste, if more needed.
- Return the shrimp to the pan and simmer for a few mins to warm them up.
- Serve over fettuccini or linguini pasta. Garnish with chopped parsley or chives.

Dad

It's been almost a year now that my father passed. I don't dwell on it but every once in a while, it hits me. Something will remind me of him, out of the blue, maybe a word or a place or the memory of one of our great father/son discussions. My father at one time described his position as he saw it in life: he called himself a "word smith" and that's what I miss most, Dad's words. My father was a pastor serving three small rural congregations near West Bend for ten years of his life. His job was to make sense of his faith and to grow the faith of his congregations and he used his considerable vocabulary to do so.

My Dad often comes to me in dreams and usually as a man of about my current age, which is strange and wonderful. He comes to me as I like to remember him, smart and talkative and thoughtful, full of insight and philosophy. He says supportive things and goes out of his way to make me feel welcome and acknowledged. I remember one of the last really good conversations we had before his cognitive decline, sitting in his car in the driveway at the house near West Bend. The year was 2012 and I was struggling with a new and complicated relationship, something he had experience with, and we just talked for an hour.

"Death is a part of life." as the saying goes. We are all faced with our own mortality and the mortality of everyone we love. My dad was a man of faith, having spent a lot of time reading and studying the Bible and I know he was a believer in God and the afterlife. He's in a better place now and I hope that in Heaven it's always a summer afternoon on the couch for my dad, watching the Brewers game with his single beer for the day, fully engaged in the game and knowing the name of every Brewer on the field. That's how I like to remember Dad.

Seth Wiederanders