

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
- Carole Hynes, Youth Outreach Coordinator

Encouragement from the President of NAMI Ozaukee

Dr. Michael Weber
drweber9097@att.net

Thankfulness and being grateful are two very strong and powerful emotions which can overpower sadness, grief, and anger. When I am down or sad, if I think of things I am grateful for, my mood changes. For example, when I become sad about my wife passing, I think about how grateful I am for my grown daughters, their spouses, and the grandchildren. I am thankful for our close family, and I am thankful for my friends and colleagues.

The challenge is to remember all the wonderful people and things in your life. Therefore, I make a list; and it grows each day. It includes big things such as my above example, and it also includes little everyday items such as the trees surrounding my home, watching birds at the bird feeder, a cool rain on a hot summer day, the beauty of a sunrise and sunset, relaxing music, and etc.

Therefore, sit down and make your list, add to it as other things surface that you are thankful and grateful for, because even as you make the list your mood will be uplifted.

Here are two added bonuses. If you make your list and focus on gratefulness and thankfulness throughout the day, people will actually enjoy being around you, because no one wants to be around a grump or someone with a "poor me attitude."

Secondly, noted neuropsychologist and researcher, Barbara Fredrickson, has demonstrated that when we are grateful and thankful, we actually create more neurons (brain cells) and can more quickly overcome negative emotions.

So, start right now with your list, and with practice your will have more positive emotions to overpower the negative ones, and you will be happier.

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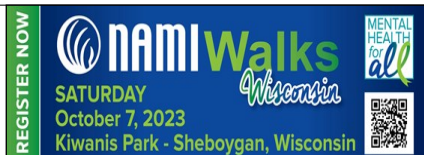
NAMI Ozaukee is affiliated with the National Alliance on Mental Illness (NAMI) and NAMI – Wisconsin, the State Alliance on Mental Illness

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

MEET YOUR NAMI OZAUKEE BOARD Member



Meet Carole Hynes, NAMI Ozaukee's Youth Outreach Coordinator. NAMI Ozaukee did not have a youth coordinator until Carole offered her services in 2022. Imagine our delight. Carole has made a huge difference in reaching and educating those who come to NAMI's programs. Her energy is boundless. Carole is an ANCC clinical nurse specialist in child and adolescent mental health and received both her bachelors and master's degrees from Loyola University. Her primary professional experience was managing a therapeutic school for 12 - 19 year olds with serious mental health conditions. Carole moved to Mequon from Illinois in 2022 to be near her daughter. She and her husband Chris are expecting their first grandchild in January. And, in addition to being the youth outreach coordinator for NAMI Ozaukee, she is a member of the Human Concerns Committee at Lumen Christi parish and a volunteer at the Jim Luther New Hope Food Pantry in Milwaukee.



NAMI National Organization

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

NAMI Wisconsin is having their first state-wide NAMWalks event. You can choose to walk with us in Sheboygan on Saturday, October 7th, join us virtually, or join one of the other NAMIWalks throughout Wisconsin. Whether you're part of a team or registered individually, you'll be making a contribution to mental health and playing an active part to improve our state and communities. Go to namiwalks.org to register and to obtain a full list of NAMIWalks throughout Wisconsin.

Ozaukee NAMI CIT training grant comes from The Milwaukee Foundation Paul P. Lipton Fund and the CIP training grant comes from NAMI Wisconsin. We thank you all for your continued support!

NAMI Ozaukee Features Section

NAMI Ozaukee offers Free Family to Family Class September 13th

Our next Family to Family Class begins Wednesday, September 13th, from 6:00pm to 8:30pm and continues for 8 consecutive weeks ending on November 1st. The class is designed for adult family members, friends, and significant others of persons living with mental illness. The course includes information on illnesses such as major depression, bipolar disorder, schizophrenia and other mental health disorders. Also included are strategies for communicating with the loved one, maintenance of the supporter's own health and minimizing life disruption. The program is taught by trained volunteers who have lived experience supporting loved ones with mental health disorders.

Our Featured Artist



The featured artist of this quarter is Becky, an accomplished quilter, as testified by this photo. Becky has made hundreds of quilts and has been featured at the Wisconsin Museum of Quilts and Fiber Arts. WOW Becky!



"TWO HATS" at National Night Out

On August 1st, NAMI Ozaukee was a participant in "National Night Out", a national community-building campaign that promotes police-community partnerships. Also featured were various service organizations offering information and educational materials. The event is particularly fun for the kids who visit the booths for trinkets and candy while their parents collect flyers etc. 255 attendees stopped at the NAMI Ozaukee tent.

NAMI Ozaukee's Social Fall Banquet



Peggy James, a local singer and songwriter, will provide some entertainment at the NAMI Ozaukee September Social Fall Picnic at Grafton Lime Kiln Park on Thursday, September 21st, 5:00pm. Peggy was born in Milwaukee, but spent her childhood in the southwest which influenced her music. Her style consists of pop, rock, country, bluegrass, and even jazz. But through it all, James' lyrics remain timeless and heartfelt.

Please join us for this excellent and exciting event. Catering will be a lasagna dinner by Sendik's. Please call the NAMI phone line by September 15th if you are interested in attending. 262-243-3627.

EXTRA, EXTRA, Read all about it!!

On August 21, 2023, Vydas (the Dude) Dargis broke his own bowling record and scored 245 points, slamming down two turkeys and numerous spares! Congrats Vydas! P.S. Dave says he and Jeff still top the record!

We are republishing the following article due to its relevance in light of the current epidemic of opiate related fatalities: **Opiate Overdose Help**

If you or a loved one abuses opiates there is help in case of an overdose. The Ozaukee County Health Department, at 121 W Main St in Port Washington, offers free Narcan, a medication, which reverses the effects of opiates temporarily, gaining life and saving time in which to call 911. Narcan is administered as a nasal spray. It will not harm a subject who is not overdosing. Phone 262-284-8170 for more information. Narcan can also be obtained at many pharmacies without a prescription for a low fee. Keep NARCAN available and be sure to familiarize yourself with package directions before a crisis occurs. Check the Wisconsin Department of Health website for the "Dose of Reality" program for further information regarding opiate abuse prevention, treatment and overdose symptoms.

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Next Meetings for 2023

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

- September - no meeting, fall picnic
- October 19, 2023
- November 16, 2023
- December - no meeting, holiday gathering

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

Support Group Meetings: Family and Peers

Leaders: Donna and Jeanette

Third Thursday of the Month (7:00-8:00 PM)

- September - fall picnic
- October 19, 2023
- November 16, 2023
- December —no meeting

First Tuesday of the Month (5:30-6:30 PM)

Leaders: Terri and Dr. Weber

- September 5, 2023
- October 3, 2023
- November 7, 2023
- December 5, 2023

Location: Ozaukee Nonprofit Center

Peers Only Support Group

Leaders: Vydas and Donna

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

- September 14, 2023
- October 12, 2023
- November 9, 2023
- December 14, 2023

Location: Ozaukee Nonprofit Center

Movie & Pizza & "Nosh" Nights

at Circle B Recreation

6261 WI-60 Trunk, Cedarburg WI 53012

Circle B Pizza Nights

- September 8, 2023
- October 13, 2023
- November 10, 2023
- December 8, 2023 2023

Circle B 'Nosh' Nights

- September - no nosh night, fall picnic
- October 27, 2023
- November 24, 2023
- December - no nosh night - holiday gathering

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!

Port Washington Lion's Club, Unitarian Church of Mequon, Meijer's Donation, Mel's Charities, United Methodist Church, Blackbaud, Emmanuel Lutheran Church

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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: _____	

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