



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.



- **Digital Detox:** Limit screen time and social media usage to reduce anxiety.
- **Mindfulness/Meditation:** Practice daily breathing exercises or guided meditation.
- **Gratitude Journaling:** Start a daily habit of writing down things you are thankful for.
- **Creative Outlets:** Participate in painting, adult coloring books, or gardening to reduce stress, recommends the [Associated Clinic of Psychology](#).
- **Get Active:** Take long walks in nature or engage in low-impact exercise to improve mood.

*If you are experiencing a mental health emergency reach out to 911 or 988

The five C's of Mental Health

- **Competence:** Feeling capable of coping with life's challenges and achieving goals.
- **Confidence:** Believing in one's abilities, self-efficacy, and sustaining a positive self-image.
- **Connection:** Creating supportive relationships and a sense of belonging to a community.
- **Character:** Demonstrating integrity, personal responsibility, and ethical behavior.
- **Caring:** Showing compassion, empathy, and kindness for yourself and others.

JAK's Place Staff:

Seth Wiederanders - Certified Peer Support Specialist
Magda Gutierrez - Mental Health Advocate
Mike Koch - Mental Health Advocate
Mark Palmgren - Program Director



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

Concerning Schizophrenia

Schizophrenia is a chronic brain disorder that effects 1 in 300 people and 24 million people worldwide. 1.2 million new cases were reported in 2021 alone. People who suffer from schizophrenia experience serious and sometimes terrifying symptoms which include hallucinations that are mostly auditory but can also be visual or olfactory in nature. Antipsychotic medications are almost always prescribed to address the positive symptoms of schizophrenia which in addition to hallucinations can include delusions of grandeur and persecution. A person suffering from schizophrenia might think he has super powers or that people are conspiring against him.

Treatment for schizophrenia almost always requires medication or a mixture of medications. It is "more of an art than a science" and absolutely requires openness and honesty on behalf of the person being treated as well as the patience and creativity of the prescribing psychiatrist. Some medications work well for some and not at all for others, your doctor will work with you to find the right combination. Negative symptoms of schizophrenia include social isolation and sometimes significant depression which are also typically treated with medication and therapy.

Schizophrenia, like other mental illnesses, is not a death sentence. With the right medication and the support of people and professionals in the community a person diagnosed with schizophrenia can lead a healthy and productive life. At JAK's Place we are always open and welcoming to everyone who comes through our door and we don't discriminate between our different clients on the basis of their particular diagnosis. JAK's Place staff are trained listeners and we are always accessible to our clients, even if a person is showing symptoms of schizophrenia, we are there to help.

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

Music Group - Led by JAK's Staff
Reduce stress and anxiety
Every 2nd and 4th Monday of the Month
3:00 - 4:00pm

Kindness of the Mind - Led by Peer Volunteer
Open poetry and writing group
Every Thursday 2:45 - 4:15.

Magda's Kitchen Corner

My Favorite Smoothie

By Magda I. Gutiérrez

I am a foodie, there's no denying it. I love food... I love to cook it, experiment with it and yes EAT it too! LOL... Food is my love language, and it's my healer. It brings back memories of time spent with family, watching my parents cook together at family cook outs and learning grandma's "secret recipe" that was her grandma's secret. Yes, food can heal the soul (big sigh). Unfortunately, not all healing foods taste so wonderfully. 😊 Let's take Spinach and Kale for example great nutritional value, yucky taste. Don't get me wrong... I will still eat them, they are good for you, but I have to mask their taste and smell to get them past my palate. The best way to accomplish that is disguising them with other of my favorite and tasty foods... I throw them in a smoothie!! This has become my go to smoothie, it's not a pretty color but it is the first thing that pops into my mind when I think Smoothie.

First toss in to the blender and liquify:

2 big handfuls (more or less 2-3 cups) of Fresh Spinach or Kale (sometimes both but most times only Spinach)

- 8 oz water
- 1 oz fresh lemon juice (or lime, whichever is on hand)

Then add:

- 6 oz frozen pineapple or banana (for sweetness- sometimes I do a little of both or different fruits).
- 4-6 ice cubes

Puree until nice and smooth. Pour into your To Go mug and enjoy throughout the morning.

I hope you enjoy it and remember to experiment with the flavors you most like to disguise the ones you're not too keen on. Remember, it's your food, play with it! 😊

How to safely transition to outdoor spring workouts

Transitioning from winter to spring workouts requires careful planning to prevent injuries and ensure long-term success.

Sudden increase in activity, especially after a winter hibernation or indoor work outs, can strain your muscles and joints.

Key Steps:

1. **Set Clear and Realistic Goals:** Start by thinking about what you want to achieve with your outdoor workout. Whether it's about building endurance, or simply having fun, setting achievable goals will keep you motivated and on track.
2. **Take It Slow:** Your enthusiasm might tempt you to push too hard too soon, but your body needs time to adjust. Start with shorter sessions and gradually increase intensity and duration. Overexertion can lead to soreness, fatigue, or even injuries, which can set you back instead of moving you forward.
3. **Prioritize Your Recovery and Listen to Your Body:** If you are feeling unusually sore or fatigued, give yourself permission to rest. Recovery is just as important as exercise in building strength and endurance. Incorporate rest days into your routine allows your muscles to repair and grow stronger.
4. **Hydrate:** Spring temperatures can be deceiving. You may not feel as hot as in summer, but dehydration can still sneak up on you. Make hydration a top priority by drinking water before, during, and after exercise.
5. **Learn Proper Techniques to Avoid Injuries:** If you are trying a new sport, invest time in learning the correct form and technique to avoid injuries. Consider taking lessons or seeking guidance from an experienced friend or instructor.

Here are some common pitfalls to watch out for:

- **Skipping the warm-ups:** cold muscles are more prone to injury.
- **Ignoring rest days:** Exercising every day without rest can lead to burn out and injury
- **Wearing the wrong shoe:** different activities require different types of footwear. Invest in quality shoes suited to your activity
- **Overlooking Nutrition:** Fueling your body properly is just as important as the workout itself. Eating a balanced diet with plenty of protein, healthy fats, and complex carbohydrates will enhance your performance and recovery
- **Not paying attention to pain signals:** Soreness is normal, but sharp or persistent pain is a red flag. If something doesn't feel right, stop the activity and seek professional advice

JAK's Place Newsletter 2nd 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,
Mark Palmgren – Program Director – JAK's Place