



# NAMI Ozaukee

National Alliance on Mental Illness



## NAMI OZAUKEE NEWSLETTER OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS



### *Mental Illness is Everyone's Business*

### September 2020 Special Edition



#### Mission Statement

*Mission statement of NAMI Ozaukee*  
NAMI Ozaukee is a Family-Based County Organization whose purposes are to provide community awareness and understanding of the issues affecting persons with mental illnesses and their families, to improve the quality of life for those suffering and to provide support for their loved ones.

#### Fall 2020 Family to Family Class

The Fall 2020 Family to Family class is scheduled September, 2020 with Jeff Graf and Donna O'Connell as facilitators. The manuals for the class were printed with funding from a grant from the Northern Ozaukee United Way. The eight week program focuses on learning objectives of principles, goals and feelings; Major mental illnesses; Mood disorders including PTSD and addiction; Basics about brain and biology of recovery; Problem solving workshop; Medication review; Empathy workshop; Communication skills workshop; Relative groups experience and self-care; Rehabilitation and recovery; Fighting stigma; and Advocacy.

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*NAMI Ozaukee is affiliated with the National Alliance on Mental Illness (NAMI) and NAMI – Wisconsin, the State Alliance on Mental Illness*

*NAMI Ozaukee is a 501C3 Organization. Contributions are Tax Deductible.*

#### Resource Guides

The updated 2020 Resource Guides were printed and 150 of the 400 manuals have been distributed. The Resource guides were purchased with a grant from United Way Northern Ozaukee. Eight of NAMI Ozaukee's community events were cancelled but we are hoping to have them during the Fall and Winter months. Please email us at [nami-ozaukee@gmail.com](mailto:nami-ozaukee@gmail.com) if you would like us to USPS mail you a copy.

#### June 2020 Ozaukee Newsletter

Don't worry, you didn't miss that edition, due to all of the cancellations since March 2020 we did not print a newsletter in June. We didn't have anything to print!

#### Officers on the NAMI Ozaukee Board

- Mary Luzinski, *President*
- Vydas Dargis, *Co-Vice President*
- Mike Wendlandt, *Co-Vice President*
- John Abbott, *Treasurer*
- Jeff Graf, *Secretary*
- Bobbie Hoffmann, *Past President and NamiOz Board Chairperson*
- Terri Brah, *Event Coordinator*
- Dr. Sri Vasudevan, *Community*

We do want to begin to return to some semblance of normal in this challenging and confusing time so, here is your copy of the September NAMI Ozaukee Newsletter, a special edition.

#### Farewell to the On Center

The 2020 Coronavirus brought a fond farewell and lots of special memories as we say good bye to the On Center. Memories of weekly grilling, pizza and movie nights, knosh nights, card games and watching TV sports together.

#### NAMI National Organization

[www.nami.org](http://www.nami.org)  
and the State NAMI website at:  
[www.namiwisconsin.org](http://www.namiwisconsin.org)  
Or NAMI Ozaukee at:  
[www.namiozaukee.org](http://www.namiozaukee.org)

Thank you to Melitta Brandt and her family for 32 wonderful years (1988-2020) of a safe place to spend time together. Melitta was honored on the 2019 NAMI Walk t-shirts and her sons Chris and Matteus were able to attend and spend the day with all of the NAMI Ozaukee Walk team.



After 32 years as the social hub of NAMI Ozaukee, the On Center is closing its doors. The On Center was more than just rented rooms in an older apartment house; it was a place of sanctuary, noise and quiet, meeting, gathering, movie watching and noshing for consumers in Ozaukee County. It was in a word...a friend.

It greeted us every day, rain, snow or shine. It readily came to be a second home and refuge for many people. It brought mostly joy but it also sheltered sadness in some and gave all a venue to pause and reason and to think and consider the world. That is

what good friends do.

Aristotle, the ancient Greek philosopher said, "The most powerful force on earth is the human being's resistance to change." Which means, we are humans, as such we are creatures of routine. We do not like our routine messed with, that is why our friend, the On Center, was so special. It did not mess with us! Everyday our friend, the On Center was there for us and with few exceptions. How many of you have ever had a friend like that? Very few I suspect.

Yet, one thing is constant, and that is change, it is why our friend will not be back...ever. How we deal with that change to a certain extent defines us, we can handle it well, or poorly. We can let it overcome us; or move on into the future. We are prepared to do that now...it is just hard.

The On Center has been challenged for some time by the fact that it is not viewed by the decision makers as necessary, nor needed. Other things and issues for them are more pressing and more important and they have the duty to make the tough decisions with limited resources. When so many other competing issues require their attention, we see that nowadays it is all about priorities. It is sad for us, better for others perhaps but it is time for us to move on.



Melitta Margerita Brandt was born Melitta Jay in 1925 in Berlin, Germany. At the age of six, she and her family moved to Garmisch, Germany

where she grew up. After WWII, she studied wood carving in Munich, Germany; where she met Werner Brandt. Werner was in the US Army at the time, he had emigrated the US and was drafted into the Army. He was then stationed in Munich at the time he and Melitta met and they were married in 1952. Upon returning to the US, they moved to Brooklyn, NY and eventually ended up in Mequon. Later, Melitta and Werner divorced. Melitta raised 4 children, volunteered at a nursing home and later, founded the Ozaukee County chapter of the Alliance for the Mentally Ill. She also founded and personally invested in the *On Center*, the drop-in center in Cedarburg, WI for people with mental health challenges. Melitta devoted many years to caring for her daughter who lived with mental illness.

NAMI Oz held social gatherings (Spring and Fall) at the On Center's small but cozy premises. The Spring gathering in 2012 for instance was representative of that coming together sentiment of consumers and their friends and family and fellowship. In which case, members socialized, ate a meal and enjoyed each others company. Standing under the Exit sign doorway (top left) are NAMI Oz VP Mike Wendlandt and Terri Brah. Standing near the sink are Linda Wendlandt and Becky Abbott. Seated at the table are Bridget (back to us) clockwise Bobbie Hoffmann, Sue Durr, NAMI Oz President Mary Luzinski and Sharon Rothstein. In the room (top right) and seated on the couch are Bonnie Wasserman and Marilyn Ehren.



NAMI Ozaukee Features Page 2—On Center Tribute



(Left) NAMI Oz President Mary Luzinski and Marilyn Ehren in 2012 where Mary thanks and congratulates Marilyn for her work at the On Center. Marilyn worked for Ozaukee -



Counselling services and was an aid for many people who came to the On Center over the years. Marilyn cooked a twice monthly 'Nosh' or meal for consumers and participated in the Social Event coordinating team with (above right) Marilyn, Sue Durr, Becky Abbott, Linda Wendlandt, Terri Brah and Bonnie Wasserman.

(Right) Spring Gathering 2013 was the last festivity at the On Center. (Clockwise from Lower Left) NAMI Oz President Mary Luzinski, Mary Graf, Vydas 'the Dude' Doug Holtz, Rick R. and NAMI Oz Secretary Jeff Graf enjoying company and picnic faire.



(Left) The last formal social gathering of NAMI Ozaukee member at the On Center was in September of 2013. Social functions at that time were beginning to become rather tight. LtoR Vydas "The Dude," Rick R., Mike Wendlandt, John Durr, Linda Wendlandt, Sue Durr, Terri Brah and John Abbott. The next year, social functions were moved to Immanuel Lutheran Church in Cedarburg which provided us with the much needed extra space to gather.

Past NAMI Oz President Bobbie Hoffmann and Counselor Rich Schloegel celebrate at the On Center in 2019 at Rich's retirement party. On Wednesdays, Rich would barbeque a lunch for all takers. Bobbie is a founding member of NAMI Oz and was instrumental in operationalizing the On Center with Melitta Brandt.





NAMI Oz Treasurer John Abbott with NAMIOz mascots Buddy St. Bernard and Torrey Greyhound in April 2019.

The picnic bench sat outside and in the back of the On Center for years. It began to show its age and after the picnic bench was repainted and spruced-up in 2018, Peter Ellsworth agreed to model it for us. It is he who is sitting at the picnic bench

**NAMI Walks 2020**



In May the NAMI Walk became a virtual event due to Coronavirus. The NAMI Ozaukee Walkers were represented by John Abbott, Vydas, and John E. along with our faithful mascots Torrey and Buddy. Vydas provided music on his harmonica as they walked through Lime Kiln Park and wore their commemorative t-shirts from 2019. Thank you for your extra efforts on a very hot day. In the photo to the left, we have NAMI Oz VP Vydas 'the Dude' Dargis (L) and John E. to his right showcasing their team shirts.

**NAMI Bowling Report**

In June, Monday night bowling returned with face masks, social distancing, bowling ball and shoes being disinfected and examined under an ultraviolet light. The bowlers returned more competitive than ever with Mike W. and Jeff H. having a tie game of 205 points. Another week Mike W. had the high score with 213 points and a "hamboner" (4 strikes in a row).

**Movie and Pizza Night**

NAMI Ozaukee is exploring options for the 'Movie and Pizza Night' as well as the 'Nosh Night' small get togethers, formerly held at the On Center. Stay tuned for an update concerning how these two functions will transition.



## Next Meetings:

### Business Meetings(6:00 - 6:55PM) :

- Thursday September 17, 2020
- Thursday October 13 , 2020
- Thursday November 19, 2020
- Thursday December 17 , 2020-**No Meeting** Holiday Party-TBD

#### Support Group Meetings:

Family and Consumers  
Leaders: Donna

Third Thursday of the Month  
Christ Church Mequon

- Thursday September 17, 2020
- Thursday October 13, 2020
- Thursday November 19, 2020
- Thursday December 17, 2020-**No Support Group/**  
**Holiday Party**

#### Support Group Meetings:

Family Members  
Leaders: Terri & Kris

Fourth Tuesdays 6:30PM-8PM  
Christ Church Mequon

- Suspended through  
December 31, 2020

## Business Meetings 2020

3rd Thursday of the Month at:

**CHRIST CHURCH-MEQUON**

13460 North Port Washington Road  
in Mequon 53097

## Info Concerning all Meetings

Business Meeting will now be: **6:00-6:55 PM.**

We will take a 5 minute break after the Business Meeting

**The Support Group** will be **7:00-8:00 PM.**

One of our key guidelines is to start on time and end on time so please plan accordingly.



## Consumer and Member Social Events

### Monday Night Bowling

At *Circle B* on Hwy 60 in Cedarburg from 6:30 PM until all the pins are knocked down.

NAMI Bowling on Monday nights at **Circle B** is being organized by NAMI Ozaukee Vice President **Mike Wendlandt.**



**We hope to see you there!**

## Ozaukee County Important Contact Info

**EMERGENCY..... 911**

Ozaukee County Mental Health Crisis Worker ...262-377-5820

Ozaukee County Crisis Line-Sheriff's Office Request On-Call Crisis Worker...262-284-7172

Department of Human Services....262-284-8200

STARTING POINT OZAUKEE ... 262-241-1004

COPE Hotline Ozaukee County...262-377-2673

NAMI OZAUKEE.....262-243-3627

(National Alliance on Mental Illness: **Please leave a message!**)

Email: [namiozaukee@gmail.com](mailto:namiozaukee@gmail.com)

**ADRC of Ozaukee County** Phone: 262-284-8120

(Aging & Disability Resource Center of Ozaukee County)

[www.co.ozaukee.wi.us/ADRC](http://www.co.ozaukee.wi.us/ADRC) Email: [adrc@co.ozaukee.wi.us](mailto:adrc@co.ozaukee.wi.us)

### **IMPACT 211 - for Southeastern Wisconsin**



Simply dial **211** to access Family, Health and Social Service Resources

## Donations March to September 2020

- Funding grant from United Way Northern Ozaukee for 2020 Family & Consumer Resource Manuals
- John and Terri Brah
- Joanne Brah
- Ken and Kris Cherney
- Louise Block
- Diane H. Fowler and Robert S. Thorpe
- Daniel Walker
- Gary Flehner
- Face shields from Ryan Olsen of Olsen's Piggly Wiggly and Ozaukee Emergency Government

Box 335  
 Mequon, WI 53092  
 Address Correction Requested



<b>Join NAMI Ozaukee</b> <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		<b>Contributions</b> <b>NAMI Ozaukee</b> needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		<b>Mail to:</b> NAMI Ozaukee Box 335 Mequon, WI 53092 (Or—Pay online at the website: <a href="http://www.nami.org">www.nami.org</a> )	
<b>Yes, I want to:</b> (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year <b>Dues:</b> _____ \$60.00 Household _____ \$40.00 Reg. Membership _____ \$5.00 Open Door (for low income)  Member benefits include NAMI's flagship magazine, the <i>Advocate</i> , as well as NAMI's monthly e-newsletter, <i>NAMI Now</i> , if you subscribe at: <a href="http://www.nami.org/subscribe">www.nami.org/subscribe</a> . All members receive the same benefits. NAMI membership is valid for one year.		<input type="checkbox"/> \$ 25 <input type="checkbox"/> \$ 50 <input type="checkbox"/> \$ 75 <input type="checkbox"/> \$ 100 <input type="checkbox"/> \$ 125 <input type="checkbox"/> \$ 200 <input type="checkbox"/> \$ _____ NAMI Ozaukee is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.		<b>Title:</b> <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.	
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