JAK's Place Newsletter 4th Quarter 2026

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!

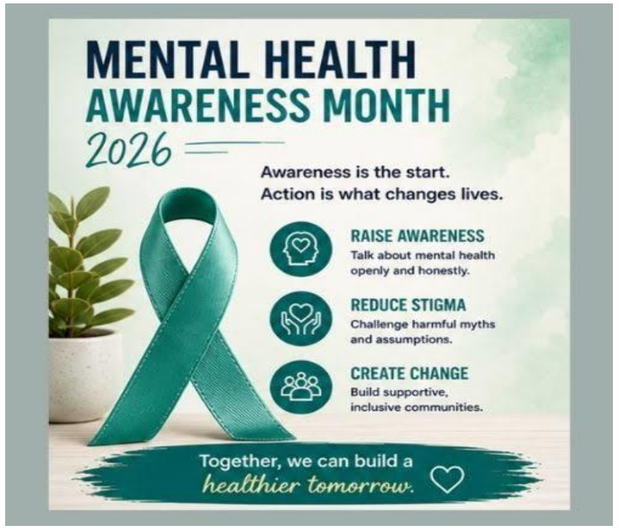
Please consider donating to JAK's Place:

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

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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.







JAK's Place Volunteer Dinner

Thursday, November 12th, 2025
5:30 - 7:00 PM
1623 Rhode Island St.
Sturgeon Bay

JAK's Place Staff:

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

JAK's Place Closed on

Thanksgiving
November 26th & 27th
Christmas
December 24th & 25th

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Priority One

On a daily basis how many of us walk the "line" there? The line equals a delicate balance of medications and routine and for some of us that's all that stands between freedom and something far less. I recently relearned this essential lesson personally after I woke up after about two weeks of a prolonged psychotic break. I remember pieces, screaming and thrashing around, being forced into a room and then nothing, for days. The days turned into weeks and then suddenly it was October… at that point it hit me, eesh, what have I done?
Long story short is I frkn lost it, ended up in a secure facility, medicated to the extreme level that was required and somehow only suffered only scratches and bruises. That said my left pinky finger is still numb and remains a constant reminder of the time I spent in that different reality. It was what I needed and the fact is I got lucky, folks. My family and friends circled the wagons and got me through the mess I personally created but it took a solid 6 weeks. I'm still crawling out of the hole I dug there and putting my life back together.
Now comes the good part, the final chapter in this short and forgettable period in my life. I get to come back healthy and continue my life, not quite exactly where I left off, but close. I'm very lucky to have the support system of people I've gathered over the years and also a couple new, young professionals that have my best interests in mind. One of my closest friends described what I experienced as a "perfect storm" of circumstances that eventually got me in a place where pretty much all of my freedoms were given up. That's what I value most in life, freedom over my actions and responsibilities and who and where I get to spend my time with. I wholeheartedly apologize to everyone I offended or scared during my mandatory "time out" and please believe me when I say... It. Won't happen. Again.

Seth Wiederanders

JAK's Place Program Highlights

Art Group - Peer Led
Every Tuesday
2:30 - 3:30

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

Kindness of the Mind - Peer Led
Every Thursday
2:45 - 4:15

Finding Light Together:
Mental Health and the Journey of Recovery

As the seasons change here in beautiful Door County, we are reminded of the power of transition, renewal, and growth. Here at **JAK's Place**, our doors are always open to anyone seeking a safe, welcoming space to land. With **Mental Health Awareness Month** here, it is the perfect time to reflect on how deeply intertwined our mental well-being is with the journey of Substance Use Disorder (SUD) recovery.

Historically, mental health and addiction were treated as entirely separate issues. Today, we know they are two sides of the same coin. Many individuals struggling with mental health challenges turn to substances to cope with overwhelming emotions, trauma, or anxiety. Conversely, active addiction severely impacts a person's mental clarity and emotional stability. True wellness isn't about fixing just one piece of the puzzle—it's about healing the whole person.

In my role focusing on **SUD recovery support**, I see firsthand the incredible resilience of our community members. Recovery is so much more than just putting down a substance; it is about rebuilding a life rooted in connection, purpose, and mental wellness. When we support someone's mental health by providing a listening ear, a hot meal, or a peer support group, we strengthen the very foundation that long-term recovery is built upon.

At JAK's Place, we believe that no one should have to walk either of these paths alone. For those looking to deepen their journey and find common ground, we host our **Beyond Recovery meeting every Tuesday at 12:00 PM (noon)**. This group focuses explicitly on the intersection of recovery and mental health, offering a space to share victories, navigate hurdles, and build a toolkit for sustainable healing.

Because nourishment of the soul goes hand-in-hand with nourishment of the body, we also invite you to pull up a chair for our **family-style sit-down dinner on Tuesday nights at 5:00 PM**. There is a unique kind of magic that happens when we break bread together—barriers drop, stories are shared, and we remind one another that we are part of a larger family.

Whether you are navigating the early days of recovery, managing a mental health condition, or supporting a loved one through their journey, you belong here.

This Mental Health Awareness Month, let's commit to breaking the stigmas that keep people silent. Let's talk openly, listen without judgment, and remind our neighbors across the peninsula that healing is possible. If you or someone you know needs a community of support, please stop by. you are always welcome!

By, Jennifer Singer



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Coping with Seasonal (Depression) Affective Disorder (SAD)

Seasonal depression—also known as Seasonal Affective Disorder (SAD)—affects about 5% of the population during late fall and winter.

"This isn't just depression in winter or the winter blues," says Stephen Jumper, MD, a family medicine physician at Dartmouth Health's New London Hospital. "It has a distinct pattern tied to light, with symptoms like oversleeping, carb cravings and social withdrawal that mirror nature's hibernation cycle."

Researchers and clinicians don't fully understand the causes of seasonal depression or why some people experience seasonal depression and others don't.

One factor could be a lack of vitamin D, which your body produces when the skin is exposed to sunlight.

Other studies suggest that seasonal depression may come from altered levels of melatonin—a hormone essential for maintaining your sleep-wake cycle. People with seasonal depression produce *too much* melatonin, which can increase sleepiness and lead to oversleeping.

"What sets SAD apart isn't just when it happens, but how predictably it responds to light, routine and lifestyle—giving us real tools to manage and even prevent it,"

Sticking with hobbies and activities

Getting outside + establishing routines

Morning light exposure and maintaining a consistent wake-up time immediately when the clocks change will also reduce symptoms.

Research shows that regular physical activity and structured routines—especially involving morning light exposure and outdoor activity—can provide relief.

Combining multiple approaches, such as light therapy, regular exercise and good sleep habits, tends to be most effective.

You can stop seasonal depression before it starts.

Jumper says that people who engage in fall-preparation routines like outdoor walks, exercise and light box use report fewer and less severe signs of seasonal depression than those who wait until symptoms become established.

If your symptoms become overpowering, talk with your primary care provider to determine the next steps for treatment.

"Prevention is possible," Jumper says. "Daily light exposure, movement and structure to everyday life can make a measurable difference."

Best Timing for Light Box Use

- **Morning is ideal:** Most medical and clinical guidelines recommend using a 10,000-lux light box in the morning, typically within **1 to 2 hours of waking** (often between 6:00 a.m. and 9:00 a.m.).
- **Why morning matters:** Using bright light early helps signal your brain that the day has started, resetting your circadian rhythm and boosting daytime energy and mood.

When to Avoid It

- **Late afternoon or evening:** Using a light box too late in the day can trick your biological clock into thinking it is still daytime, which can **interfere with your sleep schedule**, cause insomnia, or make it hard to fall asleep.
- **Duration:** Standard sessions are usually 15 to 30 minutes daily with a 10,000-lux box.
- **Eyes open, don't stare:** Keep your eyes open (you can read, eat, or work), but avoid staring directly into the light bulbs.
- **Medical check:** People with bipolar disorder, certain eye conditions (like glaucoma or macular degeneration), or those taking photosensitizing medications should talk to a doctor before starting light therapy.

Mark Palmgren

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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.

Thank you,
JAK's Place