



National Alliance on Mental Illness

Ozaukee



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

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

Manage Your Thought Attacks!

We all have them; negative thoughts that swirl around and around in our heads that we can't seem to get rid of. They interrupt our sleep and interfere with our daily happiness. Bestselling author, Richard Carlson, calls these "Thought Attacks" in his groundbreaking book; Slowing Down to The Speed of Life.

Often times, when we have a problem we need to solve; or if we say something we regret; or are angry about something, we try to resolve the issue by constantly thinking, rethinking, and mentally focusing on the problem (thought attack). We believe the more we think about it the better we will feel. Actually, the more we think about it, the worse it gets and takes on a life of its own.

So what can we do? As you think about it, write down what type of action you might take to resolve it such as apologize, talk to a friend, or substitute the negative with a more positive thought. Also, realize you control your own thoughts, and each time the negative thought comes across your mind; say "CANCEL" and then replace it with something more positive. If there is nothing you can do about it, let it go. Try writing it down on a slip of paper, crumple it up, burn it or throw it away, and say "I am done with you!". You can also write down the thought on one side of a piece of paper and across from it, write a positive thought to cancel the negative; this is called a T Chart of support.

These have been seven ideas that may help. There are many others based on your individual circumstances, which I would love to share with you. If interested, please email me at drweber9097@att.net or call our NAMI Ozaukee information line at 262-243-3627.

Thank you, and take care of yourself!

Dr. Michael Weber, President

NAMI Ozaukee

Drweber9097@att.net

262-689-2270

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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



Did you know that our bowler Iron Mike is also a Co-Vice president of the NAMI Ozaukee

Board of Directors? Mike swings a mean gavel as he leads the monthly board meetings. Mike has been with NAMI Ozaukee for 15-20 years. He is unsure exactly. Mike says his parents took him to NAMI meetings and there he made friends. His thanks to Mary and Tom Luzinski for motivating him to become involved with the Board. His enthusiasms include bowling, NAMI Walks, peer mentoring, field trip activities and Christmas celebrations. Touring downtown Chicago may be his favorite. He is always seeking new experiences. One of Mike's most outstanding qualities is his positive attitude. We have watched him smile through catastrophic illness and personal loss. His resilience is amazing. His message to all of us is HAVE FUN! We are so fortunate to see his sunny smile at NAMI events and hope to have his contributions for many years to come.

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 Holiday Party December 21, 2023

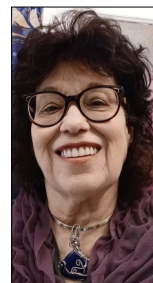


Another year is gone! NAMI Ozaukee ushered out the old year in style with our Holiday Party. As part of the festivities three individuals were recognized for their outstanding achievements in representing NAMI Ozaukee in 2023. Pictured from left to right are NAMI Ozaukee's President, Dr. Weber and our Past-President, Mary Luzinski, presenting the award to Linda Wendlandt on behalf of her son Vice President Michael Wendlandt who was not able to attend and to Terri Brah, who was recognized as the most Outstanding Fund Raiser for 2023.

Pictured on the far right is Carole Hynes who received an award in recognition of her incredible contributions to developing a Youth Outreach Program. We would not have that without her! She facilitates many educational presentations for Ozaukee youth. Join us in applauding her.

We also want to thank our social committee members Bonnie Wasserman, Terri Brah, Linda Wendlandt and Becky Abbot for all the wonderful work they do in putting on the Holiday Party and also for their work during our Spring and Fall Banquets.

Our Featured Artist



Donna O'Connell, who shares our board secretary position with Jeanette Koch, is this quarter's featured artist. One of her artistic endeavors is stained glass. Pictured here is one of her Celtic crosses. She also dabbles in jewelry, crochet and quilting. Donna states that artistic activities provide an excellent coping mechanism that helps maintain her mental health during times of stress and that she is always happy when creating something. She believes that we all have an artistic dimension (especially NAMI members) which we only need to discover. Try it!

NAMI Ozaukee offers Free Family to Family Class March 13, 2024

Our next Family to Family Class begins Wednesday, March 13, 2024 from 6:30pm to 9:00pm and continues for 9 consecutive Wednesdays ending on May 8, 2024. 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.

Please email namiozaukee@gmail.com or call 262-243-3627 if you are interested in attending.

Addition to NAMI Ozaukee's Strategic Plan



Our Board President, Dr. Michael Weber and Past-President, Mary Luzinski, have worked very hard on our Strategic Plan. The Board approved the following paragraph as an addition to the plan during our January meeting.

Accept and Help! "Regardless of color, background, sexual orientation, and other types of diversity we can all hurt emotionally. Therefore, we should focus on the hurt, emotional illness and emotional stability rather than trying to change people into something they cannot be." We would all benefit if we could incorporate this philosophy into our daily lives.

NAMI Wisconsin State Conference 2024

Join us for the 2024 NAMI Wisconsin State Conference on Friday, April 26 and Saturday, April 27 near Wausau, WI. This year's theme is RECOVERY, RESILIENCY, HOPE. To register, go to namiwisconsin.org and click on events. There is lots of new and old information disseminated at the conference. See you there in April for learning and camaraderie.

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<p align="center">Next Meetings for 2024</p> <p>Business Meetings (6:00 - 6:55PM)</p> <ul style="list-style-type: none">• March 21, 2024• April 18, 2024• May no meeting - Spring Banquet• June 20, 2024 <p>Location: Ozaukee Nonprofit Center 2360 Dakota Drive, Grafton WI 53024</p>		<p align="center">Movie & Pizza & "Nosh" Nights at Circle B Recreation 6261 WI-60 Trunk, Cedarburg WI 53012</p>													
<p>Support Group Meetings: Family and Peers Leaders: Donna and Jeanette Third Thursday of the Month (7:00-8:00 PM)</p> <ul style="list-style-type: none">• March 21, 2024• April 18, 2024• May—no meeting• June 20, 2024 <p>First Tuesday of the Month (5:30-6:30 PM) Leaders: Terri and Dr. Weber</p> <ul style="list-style-type: none">• March 5, 2024• April 2, 2024• May 7, 2024• June 4, 2024 <p>Location: Ozaukee Nonprofit Center</p>		<p>Peers Only Support Group Leaders: Vydas and Donna 2nd Thursday of the month (6:00—7:30pm)</p> <ul style="list-style-type: none">• March 14, 2024• April 11, 2024• May 9, 2024• June 13, 2024 <p>Location: Ozaukee Nonprofit Center</p>		<p>Circle B Pizza Nights</p> <ul style="list-style-type: none">• March 8, 2024• April 12, 2024• May 10, 2024• June 14, 2024 <p>Circle B 'Nosh' Nights</p> <ul style="list-style-type: none">• March 22, 2024• April 26, 2024• May no "Nosh" - Spring Banquet• June 28, 2024											
		<p align="center">Peer and Friends of NAMI Social Events Monday Night Bowling - No bowling on 12/24 or 1/1 due to the Holidays</p> <p>At <i>Circle B</i> 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.</p> <div></div>													
		<p align="center">10 Common Signs of a Mental Health Condition</p> <table><tr><td>Feeling sad or withdrawn for more than two weeks</td><td>Seeing/hearing or believing things that are not real</td></tr><tr><td>Trying to harm or end one's life or, planning such</td><td>Excessive use of alcohol, drugs or both</td></tr><tr><td>Severe risk taking that causes harm to self or others</td><td>Drastic changes in mood, behavior, personality or sleeping habits</td></tr><tr><td>Sudden overwhelming fear/anxiety for no reason</td><td>Extreme difficulty in concentrating, staying still leading to physical danger</td></tr><tr><td>Throwing up, using laxatives or, not eating to lose weight</td><td>Intense worry or fear that get in the way of daily activities.</td></tr></table>				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.
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<p align="center">Ozaukee County Important Contact Info</p> <p>EMERGENCY..... 911</p> <p>Mental Health Emergency...988</p> <p>Ozaukee County Crisis Line ... 262-284-8200</p> <p>Department of Human Services....262-284-8200 (Press / for the Sheriff's Dispatch)</p> <p>Sirona Recovery... 262-377-1477</p> <p>NAMI Teen and Young Adult (TYA) HelpLine Call 1-800-950-6262, chat and nami.org/help or text "Friend" to 62640 or email helpline@nami.org</p> <p>NAMI OZAUKEE.....262-243-3627</p> <p>Please leave a message with your name and telephone #</p> <p>Email: namiozaukee@gmail.com</p> <p align="center">IMPACT 211 - for Southeastern Wisconsin</p> <div></div>		<p align="center">Thank you to the following for their generous donations!</p> <p>Phyllis Moritz, Doug & Vicky McManus, Brian & Laura Brewer, Baird/Brian Brewer, Pershing-Ellen MacFarlane, Louise Block, Allan & Bonnie Wasserman, Jo & Terry Heckenbach in loving memory of Neil, Sue Siewert, Gottlieb Armbrust Family Fund, Alfred Lustig & Janice Watson, Port Washington Lion's Club, Johnston Control Employee</p>													
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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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