



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 12PM - 5PM, Friday 10AM - 3PM.

**What's Been Happening at JAK's Place:**

**Holiday Festivities!**



YOUR CONTRIBUTIONS ARE GREATLY APPRECIATED! IF YOU WISH TO DONATE:  
Visit: [www.lakeshorecap.org](http://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



**Volunteer Dinner Party!**



1623 Rhode Island St  
Sturgeon Bay WI 54235



## Kitchen Corner By Magda I Gutiérrez

Food influences our overall health- physical, emotional and mental. It can uplift you and comfort you and take you to a certain place in time with just a simple whiff ... maybe grandma's kitchen on a Sunday afternoon or coming home from school to the smell of fresh baked bread. For me... Mom's seafood boils and chowder. Growing up on the Atlantic coast (Cape Cod, MA to be exact) I was blessed to enjoy fresh seafood at every corner. Some of my favorite and comforting memories involve family time and big pots of seafood boils or clam chowder using ingredients we harvested from our garden and from the sea.

Today I share with you a combination of those two wonderful dishes my mom would make us! *Seafood Chowder à la Josie*. Hope you love it as much as I do.

### Ingredients:

- ¼ cup butter
- medium onion diced
- 1 ½ teaspoon Old Bay seasoning
- 1 tsp garlic powder
- ¼ teaspoon dried thyme leaves
- ¼ cup APF
- 2 ribs celery sliced
- 2 carrots diced
- 1 pound potatoes peeled and cubed
- 5 cups shrimp, clam or seafood broth
- ½ cup white wine
- 8 ounces white fish like cod or haddock, cut into chunks
- 1½ pounds lobster meat cut in chunks
- 8 ounces sea scallops
- 12 ounces medium shrimp peeled and deveined
- 6.5 ounces chopped clams (canned is fine, fresh is better)
- 2 cups heavy whipping cream
- 1 tablespoon chopped fresh parsley

### Instructions:

Cook onion in butter until tender. Add flour, Old Bay seasoning and thyme and cook 2-3 minutes.

Add carrot, celery, potato, corn, broth and wine & bring to a boil. Reduce heat and simmer 10 minutes.

Stir in seafood and cream. Cook until fish is fully cooked and flaky and potatoes are tender, about 8-10 minutes.

Stir in parsley and season with salt and pepper to taste.

## Winter Motivation

Today as I write this the sun is shining and a dusting of light snow last night has everything looking pretty. Looking pretty is nice but it's 8 degrees and quite windy, typical of Northeast Wisconsin in the winter: it's either cloudy and grey or clear and freezing. Getting out of the house becomes a chore in and of itself during the winter. You may be tempted to hide in the house under a blanket this time of year but be careful, things still gotta get done. Maintaining your mental health is an everyday thing, you can't just take the winter off.

I would suggest planning something for every day of the week during the winter, even when it's miserable cold or greyer than grey. This time of year, can get you down and make everything more difficult so plan on being less motivated in general. Remember the meds are only enough to get you out the door, even when you take them religiously and at the same times each day. One thing that has really helped me adjust to the winter doldrums is the smart phone, specifically the calendar. I keep two calendars on the same app, one linked to my work email and the other to my personal email. It helps me schedule things in advance, organize my week, and also plan breaks and self-care right on the phone.

This is where I plug our great mental health drop-in center that you all know as JAK's Place. We are open in the afternoons year-round and only close during the most extreme weather and for the holidays (Christmas eve through New Years Day) We encourage you to stop in and grab a hot cup of coffee or hot chocolate and learn about our daily groups and activities. There is no charge to participate and as always, we look forward to seeing you 😊

Seth Wiederanders

### JAK's Place Program Highlights

**Open Support Group - Is a volunteer led Support Group with open conversation.  
2<sup>nd</sup> and 4<sup>th</sup> Mondays of the Month, 5 - 6:00p.**

**Coffee Group - Open peer support discussion group - Led by Certified Peer Specialist.  
Every Friday, Noon till 1:30pm.**

**Tai Chi - Peer led by trained instructor  
Every Friday, 2:10 - 3:00pm.**