



PEER *connections*

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Happy Holidays: WINTER FUN AT TMWC!

WISE PROGRAM For Members 55 and Older



Don't fear getting older! Aging is the most natural thing that occurs to every living thing. TMWC in collaboration with Harbor is offering the WISE Program at TMWC.

Beginning **Monday, January 22 from 2:00 to 4:00 p.m. for 12 weeks**, the WISE Program will work with older adult members to celebrate healthy aging. Topics will include making healthy lifestyle choices, embracing the aging process, risk factors to avoid, tools to feel empowered about your health and the healthcare you receive, and MORE. Incentives and a gift card are available to those completing the program. Limited space is available.

Please see Maddie for more information on how to sign up for the WISE Program at TMWC.



NEW BEGINNINGS: ARTIST TRADING CARDS

Want to get your creative on? Join TMWC members and community members from NAMI Greater Toledo and Zepf Center to create and swap artist trading cards. Artist trading cards are miniature works of art participants create with materials and supplies provided. Then, participants will anonymously swap the cards among each other to inspire creativity, show kindness, spark joy, and make connections with peers.

New Beginnings: Artist Trading Card Make & Swap will be held **Wednesday, January 24 from 5:30 to 7:30 p.m.** in **TMWC's Club Room (located at 208 W. Woodruff).**

RSVP your attendance by calling 419-242-3000, ext. 120.



Greater Toledo

MUSICAL EXPRESSIONS



A new quarterly support group is being offered to members starting Tuesday, December 5.

The Musical Expressions support group is a collaborative effort among NAMI Greater Toledo, Thomas M. Wernert Center, and Heartstring Melodies Music Therapy.

Made up of both TMWC and NAMI peers, this group provides a space for peers to create, share, and discuss music and how it affects their recovery journey.



ELECTION NEWS

TMWC Voting Members Named to Board of Trustees

Thomas M. Wernert Center (TMWC) is pleased to announce the election of two TMWC members to the Board of Trustees. Lucy Dias and Gwen Hoskins will begin their two-year board terms immediately.

Lucy is a 2004 graduate of Owen's Community College Police Academy, an advocate for the LGBTQ+ community, and is passionate about helping others. She has offered her time and talents to St. Vincent Medical Center, St. Anne Hospital, Toledo PET Bull Project, New Order Human Rights Organization, Farm Labor Organizing Committee (FLOC), and participates in outreach for TMWC.



Lucy, Gwen, and TMWC Board President, Debbie.

TMWC relies on the experience, vision, and leadership of its volunteer board of trustees. Comprised of TMWC members and community professionals, TMWC's board of trustees represents the resiliency of recovery and the power of peer support to enhance lives. Trustees are knowledgeable about TMWC programs and services, supportive of member's voices and ideas, and dedicated to helping increase the agency's visibility in the community.

"I am excited to protect the three M's of TMWC: the mission, members, and money," Lucy said after being nominated to the Board.

Gwendolyn Hoskins is a regular TMWC attendee who participates in support groups and has completed multiple Peer Education classes. She is very involved in the art and fitness programs, and recently completed

Mental Health First Aid training. Gwen has a great understanding of what she needs to help her succeed in recovery and effortlessly shares that understanding with her peers. When asked about her new position, Gwen said, "I am grateful to my peers for trusting and believing in me. I believe in all of us, too."

Thank You  **MERCYHEALTH**

Thomas M. Wernert Center is concerned about more than just the mental health of our members.



We know the importance of regular health check-ups and we understand how everyday life can get in the way.

Since March, Mercy Health Toledo community nurses are providing monthly health screenings to TMWC members. The screenings include checking blood pressure, blood sugar, and cholesterol levels. By coming monthly, they are able to help members keep track of these important health indicators. Earlier this month, nurses also provided members with flu shots.

Thank you to the wonderful community nurses from Mercy Health. Your dedication to health and helping others is appreciated.



Mercy nurses, Sandy and Lynn.

RECOVERING TOGETHER



Paul Mitchell the School Toledo provide pre-holiday pampering services (manicures and hairdos) for TMWC members.



Catherine, Paul, Bonnie, and many other members receive Certificates of Appreciation at TMWC's Annual Meeting.



Congratulations to TMWC's newest PEP class graduates!



Janese and Evamae prepare the pies for TMWC's Thanksgiving Lunch.





THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

208 W. Woodruff
Toledo, OH 43604
Phone: 419.242.3000
Fax: 419.242.0750

www.wernertcenter.org
info@wernertcenter.org

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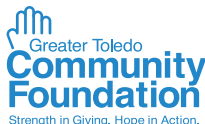
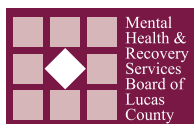
MISSION

To improve the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy and peer support.

BOARD OF TRUSTEES

- Deborah Riley-Jackson – President
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- Henry Hartford – Community Volunteer
- Troy Deters – Community Volunteer
- Warren Frary – Community Volunteer
- Georgia Humbarger – Community Volunteer
- Patricia J. Robb – Executive Director

SUPPORTED BY:



End of the Year Giving

To all of our members, donors, supporters and other friends – our sincere thanks for your involvement with Thomas M. Wernert Center throughout the year!

You are all integral to our ability to fulfill our mission of improving the quality of life for persons living with mental illness by offering hope and peer-driven programs that address recovery through education, advocacy, and peer support.

As 2023 comes to a close, please consider making a year-end donation to the Thomas M. Wernert Center. Big or small – all donations have an impact and they make a real difference. Our work would not be possible without you!

You can donate in the following ways:

- Visit www.wernertcenter.org and select 'Ways to Help' to contribute online.
- Mail a check to the Thomas M. Wernert Center at 208 W. Woodruff, Toledo, OH 43604

If you have any questions about contribution, please contact Patricia Robb, Executive Director, at 419-242-3000 ext. 112.

All funds raised directly benefit the programs and services of TMWC.

Thank you for your support!