



NAMI Ozaukee

National Alliance on Mental Illness



NAMI OZAUKEE NEWSLETTER OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS



Mental Illness is Everyone's Business



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.

Officers on the NAMI Ozaukee Board

- Dr. Michael Weber, President
- Vydas Dargis, Mike Wendlandt, Vice Presidents
- Dr. Thomas Luzinski, Treasurer
- Donna O'Connell, Jeanette Koch, Secretaries
- Mary Luzinski, Past-President and NAMI Oz Board Chairperson
- Terri Brah, Event Coordinator
- Dr. Sri Vasudevan, Community Outreach Coordinator
- Carol Hynes, Youth Outreach Coordinator

NAMI National Organization

www.nami.org
and the State NAMI website at: www.namiwisconsin.org
Or NAMI Ozaukee at: www.namiozaukee.org

Encouragement from the President of NAMI Ozaukee



Dr. Michael Weber

First, thank you for reading our newsletter and your support of NAMI Ozaukee! Secondly, beginning with this newsletter, I would like to start sharing words of encouragement for all of us, especially when we become sad or "down in the dumps". When this happens to me, I remember all the good things I am thankful for, and I begin to feel better. Essentially what I am doing is giving my brain something positive to think about, which helps cancel my negative and sad thoughts. I know that many times it is hard to remember the things we are thankful for when we do not feel so great. Therefore, it is a good idea to take some quiet time to physically list all the good things in your life, the things you appreciate. You can then take out your list when you are down to help you remember all good in your life. At the same time be thankful for them and all the people who care. I have my list in my cell phone, so it is always available to me at anytime. Finally, remember you are not alone; NAMI is here to help. Feel free to call or email us.

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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

Accolades for Bonnie!



This lovely lady is Bonnie Wasserman who was honored at the Holiday Party for her years of devotion to our members. She hostesses Pizza and Nosh nights and continues to work hard making all of Nami Ozaukee's social events a success. Thank you Bonnie. You're a keeper!

NAMI OZAUKEE FEATURES SECTION



Bowling Awards

Right to Left: John Abbott, bowling mentor, awards medals to three members of the Turkey Alley Kings at the Holiday Party. Mike Wendlandt is awarded for captaining the popular team, Vydas Dargis for his curve ball, and David Wasserman for the highest individual score. All members of the team received awards for their individual and striking abilities.



Our featured artist for this issue is Jeff, pictured here playing his mean saxophone for the NAMI Holiday party. You go Jeff! Thank you for making this a jazzy event!



Peer Support Group Coming Soon

NAMI Ozaukee is kicking off a new support group specifically for those living with a mental health condition. Peers are invited to attend to talk, listen, support and connect with each other. The group will meet on March 9th and the 2nd Thursday of each month thereafter. Vydas Dargis and Donna O'Connell will facilitate.

Meet Your Peer Support Group Facilitators



Vydas and Donna received Certificates of Completion for their peer support facilitator training. The training consisted of a full weekend of online classes. The Peer Support training was facilitated by NAMI Wisconsin.



NAMI Ozaukee is now offering a NAMI Homefront Education Program, a six-week class for the families, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of Military and Veteran support persons by helping them to understand and aid their loved one while maintaining their own well-being.

The course is presented by trained teachers who are also the supporters of Veterans and Military Personnel. They have experience with military culture and know what it is like to have a loved one living with symptoms of a mental health condition such as PTSD.

NAMI Ozaukee, the local affiliate of the National Alliance on Mental Illness, will offer the Homefront Education Program from April 4th to May 8th, 2023. Class will meet in Grafton on six consecutive Tuesdays from 6pm to 8:30pm. There is no charge. Class size is limited, so call 262-243-3627 to reserve a spot early.

Next Meetings for 2023

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

- March 16, 2023
- April 20, 2023
- May 18—No meeting—Spring Banquet
- June 15, 2023

Location: Ozaukee Nonprofit Center
2360 Dakota Drive, Grafton WI 53024

Support Group Meetings: Family and Peers

Leaders: Donna, Mary and John
Third Thursday of the Month (7:00-8:00 PM)
Please arrive promptly at 7:00pm

- March 16, 2023
- April 20, 2023
- May 18— No Meeting
- June 15, 2023

Location: Ozaukee Nonprofit Center
2360 Dakota Drive, Grafton WI 53024

Peers Only Support Group

Leaders: Vydas and Donna

2nd Thursday of the month (6:00—7:30pm)

- March 9, 2023
- April 13, 2023
- May 11, 2023
- June 8, 2023

Location: Ozaukee Nonprofit Center

Movie & Pizza & "Nosh" Nights at Circle B Recreation

6261 WI-60 Trunk, Cedarburg WI 53012

Circle B Pizza Nights

- March 10, 2023
- April 14, 2023
- May 12—No pizza night
- May 18, 2023—Spring Banquet at Zaun Pavilion

Circle B 'Nosh' Nights

- March 24, 2023
- April 28, 2023
- May 26, 2023

Peer and Friends of NAMI 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**.



Ozaukee County Important Contact Info

EMERGENCY..... 911

Mental Health Emergency 988

Ozaukee County Crisis Line ... 262-284-8200

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

(Press / for the Sheriff's Dispatch)

Sirona Recovery... 262-377-1477

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

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

Please leave a message with your name and telephone #

Email: namiozaukee@gmail.com

IMPACT 211 - for



Southeastern Wisconsin

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

10 Common Signs of a Mental Health Condition

Feeling sad or withdrawn for more than two weeks	Seeing/hearing or believing things that are not real
Trying to harm or end one's life or, planning such	Excessive use of alcohol, drugs or both
Severe risk taking that causes harm to self or others	Drastic changes in mood, behavior, personality or sleeping habits
Sudden overwhelming fear/anxiety for no reason	Extreme difficulty in concentrating, staying still leading to physical danger
Throwing up, using laxatives or, not eating to lose weight	Intense worry or fear that get in the way of daily activities.

Thank you to the following for their generous donations!

Rhode Island Foundation, Thomas & Deborah Gannon, Janice Watson & Alfred Lustig, Mary Sciascia & Richard Erickson, ONC Illuminate, Blackbaud

Ozaukee NAMI CIT and CIP training grants come from: NAMI Wisconsin CIT/CIP. We thank you all for your continued support!

Box 335

Mequon, WI 53092

Address Correction Requested



Join NAMI Ozaukee <i>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the national NAMI organization.</i>		Contributions NAMI Ozaukee needs your support. Your gift will help continue the support and education services for everyone affected by mental illness		Mail to: NAMI Ozaukee Box 335 Mequon, WI 53092 (Or—Pay online at the website: www.nami.org)	
Yes, I want to: (please check one) <input type="checkbox"/> <u>join</u> NAMI <input type="checkbox"/> <u>renew</u> membership for one year Dues: _____ \$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: www.nami.org/subscribe . 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.		Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr. Primary Member Last Name: Primary Member First Name: _____ Middle: _____ Address: City: _____ State: _____ Zip: _____ Phone: _____ Email: _____	
Payment Information		<input type="checkbox"/> Check		or <input type="checkbox"/> Cash Enclosed	
For Office use only:		<input type="checkbox"/> Check <input type="checkbox"/> Cash		Date: _____	