



# PEER connections

A PUBLICATION OF THOMAS M. WERNERT CENTER | AUGUST 2022

## GROWING STRONGER EVERYDAY

### Beverly's Shining Strength

Even before you see her, you can hear Beverly's beautiful voice coming down the hall at the Thomas M. Wernert Center. When you do see Beverly, she is usually wearing a smile that shines bright. "I have a lot to smile about," she says, "We all do if we stop to really think about it."

**"I have a lot to smile about.  
We all do if we stop  
to really think about it."**

That's great advice coming from someone who was unsure if she would ever walk again after suffering from a severe stroke in August 2019. Since then, she works with a supportive care team to help rebuild cognitive and physical abilities. Today, she continues to astonish those around her with physical and mental improvements.

No stranger to overcoming hardship, Beverly experienced patterns of abuse and abandonment at a young age. In order to escape reality and the anger she held on to, she developed some self-destructive habits that continued into adulthood.

In the months following the stroke, relying on others for daily needs left her feeling more hopeless than ever. "I had to relearn the basics," Beverly says. The recovery path after her stroke involved physical, occupational, and speech therapy.

Based on the recommendation of her counselor, Beverly joined TMWC. She credits some of her recent progresses to her time spent at TMWC. She enjoys contributing to support groups, and is in the process of completing her second PEP class. "Talking with others, and continuing counseling helps me keep control of my anger," Beverly says.



Beverly spends many hours in the Eigensee Family Fitness Room working with Fitness Coordinator, Lindsay. "Beverly has found great success working with the SMARTfit machine," Lindsay says. The programs on the SMARTfit work brain and body at the same time, building pathways stronger, and helping to improve attention, memory, language, processing speed, executive function all while working on strength, balance, and coordination.

*Continues on the inside*

## 2022 OHIO RECOVERY CELEBRATION



On June 28, hundreds of Ohioans in recovery joined the Ohio Association of County Behavioral Health Authorities, in partnership with the Ohio Department of Mental Health, Addiction Services, Alcohol, Drug Addiction, and Mental Health Boards from throughout Ohio, and Peg's Foundation, in downtown Columbus for Ohio's 2022 Recovery Celebration: Growing Stronger Together.

Thomas M. Wernert Center members, Evamae LaVoy and Susan Billmaier, celebrated their recovery together at the event. While there, they had the opportunity to listen to empowering speakers, engage in activities, and watch live entertainment.

Ohio PRO, Ohio Citizen Advocates for Addiction Recovery, NAMI Ohio, and the Ohio Suicide Prevention Foundation also participated in the event, providing resources for individuals and family members in attendance.

***Evamae and Susan, Thank you for being wonderful representatives of TMWC and recovery wherever you are!***

## BOARD OF TRUSTEES

# TMWC Voting Member Named to Board of Trustees

Thomas M. Wernert Center is pleased to announce the election of Lucy Dias to its Board of Trustees, effective July 1, 2022. Lucy has been a member of TMWC for nearly five years, is a talented artist, enjoys gardening, and spending her free time with her family and fur babies.

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 – Mercy Health, Mercy Health St. Anne Hospital, Toledo PET Bull Project, New Order Human Rights Organization, Farm Labor Organizing Committee (FLOC), and others.

Lucy was elected to the board to replace a Voting Member Elected Trustee who resigned earlier this year. Lucy's term will go through November 2024.



**WELCOME, LUCY!**

**We are looking forward to your leadership and advocacy on behalf of TMWC members.**

## Nominations for TMWC Voting Member Elected Trustee Scheduled

The TMWC Board of Trustees is made up of an equal number of TMWC members and community members. TMWC is looking for trustees who have the passion and knowledge to fulfill our mission. Board meetings are used to discuss matters that affect the operations of TMWC and its members. It is important that board members have the time and energy to be an active and effective Trustee.

A Voting Member Elected Trustee position will be open on the TMWC Board of Trustees in November. Eligible members are invited to apply for this position. Those interested must complete a board application no later than two weeks prior to the nominations – September 9, 2022. Nominations scheduled for Friday, September 23, 2022 at noon. Board applications can be obtained from the front desk.

## INTERESTED IN BEING A BOARD TRUSTEE?

**To qualify as a nominee for the Elected Voting Member position, you must:**

- ▶ Have completed TMWC Leadership and Peer Support courses. Prior board, committee, or work experience may be substituted for these courses. The Nominating Committee will determine if the work experience and leadership skills are sufficient by way of resume or interview process.
- ▶ Attend at least one TMWC Board meeting to observe how the Board operates before being interviewed in person by the Nominating Committee.
- ▶ Participate in an interview with the Nominating Committee to discuss your leadership and recovery skills and your reasons for wanting to serve on the TMWC Board of Trustees. This interview will be scheduled prior to the Voting Member election held at the TMWC Annual Meeting, scheduled for Friday, November 18, 2022 at the noon Supper Club.
- ▶ Candidates must be in good standing with TMWC and are successfully managing their recovery.

### Information about the TMWC Board of Trustees:

- ▶ Board meetings are held the fourth Tuesday of each month at 4:30 p.m. at TMWC, unless otherwise announced. Regular attendance at board meetings is required.
- ▶ Trustees are required to be on a minimum of two committees. Committees meet monthly and are held either in person or virtually.
- ▶ This position is a minimum two year commitment.



# PEER SUPPORT IN ACTION



Lucy and Linda ready for BINGO!



Celebrating Women's Peer support together. Mariah & Stephanie on the left and Kim & Meon on the right.



Thank you to all who attended TMWC's 2nd Annual Parking Lot Party!



Unfiltered Improv performs for a special Saturday brunch at TMWC.



CONTINUES FROM COVER

## BEVERLY'S SHINING STRENGTH

"Whoever created that [SMARTfit], I could just kiss 'em!" Beverly exclaims.

In the past two months, Beverly has experienced increased peripheral vision, a regain of muscle strength, and improved short-term memory. She continues to make strides improving her mental health, and focus on all she has to smile about.

"Faith has gotten me through a lot," she says. "It's the reason I'm here today." The unconditional love of her two daughters and guidance of her ministry's spiritual leader, family and friends are all other reasons her smile is so bright.




**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

Non Profit Org.  
U.S. Postage  
PAID  
Toledo, OH  
Permit No. 175

**RETURN SERVICE REQUESTED**

 Our social with TMWC on  
Facebook, Instagram and Twitter

**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.

**VISION**

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

**BOARD OF TRUSTEES**

Deborah Riley-Jackson – President  
Fair Housing Center

Amanda Denniss – Vice President

George Monger, CPA – Treasurer  
William Vaughan Company

Evamae LaVoy – Secretary  
Community Volunteer

Lisa Urrutia – Former President  
Oswald Companies

Jesse Baum – Glass City Academy

Taylor Burns – ABLE  
(Advocates for Basic Legal Equality)

Timothy Cummins – US Coast Guard Marine Safety  
Office Toledo

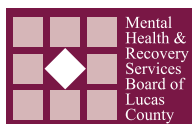
Warren Frary – Community Volunteer

Georgia Humbarger – Community Volunteer

Theresa Nelson – Community Volunteer

Patricia J. Robb – Executive Director

**SUPPORTED BY:**



# FUNDING EXTENDS RECOVERY TOGETHER CAMPAIGN



A \$27,000 grant from the David C. and Lura M. Lovell Foundation Fund will enhance



the ability of the Thomas M. Wernert Center (TMWC) to continue to provide peer-led services that help individuals living with mental illness manage their recovery, combat loneliness, build self-confidence, and reduce stigma. Funding from the grant will be used in the center’s RecoveryTogether Campaign, designed to offer and promote innovative programs and activities for members. Funds will be also be used for staff education and training, program resources, and program and membership promotion. “The more members who participate in programming at TMWC, the less isolated and lonely they become, and the better they can manage their mental health recovery,” says Patricia Robb, TMWC Executive Director. “The Lovell Foundation grant is critical to providing the array of resources our members count on.”

The Lovell Fund, administered by the Greater Toledo Community Foundation, envisions communities where mental health care is both barrier- and stigma-free as part of a broader approach to Integrative Health and Wellness. The Lovell Fund prioritizes programs that aim to reduce the stigma around living with and seeking services for a mental health issue.