



nami

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:

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.

NAMI Ozaukee— A History of Advocacy

Advocate: To publicly support or recommend a cause or policy.

Did you know that once we were AMI Ozaukee? There was no "National" organization. NAMI was founded in Madison WI by three mothers who were unhappy with the treatment (or lack of) available to their loved ones who were experiencing mental illness. Love has awesome power and that is the foundation of NAMI Ozaukee. In 1988 Melitta Brandt, a parent who saw a need, fought to establish a NAMI Affiliate in Ozaukee County as a local nonprofit agency. She and others like Helen Pfeifer, whose family continues to donate funds each year; Sue and John Durr, Bobbie Hoffman and Martin Jaeger gave time, money and visceral care to achieve their goal. Melitta founded the "On Center" in Cedarburg for our peers to gather without fear of stigma. Green Bay Packer, Lionel Aldrich, who also experienced mental illness, dedicated the center. The Plaque can still be seen in our office. The Center closed in 2020 due to financial concerns during Covid 19, and most peer activities were relocated to the Circle B Bowling Alley also in Cedarburg.

Melitta went on to serve as our Board President with Bobbie Hoffman as Vice President, Martin Jaeger as Secretary, and John Durr as Treasurer. The Board then met in the borrowed spaces in generous local Churches. The other past and present board members to serve are Mary Luzinski, Sue Durr, John Abbott, Jeff Graf, Vydas Dargis, Michael Wendlandt, Dr. Michael Weber, Tom Luzinski, Sue Siewert, Jeanette Koch, Donna O'Connell, and Carole Hynes. These positions often migrated across years with responsibilities being shared.

NAMI Ozaukee now has an office at the Ozaukee Nonprofit Center with meeting and class rooms for our use. How far we have come with NAMI going National. Classes and support groups now exist for those affected by mental illness and their loved ones and many social activities are offered with planning by Terri Brah, Bonnie Wasserman and Linda Wendlandt. The Board position of Youth Coordinator has been added. We now have the State and National organizations supporting us. All of this because a handful of parents ACTED out of love.

Join us in applauding the efforts of these warriors for change, without whom the world would be a poorer place. To our NAMI Ozaukee founding members-THANK YOU!

*Volume 2, Issue 63
Published Quarterly
September 2024*

Encouragement from the President of NAMI Ozaukee

A Sense of Belonging

As many of you know, I am trained in Mental Health First Aid. As such, I receive a mental health newsletter each month from the National Council for Mental Wellbeing. In last month's newsletter, there was a reflection on Diversity, Equity, and Inclusion, known as DEI. In addition, belonging was added to reflect an individual's feeling a sense of belonging beyond just being included. The writers referred to this as DEIB. A person can be included and yet not have a sense of belonging. This can happen to anyone at home, in the work environment, serving on planning groups, and in almost any setting. Think about when you were young and included in an activity such as sports, a birthday party and on the playground. Yet you did not feel a sense of belonging because the way you were treated or ignored.

It is our responsibility to help everyone feel a sense of belonging, especially our peers who struggle with mental illness. Regardless of the environment, we all should reach out to welcome others to help them feel wanted and needed. Show you care they are there, ask them questions, smile, and help them feel important.

The concept of a feeling of belonging is just starting to emerge in DEI, and it can have a huge positive impact on your group. We all want to feel accepted and have a sense of belonging. Keep this in mind the next time you are in a group. If you see someone by themselves, just staring at the floor, or watching from the sidelines; reach out to them

Thank you,
Dr. Michael Weber
NAMI Ozaukee President
Drweber9097@att.net
262-689-2270

Two New Peer Support Facilitators!



Join us in congratulating Michelle Block and Kim O'Malley (pictured here) on their certification as Peer Support Group Facilitators. We are very lucky to have you.

Michelle, Kim and Donna O'Connell will be co-facilitating a new peer support group for Women Only in October 2024. Check the October Updates for dates and time.

They are very excited to launch this new program and hope it will be helpful for those who would be more comfortable with this format.

Ozaukee County's National Night Out

The Fire and Police Departments of Ozaukee hosted this yearly family event at the Rotary Park in Mequon on August 6th. The object is to form a positive relationship between families and their police/fire departments. Local non-profit agencies also host booths and share information about their services. There were edible treats, police and fire vehicles for all to explore and fun toys for the inquisitive little ones. A plethora of useful information about social and municipal services was offered to the adults who attended. The weather was warm as were hearts. Fingers were sticky and ice cream dripped. NAMI representatives who manned our booth were Vydas Dargis, Jeanette Koch and Donna O'Connell, along with Carole Hynes and Tom and Mary Luzinski who reported that the NAMI booth interacted with about 200 adults and children .

NAMI Walks Wisconsin



JOIN US FOR NAMI WALKS 2024

On October 5th at 12:00 pm at Kiwanis Park, Sheboygan, we will "walk the steps on the Path to Hope".

Included are: A raffle, snacks and refreshments, alpacas, a drum-line, a food truck, a pre-walk yoga session, and prizes for the largest team and the most funds raised.

Register at NAMIWalks/wisconsin.org to join Dr. Michael Weber's team.

September 2024 Fall Banquet

The Fall Banquet is rapidly approaching! Hurry and reserve your spot for the Western Bash Nami Ozaukee is hosting at Lime Kiln Park on September 19th. Come dressed in your western duds or just as your usual lovable self. JUST BE THERE, or miss out on all the super fun. There will be six chili options, hotdogs and mac and cheese along with lots of other goodies. Entertainment will be provided by Peggy James (pictured here), a local singer/songwriter of folk/country flavored music.

Unfortunately, the park regulations forbid attendance by cattle, buffalo, horses, coyotes, or other non-human celebrants. Call 262-243-3627 to get a copy of the invitation, fill it out and mail to the indicated address or just ask any of the NAMI Staff for help. Can't wait!



NAMI Ozaukee Peer Field Trip Journal

On August 18, members of NAMI Ozaukee attended Irish Fest to hear music with and without bagpipes, watch ethnic dancing, enjoy the breezes off Lake Michigan and EAT. Lots of eating. Vydas especially liked the Shepard's Pie. On August 19th it was off to the Jewish Food Festival for us where we sampled chocolate babka, shawarma and fries. Also featured were music, a petting zoo and educational booths. We all feel richer for having sampled the flavors of other cultures.

NAMI Ozaukee's next planned field trip will be a visit to the Shalom Zoo in West Bend on September 29th, with the departure time from the Ozaukee Nonprofit Center to be determined. Peers, families and friends are invited. The cost is \$16 for family and friends and \$5 for peers. Golf carts are available for rental at the zoo. A trip to Holy Hill Basilica for autumn color viewing, followed by an early dinner at the Sawmill Restaurant is planned for October 20th. Call Donna at 262-243-3627 with questions or to sign up.

Meet your NAMI Ozaukee Board Member - Jeff Graf



We felt we should feature past Board Members in this column because they have contributed their time and talents to helping build the NAMI Ozaukee Chapter of today. Jeff Graf is one such person. He joined NAMI 15 years ago after finding that a family member was experiencing mental illness. Jeff and his wife, Mary attended a Family- to- Family Class. Motivated by this class experience Jeff decided to attend NAMI Business Meetings and to train for class facilitation. He feels that teaching this class gives additional meaning and purpose to his life and allows him to give back to the organization that has improved his family's life. Jeff still teaches the class today helping many people better understand their loved ones' challenges and journey toward mental health. He was elected to the Board Secretary position around 2012 and served on the board until he resigned in 2022 in order to participate more fully in the parent and grandfather experiences.

Fundraising and recruiting have proved to be his strengths within NAMI. He networks skillfully with churches and other community organizations to gain funds to allow NAMI Ozaukee to continue offering services. He persuaded many of our current leaders to join and contribute their time to NAMI. He credits the development of these skills to his corporate management background.

Jeff cites his faith and the support of his wife, whom he describes as "compassionate" and "the salt of the earth" as helping him to maintain his moral strength. He improves his health with swimming and regular exercise.

Jeff's family is the most important thing in his life. He spends each summer with them at his cabin up north. He also likes to assist his artist daughter with marketing her charming interpretive paintings of the north woods and spends time attending his children's and grandchildren's life events. When asked what advice he would give our readers to help them maintain their mental health he replied, "Be grateful and laugh everyday". Thank you Jeff for all of your generous contributions to NAMI Ozaukee.

NAMI Ozaukee CIT and CIP training grants are provided by NAMI Wisconsin. We thank you for your continued support!

Next Meetings for 2024

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

- September— no meeting—fall picnic
- October 17, 2024
- November 21, 2024
- December—no meeting—holiday party

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

**Movie & Pizza & "Nosh" Nights
at Circle B Recreation
6261 WI-60 Trunk, Cedarburg WI 53012**

Circle B Pizza Nights

- September 13, 2024
- October 11, 2024
- November 8, 2024
- December 13, 2024

Circle B 'Nosh' Nights

- September—no 'Nosh' due to picnic
- October 25, 2024
- November 22, 2024
- December—no 'Nosh' due to holiday party

**Support Group Meetings: Family and Peers
Leaders: Donna and Jeanette
Third Thursday of the Month (7:00-8:00 PM)**

- September—no meeting
- October 17, 2024
- November 21, 2024
- December - no meeting

**First Tuesday of the Month (5:30-6:30 PM)
Leaders: Terri Brah and Dr. Weber**

- September 3, 2024
- October 1, 2024
- November 5, 2024
- December 3, 2024

Location: Ozaukee Nonprofit Center

Peers Only Support Group

Leaders: Vydas and Donna

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

- September 12, 2024
- October 10, 2024
- November 14, 2024
- December 12, 2024

Location: Ozaukee Nonprofit Center

**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

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

LGBT National Hotline - 888-843-4564

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!

Ozaukee County Jurors, NAMI WISCONSIN CIP Grant, Community United Methodist Church Cedarburg, Associated Bank Ozaukee, Mel's Charities, Mequon Thiensville Sunrise Rotary, Rachel Rudman Family

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)		<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.			
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.		Primary Member Last Name:		Primary Member First Name:			
		Address:		Middle:			
		City:		State:		Zip:	
		Phone:		Email:			
Payment Information		<input type="checkbox"/> Check		or			
For Office use only:		<input type="checkbox"/> Cash		Date:			