



PEER *connections*

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Update on TMWC Programming

According to the CDC, Lucas County is now experiencing high levels of coronavirus transmission. Due to this recent surge in cases and hospital patients, and the continued spread of the delta variant, TMWC will continue to operate by appointment only through September and October.



In addition, we now mandate indoor mask requirements for all occupants throughout the building — whether vaccinated or not — consistent with CDC guidelines. This will also be in effect for any classes taking place in person (unless on exercise equipment) and when using TMWC vehicles. Thank you for your anticipated compliance and cooperation. Please, if you are not feeling well, we encourage you stay home.

Open Arts & Crafts

The Art Studio continues to remain open to five members at a time to work on art projects. Hours are Monday through Wednesday from 10:00 a.m. to 11:30 a.m. and from 1:30 p.m. to 3:00 p.m.

Craft classes are scheduled on Thursdays and Fridays from 10:00 a.m. to 11:30 p.m. and from 1:30 p.m. to 3:00 p.m. Each session is limited to five members.

September 2: Embroidered Canvas Art

September 9 or 10: Stress Balls & Mindfulness Bottles

September 16 or 17: Paper Sunflowers

September 23 or 24: Wire Trees

September 30 or Oct. 1: Fall-inspired Cricut Craft



Art Opportunities Expand at TMWC



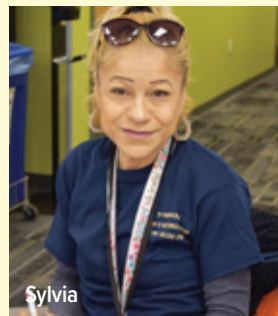
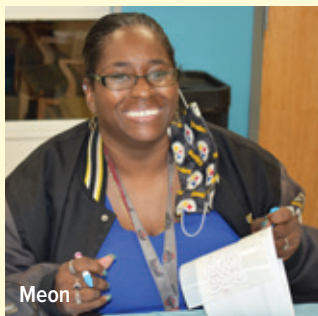
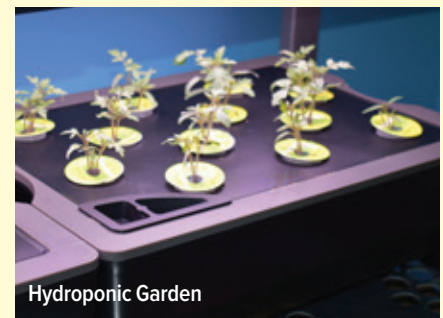
TMWC is expanding and enhancing its current arts program to include all five disciplines of the arts: visual, dance/movement, music, drama/theater, writing/poetry, and other creative processes. Expressive Arts programs and activities are open to all members, regardless of a person's artistic abilities.

Our goal in adding these different areas to our current visual arts program is to allow more of our members to access their creativity and imaginations as they grow in self-awareness and self-confidence. Plans are underway to include a variety of opportunities to engage members in expressive arts activities that help to promote recovery and self-sufficiency.

We will continue with arts outings and events. TMWC is excited about the opportunities this change in programming will bring to our members. Watch for your October calendar for program announcements.

What's Happening at TMWC

Pictured are some of the faces and activities from TMWC during the last few months. Members worked on art projects, fitness and in the TMWC Garden. Although we have not opened the Club Room to full-time activities, a few of our members have taken time between scheduled meetings and activities to visit with friends or enjoy the garden. Staff gathered for a Diversity, Equity, and Inclusion retreat in June and were welcomed by Board of Trustee President Lisa Urrutia.



MEET DONNA



Troy



TMWC Garden



Constance



Most of you will know Donna from the great meals she served as Kitchen Food Services Manager at Thomas M. Wernert Center (TMWC). What you may not know is that Donna has recently moved to a full-time Peer Support position with TMWC.

“Along with working in food services, I also served as a peer supporter two days a week, but now that I am full-time, I feel I can be more effective working directly with our members to assist them in their recovery,” says Donna. “TMWC fills an important need in the community by providing those with a mental health diagnosis a safe place to socialize and

participate in activities and educational opportunities that assist with their growth and recovery journey,” she adds.

Donna obtained a BA in art from the University of Evansville in Evansville, Indiana and is an Ohio Certified Peer Recovery Supporter for Mental Health. “I have held many different types of jobs, providing me with valuable skills in a number of areas,” says Donna.

“I really like working in an environment where I can continue to learn.”

What Donna enjoys most about her job are her co-workers and the members at TMWC.

“I work with people who are passionate about their work on behalf of our members. I am especially appreciative of the TMWC members who are committed to their recovery. Their strength and perseverance are what motivate me and keep me learning and growing,” she adds.

When Donna is not working, she likes to do sculpture, garden, read, and hang out with her friends. She is appreciative of her parents for the values they have taught her and for her friends for their loyalty and compassion.

It might surprise people to know that Donna has flown in a hot-air balloon and would like to skydive. “I have travelled to many states and Canada with my family while growing up, been to Europe in high school with the choir, went to my sophomore year of college in England, and been to Japan.



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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MISSION

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

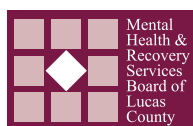
VISION

To be the most innovative peer-driven mental health recovery and support center.

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New Awareness Campaign for TMWC



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Peer-support can offer a lifeline to those in mental health recovery – but only if you know we are here to help. “TMWC wants the community to know we believe in recovery,” says Patti Robb, Interim Executive Director of the Thomas M. Wernert Center. “We are launching an awareness campaign to those who need help in their recovery journey know we are here for them,” she adds. With support from the Lucas County Mental Health Board and the David and Lura Lovell Foundation fund of the Greater Toledo Community Foundation, TMWC will be building community awareness through billboards, print ads, digital advertising, and other forms of communication. “We are excited to promote that TMWC is here to provide hope, encouragement, and support to those individuals who need us – we’re in this together,” adds Patti.

SAVE THE DATE
HALLOWEEN@HENSVILLE
SATURDAY, OCTOBER 23, 2021



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