



1623 Rhode Island St
Sturgeon Bay WI 54235



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 12PM - 5PM, Friday 10AM - 3PM. Join Us!

Please consider donating to JAK's Place:

**Click QR code on your phone
camera
For JAK's Place Donation
site**



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
LakeshoreCAP
1623 Rhode Island Street
Sturgeon Bay, WI 54235

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.

Visit JAK's Memorial Rock Garden

Write on or paint in memory of a loved one or personalize it.
Cool off with light refreshments!
Saturday, August 29th from 10am-1pm.



August - JAK's Tie Dye!

Bring any clothes items

Wednesday, August 12th 2:00-4:00



JAK's Place 20th Anniversary Celebration!

Tuesday, September 15th

From 12:00 – 5:00 PM!

**20 years of serving our communities'
Mental health recovery needs!**



JAK's Place Closed on

July 3rd
&
Labor Day
September 7th



JAK's Place Staff:

Seth Wiederanders - Certified Peer Support Specialist
Jennifer Singer - Certified Peer Support Specialist
Mark Palmgren - Program Director

“Wherever you go in life son, it's the people that matter.”

In 1980 my parent's marriage was coming to an end and my father was heading to Wartburg Seminary in Dubuque Iowa. What followed was years of my father serving in various small parishes around Wisconsin and Illinois before he was given his first full time assignment. He moved around a lot at that time in his life and every new congregation was different and unique. With all those assignments over all those years my father met a lot of people and made many friends. That was the most important thing to him, working and spending time with the people in those small congregations.

In 2001 I found myself living in a small basement apartment in Middleton Wisconsin and not happy with my situation. After a fallout with my best friend and roommate in the summer of 2000 I was living by myself and spending way too much time alone. I had dropped out of school and was surviving on SSDI and a part time cleaning job. My apartment was small, had no AC, and I found myself spending way too much time in bed. I looked around and realized I had no reason to stay in Middleton, I barely had anyone to say good bye to.

My decision to move back to my hometown of Sturgeon Bay wasn't easy and on some level it felt like giving up. But as I looked around my small cave of an apartment I realized just how isolated and alone I had become. I called my mother at some point and told her all of this and she said basically, “You can come home.” Over the next month my mother helped me find an apartment on the east side of SB and I've been there ever since. My year in that little room in Middleton was probably the most lonely year of my life and I chose to move back in 2001 because I knew I had people here and nothing but a job and an apartment where I was at.

Seth Wiederanders

JAK's Place Program Highlights

Anxiety and Depression - Led by professional volunteer
Every 2nd and 4th Thursday of the Month
4:45 - 6:00 pm

Beyond Recovery - Led by Certified Peer Specialist
Every Tuesday
12:00 - 1:00

Social Wellbeing - Led by Certified Peer Specialist
Every Wednesday
12:00 - 1:00

Sizzling and Safe: Navigating Summer in Recovery

Summer is finally here! It is a season filled with sunshine, longer days, and outdoor gatherings. While these changes bring a lot of joy, summer can also present unique challenges for individuals managing mental health conditions or navigating recovery from substance use. Longer days can disrupt sleep schedules, high heat can mimic the physical symptoms of anxiety or cravings, and summer barbecues often center around alcohol. Additionally, the pressure to have the "perfect summer body" can trigger difficult thoughts. As a community, we want to ensure you have the tools to stay grounded, healthy, and safe over the next few months. Here are four practical strategies to help you protect your peace and thrive this summer:

1. Guard Your Schedule and Sleep

The transition to relaxed summer schedules can sometimes feel chaotic.

- **Maintain a baseline routine:** Wake up and go to bed at the same time each day.
- **Prioritize sleep hygiene:** Use fans, blackout curtains, or cooling sheets to ensure your body gets restorative rest despite the heat.
- **Keep your appointments:** Continue attending your therapy sessions, support groups, and community center activities. Structure is a powerful shield against stress.

2. Hydrate and Check Your Physical Baseline

Dehydration and heat exhaustion can sneak up on you, causing fatigue, dizziness, and irritability.

- **Drink water constantly:** Carry a reusable water bottle everywhere you go.
- **Pause and assess:** If you suddenly feel overwhelmed, anxious, or triggered, check your physical state first. You might just need a large glass of water, a snack, or 10 minutes in the air conditioning.

3. Build an "Exit Plan" for Social Events

Summer parties, festivals, and family reunions are wonderful, but they can sometimes feel overwhelming or alcohol-heavy. You always have the right to protect your well-being.

- **Drive your own vehicle:** Ensure you have an independent way to leave an event if you start feeling uncomfortable.
- **Bring a sober buddy:** Attend gatherings with a supportive friend or family member who knows your goals.
- **BYOB (Bring Your Own Beverage):** Bring a cooler stocked with your favorite sparkling waters, sodas, or mocktails so your hands are never empty.

4. Reframe "Summer Fun" On Your Own Terms

You do not have to participate in activities that compromise your mental health. Create new, recovery-friendly summer traditions that fill your cup.

- **Connect with nature:** Spend time hiking local trails, swimming, or visiting a quiet park.
- **Focus on fresh nutrition:** Visit local farmers' markets to pick out fresh, seasonal fruits and vegetables to cook a nourishing meal.
- **Lean on your community:** Remember that JAK's Place is open and here for you. You never have to navigate these seasonal shifts alone.

If you need extra support this summer, please stop by JAK’s Place to chat with a peer, attend a group meeting, or just enjoy a cool, quiet space. We are in this together!

Jennie Singer

Dealing with pain and depression

Pain and depression are closely related. Depression can cause pain - and pain can cause depression. Sometimes pain and depression create a vicious cycle where in each worsens the other, multiplying the negative effects of each and damaging a person’s quality of life.

Chronic pain can limit and cause lack of motivation to be active physically, socially and mentally. This can cause or increase depression. In turn depression can cause increased feelings of anxiety, lethargy, worrying, poor self-esteem, isolation and focusing on your pain. All leading to increased pain intensity. And back and forth it goes. Except that each build on the other, worsening their intensity and difficulties as time goes by. This can cause an ultimate feeling of being stuck or worse.

There are activities that can provide a sense of relief (temporary and longer term) from the crippling effects of chronic pain and depression.

- Social support from family, friends, faith groups and talk therapy (psychotherapy) can be especially helpful to self-esteem building and as a distraction from acute feelings of loneliness, hopelessness and/or defeat.
- Antidepressant medication can sometimes relieve both pain and depression.
- Medical treatment of chronic pain can lessen or remove the source of physical pain leading to a lessening in the intensity of depression as well.
- Physical therapy can lessen or reverse sources of chronic musculoskeletal and joint pain. Massage can aid in feelings of wellbeing and tension reduction.
- Meditation can help relax your mind and defocus from symptoms of pain and depression.
- Being outdoors. Even just sitting out on a sunny day helps your body to rejuvenate itself.
- Reading, listening to music or watching a good show on TV can all help distract yourself from overthinking and over focusing negative situations.

These treatments and practices have been shown to be beneficial to partly or entirely relieve symptoms of chronic pain coupled with depression and improve or restore one’s quality of life. It may be a difficult road but you can start again whenever, wherever or however many times you want to.

Mark Palmgren

JAK's Place Newsletter 3rd Quarter 2026

At JAK's Place, we rely on the generous donations of our community to keep our facility open, our mission alive, and our services free for anyone seeking mental health support. Behind the scenes, there are many essential expenses—such as building maintenance, utilities, office and household supplies, and staff salaries—as well as costs to run our groups, including art, bingo, and other activities.

First and foremost, we want to say **thank you** to everyone who has supported JAK's Place over the years. Whether you donated this year or in years past, your contributions have made a lasting impact. We would not be here today without the generosity of our donors, and your ongoing support helps ensure our sustainability.

Most importantly, your gifts make it possible for us to provide **free mental health services** to the public and to keep our doors open for those who need us most.

Please consider donating to JAK's Place. No gift is too small or too large, and every contribution makes a meaningful difference. *Our services are **always free** to the public.*

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 with 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.

Best regards,
JAK's Place