



PEER *connections*

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A LOT TO LOVE ABOUT TMWC!

“The Thomas M. Wernert Center makes me a better person. The staff and everyone here show they care. There is always someone to talk to. They listen AND understand. TMWC has helped me cope with a lot of hard times.”

— Ron T.



“I have a family at TMWC. My peers that I’ve known for years are supportive and helpful when I need it. I also love getting to know new members. We all have a lot to learn from each other.”

— Catherine G.



“I love the programs here. My favorite things at TMWC are Expressive Arts and SafeZone support group. I feel accomplished when I create something, and a sense of validation from participating in SafeZone.”

— Harley S.



“TMWC motivates me to get out of bed. It gives me something to do. It is a place to work on myself and socialize with my friends.”

— Pamela P.



Happy Valentine's Day!

Celebrating **BLACK** HISTORY MONTH IN FEBRUARY

February is Black History Month, a time to recognize and appreciate the hard work, discoveries, and accomplishments made by Black Americans. Celebrate by growing your knowledge and understanding of Black History with TMWC and the local area.

EVERY TUESDAY @ 11:00 AM & 1:30 PM:

Members will use the computer lab to research and learn about black icons who have inspired them. They will then go back to the art studio to work with ink transfer and multi-media collage to create a piece of art. See Neil or Todd for details.

WEDNESDAY, FEBRUARY 1 @ 2:00 PM:

SafeZone: LGBTQ+ & Allies support group will discuss 'Black Heroes of the LGBTQ+ Community.'

FRIDAY, FEBRUARY 24 @ 11:00 AM:

This month's Friday Forum guest presenters are from the Mental Health & Recovery Services Board of Lucas County. Betina Layson, Manager of Diversity, Equity, Inclusion, & Belonging, and Michael Carter, Director of Community Engagement & Equity will discuss how building an aware and inclusive mental health system will improve access and quality of care.



Betina Layson



Michael Carter

DID YOU KNOW?

The Toledo Lucas County Public Library's Digital Collection has two scrapbooks, over 600 pages, of newspaper clippings from the early 1900s. Articles saved from 1923-2017, were clipped from the Toledo Blade, Toledo Journal, Sojourner's Truth, and more. These books give a detailed look into the history of Toledo throughout the civil rights movement.

Check them out this month to learn more.



american heart MONTH *February*

WHAT CAN BE DONE TO IMPROVE HEART HEALTH?

- ▶ Recognize the signs of heart disease and mental health symptoms.
- ▶ Talk to health care professionals about conditions, risk factors, and treatment options.
- ▶ Know your family history. Genetic factors also play a role in risk for heart disease.
- ▶ Maintain a healthy lifestyle.

(Information from the American Heart Association, www.heart.org.)

Hypertension (or high blood pressure) is a leading risk factor for heart disease and stroke. Some mental health issues may also increase risk factors for cardiovascular disease. People struggling with anxiety, depression, chronic stress, and PTSD may experience effects on the body that cause the heart to weaken over time.

Behaviors such as drinking, smoking, failure to take prescribed medication, or leading an inactive lifestyle may also increase the risk of a serious heart issue. Specific populations, such as racial minorities, women, and veterans show higher rates of heart disease due to pre-existing mental health disorders.

MEMBERS AND STAFF ARE ENCOURAGED TO WEAR RED TO TMWC ON FEBRUARY 14 IN HONOR OF HEART HEALTH.

mental health recovery TOGETHER



Friday Forum guest presenters, Anita from Neighborhood Properties (left) and Amy from The University of Toledo Human Trafficking and Social Justice Institute (above), and Aaron from Zepf Center Smoking Cessation (right).



Gwen and Pam work on their balance skills with Fitness Coordinator, Lindsay.



Members use polymer clay, glue, diamonds, glitter, and more to create their very own mythical monsters!



Member, Stephanie in front of the Anthony Wayne/High Level Bridge on an outing to Middlegrounds Metropark.

NEW FACES



MEET SAMANTHA!

Samantha joined TMWC as a member in June 2022 before becoming a full-time Peer Supporter. She has an Associate's Degree in Social Work from Owens Community College, and has also worked in childcare, as a Recovery Support Specialist for Recovery Centers of America, and a Mental Health Technician for Rescue Mental Health & Addiction Services. Samantha's favorite part of peer support is the variety in her days and a chance to connect with new people.



THOMAS M. WERNERT CENTER
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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.

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THANK YOU FOR YOUR SUPPORT

Funders and sponsors are a key part of the powerful community support behind the Thomas M. Wernert Centers. Our sponsors make it possible for TMWC to publish our newsletter, power our website, run our programs and services, and add small touches that help our members feel welcome and special.

Your support provides needed funding so we can provide the peer support services on which our members have come to rely.

Thank you!

