





NAMI OZAUKEE NEWSLETTER
OZAUKEE COUNTY'S VOICE ON MENTAL ILLNESS

Mental Illness is Everyone's Business

Mission Statement	Encouragement from the President of NAMI Ozaukee	Volume 2, Issue 65 <i>Published Quarterly</i> March 2025
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<p><i>Mission statement of NAMI Ozaukee</i></p> <p>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.</p>	<p style="text-align: center;">WORDS <u>DO</u> HURT</p> <p><i>"Sticks and stones may break my bones, but words will never hurt me"</i> is a children's rhyme that originated in the late 1830s, and many of us may have said this growing up. However, words <u>do</u> hurt, and they can have long lasting impacts on our minds and well-being. Words have the power to build someone up or tear them down. Writers such as John Maxwell and Joel Osteen encourage us to use our words for good; complimenting others and pointing out the great things they do. Think about how you felt the last time someone said something nice about you. How did it make you feel? Now think about the last time someone said something negative about you and how long it stuck with you, and made you feel extremely self-conscious. Children are especially sensitive to hurtful comments. A comment (either negative or positive) can stick with a child or you for a lifetime and impact your behavior and self-esteem.</p> <p>With our words, Mother Teresa said; "Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat." Therefore our words can harm or our words can give life; they're either poison or fruit. You choose each day with everyone you come in contact with. Our challenge is to make sure we build others up. Joyce Meyer suggests that every day we look for at least three people to sincerely complement. I read about this technique over a year ago, and have used it since to place treasures into others' emotional wellbeing.</p> <p>You may ask; "This is all well and good but how do I deal with the negative words that come at me? In the next newsletter I will share five negativity blockers you can use to stop negative words/comments for getting inside you. In the meantime, every day, look for three people to use your words to build them up either personally or through email, text or phone call. Try it, and enjoy the positive results. I will talk with you again in our next quarterly newsletter.</p> <p>Take Care!</p> <p>Dr. Michael Weber, NAMI Ozaukee President; Drweber9097@att.net; 262-689-2270</p>
<p style="text-align: center;">Officers on the NAMI Ozaukee Board</p> <ul style="list-style-type: none"> • 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 	

<p>NAMI National Organization</p> <p style="text-align: center;">www.nami.org and the State NAMI website at: www.namiwisconsin.org Or NAMI Ozaukee at: www.namiozaukee.org</p> <p>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.</p>	<p style="text-align: center;">ADVANCED CIT #6 PRESENTATION- 2025</p> <p>On February 6th, Retired Sheriff Timothy Whitcomb presented two four-hour sessions on Post Traumatic Stress Disorder, Police Officer Suicide Prevention and Officer Self Care to 154 officers from 10 departments in Ozaukee County: Ozaukee Sheriff's Office, Mequon Police Department, Thiensville PD, Cedarburg PD, Grafton PD, Port Washington PD, and Saukville PD along with Cedarburg Fire Department and Port Washington Fire Department. Members of Ozaukee Human Services, Counselors from Private Practice, EMS and Canine Officer Geo of the Ozaukee Sheriff's office with partner Detective Karsen Frame. Canine Officer Geo always has a calming effect on everyone when he attends training with them.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Canine Officer Geo with partner Karsen Frame</p> </div> </div>
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NAMI Ozaukee Field Trip Journal	A Bit of Cheer	Free Suicide Prevention Class
<p>In 2024 Nami Ozaukee launched a Field Trip program to offer enriching experiences to Peers and their families and friends. Our goal is to offer a minimum six of these trips per year. The response to the program has been very enthusiastic. The fees and costs of trips are subsidized by NAMI Ozaukee. Peers pay only five dollars while everyone else covers their own fees. Each event also includes a meal at either a restaurant or at the site of the venue. We reached our goal of six trips in 2024 and may exceed that number in 2025. The final decision on where to go ultimately rests with the peers but all NAMI Ozaukee members and families/friends are welcome to participate at their own cost.</p> <p>Proposed field trip destinations for 2025 are as follows:</p> <ul style="list-style-type: none"> • The Maritime Museum in Manitowoc which includes a tour of a real WWII submarine. • The John Michael Kohler Arts Center in Sheboygan. • The Shalom Wildlife Zoo in West Bend, an open air preserve with golf carts available for rental. • A 14-mile scenic round trip aboard a train from The East Troy Depot and Museum to the Elegant Farmer Bakery, Deli & Market in Mukwonago for lunch. • The Saukville Pioneer Village. • The Milwaukee Area Messiah Community Chorus and Orchestra's presentation of Handel's Messiah at Crossroads Presbyterian Church in Mequon on December 7th followed by dinner at The Prime Minister in Thiensville. • Sandy Knoll County Park in West Bend. Sandy Knoll has a beach, a Frisbee golf course and basketball courts. • A tour of The Basilica of St. Josaphat in Milwaukee. • A Hurling (not Curling) game featuring Connor and Patrick Dunn on the local team in Germantown. Hurling is an ancient Irish game which defies description. • The Bergstrom-Mahler Museum of Glass in Neenah WI which houses the largest glass paperweight collection in the U.S along with blown glass and other glass art forms. The Museum is located at the junction of the west shore of Lake Winnebago and the Fox River. Very scenic. • A Mini Golf day. • A Cheese Making Facility of choice. • One Lakefront Festival of choice <p>If you have suggestions or wish to participate in an outing call 262-243-3627. Dates and times for trips will be announced by email in the newsletters and in the Monthly Events Calendars.</p>	<p>Welcome your Board Secretaries Jeanette Koch and Donna O'Connell back to the NAMI Fold after they endured a week long cruise of the West Caribbean Sea and had a leisurely swim with the lovely Dolphin Lady pictured here.</p>  <p>NAMI Ozaukee Holiday Party</p>   <p>It was a night to remember. Even a blustery snow storm couldn't impair our revelries. Approximately fifty souls braved the winter elements to celebrate our support of one another.</p> <p>The evening began with a Welcome from NAMI Ozaukee's Board President, Dr. Michael Weber, followed by seasonal tunes performed by our very own choir which included Jeff Graf, Vydas Dargis, Jeff Hoffman (who assures us his saxophone performance, which was deleted due to instrument repairs, will return in 2025) and Jeanette Koch, fresh from her triumphant choral performance of Handel's Messiah earlier in the month. She lent us her voice along with friends Audrey and Marilyn.</p> <p>Cheri Gregorius played piano for our entertainment and Connor Dunn played guitar accompanied by his grandfather Jim Heyer's singing. The pair also teamed up again later in the evening with the audience joining in. Patrick Dunn played an ancient Irish Song on the trumpet. What a talented group of stars we have!!</p> <p>Thanks to Jeanette Koch for printing up lyric sheets for us and also to Jeff Graf for leading the choir.</p> <p>Bowling trophies were presented to Jeff Hoffman, Michael Wendlandt, Connor and Pat Dunn, Vydas Dargis, Erik Anderson and Scott Bartos by John Abbot who started our Monday Bowling Program. Jeff Hoffman, whom his peers call The Machine, was awarded Best Bowler but I know he feels the others are hot on his heels.</p> <p>The meal consisted of Italian beef, salad and garlic mashed potatoes with vegetables. Food cannot be mentioned without thanking our Social Events Committee which includes Terri Brah, Susan Sellin and Linda Wendlandt for their labors with our dessert table, the contents of which were supplied by peers, families, and friends. A good time was had by all and all returned home safe.</p>	<p>NAMI Ozaukee's Youth Coordinator, Carole Hynes, is offering a free QPR suicide prevention class for a minimum of eight people. QPR stands for Question, Persuade and Refer. It is a practical and proven emergency suicide prevention. The class is one hour in length and trains anyone to become a gatekeeper, someone who is strategically positioned to recognize the warning signs of suicide and refer someone to help.</p> <p>QPR is not a NAMI Program, but Carole was trained by the QPR Institute to provide instruction for this intervention which supplies another tool for us to put into our arsenal of mental health improvement strategies. If interested call 262-243-3627 to get on the waiting list for a class.</p>
<p><i>NAMI Ozaukee CIT and CIP training grants are provided by NAMI Wisconsin. We thank you for your continued support!</i></p>		

Spring 2025 Family-to-Family Class

The National Alliance on Mental Illness is offering the Family to Family Class 9 week class beginning March 12th from 6:30 to 9:00 pm. The class is designed for adult family members, friends and any other loved ones of persons experiencing mental illness. The course includes information on illnesses such as major depression, bipolar disorder, schizophrenia, and other mental disorders. Also included are strategies for communicating with the ill loved one, maintenance of the supporter's own health and minimizing life disruption. . The program is taught by volunteers who have been trained to meet NAMI National and Wisconsin State level standards and who have lived experience supporting loved ones with mental health disorders. You can connect with others who understand.

A participant stated "This course overall was the single most, without a doubt, helpful and informative thing offered in all my years of searching for answers. It has helped me to better understand and communicate more effectively with my brother".

"The course has helped me to realize that my son is still inside the body and is often times hidden by the mental illness and that I am not alone in this," said another participant. YOU are NOT alone! Call NAMI Ozaukee at 262-243-3627 for further information or to sign up. Reservation of a spot is required.

NAMI Ozaukee Sees Increased Event Attendance

We are so pleased to report that attendance at NAMI Social events is increasing. Our Board Chair, Mary Luzinski, started handing out name badges at our Valentine's Day Pizza Night to help us keep track of each other. There were 15 attendees for President's Day Monday Night bowling which has averaged 7 or 8 in the past. We had approximately 50 people for our Holiday Party. The Spring and Fall Banquets, the NAMI Walk and the Field Trips continue to have significant participation. How wonderful this is! It means our message is getting out there. WELCOME to all of our new attendees!

NAMI's Purpose is to improve the quality of life of those affected by mental illness and to promote recovery. Studies have shown that the earlier support and treatment is sought, the better the outcomes. NAMI Ozaukee's social events support and enrich us all and demonstrate that YOU ARE NOT ALONE.

NAMI Ozaukee Donations and Grants: December 2024 - February 2025

Jo & Terry Heckenbach In Memory of Neal Heckenbach

Louise Block In Memory of Michelle Hammeter's Father-James

Thomas & Jean Surges In Memory of Nathan Dziengel

Homestead High School Hockey Blue Line Club In Memory of Cam Kranich

In Memory of Cheryl Toll; Heather Boesch's Mother: Mr. & Mrs. John Carrick, Timothy & Jill Hoven, Curtis & Debra Meinert, Scott & Susan Nicholson, Craig & Mary Raddatz, David & Sheri Ramuta, Lisa & Christian Reimer, LuAnn Retzer, Susan Runkel, David & Carol Schenker, Heather Wellman, Kathy Lance, Christy Knowles, Judith Snieg & Michelle Lastovich, Richard & Laurie Miske, David & Meridi Woltring

Dr. Michael Weber

Richard Erickson & Mary A Sciascia

Allan & Bonnie Wasserman

Doug & Vicky McManus

Sue Siewert

The Cannon Family Charitable Fund

Dean & Cheryl Hock

Ozaukee Generous Jurors

Greater Milwaukee Foundation, Paul P Lipton Fund designated for CIT Training

Rhode Island Foundation, Gottlob Armbrust Family Fund on behalf of Katherine McCombe

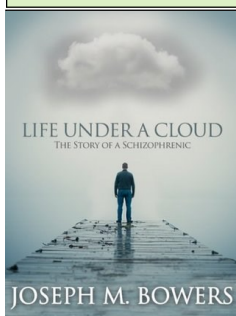
NAMI Ozaukee-HELP, HOPE, & RECOVERY

NAMI Ozaukee cannot begin to thank you enough for your generous gift. Because of you, many individuals living with mental illness in Ozaukee County will have access to NAMI's resources, programs and support. Your kindness is making an impact in many lives. From all of us at NAMI Ozaukee, we Thank You!

A special thank you to Lisa Curtis of the News Graphic for her help in advertising our Family to Family class year after year.

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AUTHOR! AUTHOR!



NAMI Ozaukee has a resident published author. Joseph Bowers came to us recently by way of Montana and hopes to make his way to his original hometown in the Catskills in New York state. His book, 'Life Under a Cloud: The Story of a Schizophrenic' is available to order on Kindle and many other book sites. I read the book of 307 pages in two nights and found it to be engagingly well written and unassuming. Joe states that he wrote the book to demonstrate what psychosis is like from the inside and how logical the actions of the sufferer are to them during an episode. Mr. Bowers accomplishes his aim skillfully by describing his thought processes during multiple schizophrenic psychotic episodes across his lifetime beginning in his teen years. One can't help but feel empathy.

Joe's other aim in writing this book is to give those suffering from a mental illness hope. And show that a diagnosis of a serious mental illness does not mean that a person can't live a fulfilling and productive life. He ushers the reader through multiple hospitalizations, disappointments and losses. He depicts his triumphs realistically. No glossing over here. He succeeded in acquiring an Associate Degree in Art and a Bachelor's Degree in Fishery Science but worked many years as a lab technician for an electrical power plant in order to support his family. He raised three children and maintained a 35 year marriage.

Joe wraps up by making his case that our governing bodies serve only themselves with the laws that deny the forced treatment of severe mental illness except in the cases of 'a danger to themselves or others'. These laws, he points out, only harm the mentally ill and avoid society's responsibility to a vulnerable population.

I am impressed by this author's fearless self-exposure. Many would balk at the task he set for himself. He relates that he has received feedback from therapists, family members of those with a mental illness and social workers that his book has increased their understanding of, and empathy for, the mentally ill in our society.

I must now cease commenting to avoid triggering a Spoiler Alert.

This is both a cautionary and hopeful tale, a fine read. Well done Joe!

Life Saving Medication for Opiate Overdose

The Fentanyl Epidemic continues in our country causing hundreds of thousands deaths yearly from overdose. Opiates include heroin, fentanyl, morphine and other pain medications. NARCAN is a medication administered by nasal spray, which can temporarily reverse the effects of some overdoses. Call 911 immediately to get help on the way! Giving this medication is harmless to those not experiencing overdose so do not fear using it! Keep it available especially if you know someone you suspect of illicit drug use. NARCAN can be obtained free at some pharmacies and at the Ozaukee County Health Department at 121 W Main St. in Port Washington. Phone 262-284-6170 for hours etc.

Recognizing an Opioid Overdose

- Blue or purple fingernails and lips.
- Unresponsive to voice or touch.
- Pinpoint pupils (center part of eye is very small)
- Slow, irregular, or stopped breathing.
- Slow heartbeat or low blood pressure.
- Pale, clammy skin.
- pupils (center part of eye is very small)
- Slow, irregular, or stopped breathing.
- Slow heartbeat or low blood pressure.
- Pale, clammy skin.



You should familiarize yourself with the NARCAN package directions before an emergency occurs.

For help with drug abuse call Sirona Recovery at 262-377-1477.

Check the Wisconsin Department of Health website for the "Dose of Reality" program for 9.5

2025 Dates to Remember

- April 25th and 26th - NAMI State Conference. Details are at namiwisconsin.org.
- May 15th - Spring Banquet in the Zaun Pavilion at Lime Kiln Park in Grafton featuring the ever popular Bingo Extravaganza along with good food.
- August 10th - Jewish Food Festival at Rotary Park in Mequon - providing authentic Kosher Food.
- September 18th - September Social in the Zaun Pavilion at Lime Kiln Park in Grafton which will feature good food and lots of fun.
- October 4th - 2025 NAMI Walks Wisconsin which is held in Sheboygan at Kiwanis Park. Stay tuned for future details.
- December 18th - Holiday Party

Next Meetings for 2025		Movie & Pizza & "Nosh" Nights at Circle B Recreation 6261 WI-60 Trunk, Cedarburg WI 53012	
<p>Business Meetings (6:00 - 6:55PM)</p> <ul style="list-style-type: none"> March 20, 2025 April 17, 2025 May—No meeting—Spring Picnic June 19, 2025 <p>Location: Ozaukee Nonprofit Center 2360 Dakota Drive, Grafton WI 53024</p>		<p>Circle B Pizza Nights</p> <ul style="list-style-type: none"> March 13, 2025 April 11, 2025 May 9, 2025 June 13, 2025 <p>Circle B 'Nosh' Nights</p> <ul style="list-style-type: none"> March 28, 2025 April 25, 2025 May - no nosh – picnic June 27, 2025 <p>Reservations must be made for both Pizza and Nosh nights by 3pm on the Wednesday of that week. Call 262-243-3627 to make a reservation.</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 20, 2025 April 17, 2025 May— Spring Picnic June 19, 2025 <p>First Tuesday of the Month (5:30-6:30 PM) Leaders: Terri Brah and Dr. Weber</p> <ul style="list-style-type: none"> March 4, 2025 April 1, 2025 May 6, 2025 June 3, 2025 <p>Locations: Ozaukee Nonprofit Center</p>	<p>Peers Only Support Group Leaders: Vydas and Donna Second Thursday of the month (6:00—7:30pm)</p> <ul style="list-style-type: none"> March 13, 2025 April 10, 2025 May 8, 2025 June 12, 2025 <p>Women Only Peers Support Group Leaders: Michelle, Kim and Donna Fourth Tuesday of the Month (6:00-7:00pm)</p> <ul style="list-style-type: none"> March 25, 2025 April 22, 2025 May 27, 2025 June 24, 2025 <p>Locations: Ozaukee Nonprofit Center</p>	<p>Peer and Friends of NAMI Social Events Monday Night Bowling</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 Vydas Dargis.</p> 	
Ozaukee County Important Contact Info		10 Common Signs of a Mental Health Condition	
<p>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</p> <p>IMPACT 211 - for Southeastern Wisconsin</p>  <p>Simply dial 211 to access Family, Health and Social Service Resources</p>		<p>Feeling sad or withdrawn for more than two weeks</p>	<p>Seeing/hearing or believing things that are not real</p>
		<p>Trying to harm or end one's life or, planning such</p>	<p>Excessive use of alcohol, drugs or both</p>
		<p>Severe risk taking that causes harm to self or others</p>	<p>Drastic changes in mood, behavior, personality or sleeping habits</p>
		<p>Sudden overwhelming fear/anxiety for no reason</p>	<p>Extreme difficulty in concentrating, staying still leading to physical danger</p>
		<p>Throwing up, using laxatives or, not eating to lose weight</p>	<p>Intense worry or fear that get in the way of daily activities.</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: _____	