



PEER connections

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TMWC BOARD OF TRUSTEES

Welcome New Board Leaders! New Board Leadership Named for Thomas M. Wernert Center

The Thomas M. Wernert Center is pleased to announce the election of Deborah Riley-Jackson as president of its Board of Trustees, effective June 1, 2022.



Deborah Riley-Jackson, President,
Board of Trustees

Riley-Jackson replaces Lisa Urrutia who has served as board president since January 2021 and has been a board member since 2015. She will remain on the board as past president through the end of her term in December 2022.

The Wernert Center is a peer-support mental health agency that provides

advocacy, education, and resources to adults in Lucas County who live with severe and persistent mental illness. The non-clinical agency provides members with activities that range from informal socialization to support groups, outings, and classes that teach daily living skills, communication, decision-making, wellness, and other topics.

“I am happy to be a part of the Wernert Center,” says Riley-Jackson. “We have a strong group of leaders serving on the board who are committed to the mission, and we have a terrific staff who are dedicated to bringing hope to members through the mutual sharing of lived experience,” she adds.



Lisa Urrutia, Past President,
Board of Trustees

Riley-Jackson is currently employed as a housing specialist with the Fair Housing Center of Toledo where she focuses on research and



Amanda Dennis, Vice-President,
Board of Trustees

investigation of allegations of housing discrimination. She also serves as a trustee on the pension board for the Toledo Council of Newspaper Unions. Formerly with The Blade, Riley-Jackson has more than 20 years of leadership experience with the Guild Newspaper Union. Joining Riley-Jackson as vice-president of the board of trustees is Amanda Dennis, a long-time member of TMWC. Dennis was elected to the board by her peers and has served three consecutive two-year terms. She has been a dedicated volunteer at many of the Wernert Center member events and activities.

“Amanda’s passion for TMWC and its mission has been exemplary,” says Riley-Jackson. “I’m excited to work with her and the rest of the board to enhance the remarkable job TMWC is already doing in our community,” says Riley-Jackson. “We are excited to get started.”

The Wernert Center is overseen by a volunteer board that is comprised of TMWC members and community members. Officers of the Board of Trustees also include George Monger as treasurer and Evamae LaVoy as secretary.

TMWC is funded by the Mental Health & Recovery Services Board of Lucas County.

Please look out for information about future board elections through TMWC newsletter, website, and social media sites.

GROWING STRONGER TOGETHER

Thomas M. Wernert Center is excited to welcome back Yogaja Yoga for a class on July 12 at 2:00 p.m.



TMWC's first collaboration with Yogaja in April was a wonderful display of community and strength. Yogaja teachers, Lisa and Margaret gave peers a brief history of yoga and its origins.



"Yoga is more than just physical poses, yoga is the science of being...and we do it daily," said Lisa before leading a 1-hour guided practice for beginners, to be done either sitting in a chair or using a mat on the floor.

This month's yoga practice will take place on mats only. (Keep an eye out for a chair yoga session scheduled later in the year.)

In addition, Strength Train Together, a new exercise class series guided by Fitness Coordinator, Lindsay starts this month.

These 1-hour classes will teach the basics of movement: from stretching to circuit training. These lessons can be taken at YOUR own pace, despite being in a group setting.

Check the July calendar for dates, and RSVP with Lindsay if you are interested.

ANNUAL AFRICAN AMERICAN LEADERSHIP FORUM



Motherhood and Mental Health in Our Minority Communities

NAMI Toledo is holding its 9th Annual African American Leadership Forum "Motherhood & Mental Health in Our Minority Communities."

This year's event will be held:
Friday, July 22 | 9:00 a.m. to 2:00 p.m.
McMaster Center of the Toledo Lucas County Public Library

There will be speakers, a panel discussion, testimonials, and more.

Doors open at 8:30 a.m. Lunch is provided at no cost to attendees, as well as free parking in the library parking garage.

This event is open and free to the public.

You must register in advance through Eventbrite at:

www.namiaalic2022forum.eventbrite.com

Contact Sonya Quinn at NAMI Toledo with any questions:

Call 419-243-1119 Ext. 103

Email quinn@namitoledo.org





PEER SUPPORT SUMMER



Toledo Metroparks are the perfect place for a brisk walk and picnic on a summer day!



TMWC gets a lesson in Merengue dancing!



Kevin smiles for the camera during a TMWC picnic.



Members take a ride on the Sandpiper Ferry boat in Downtown Toledo.



Dion poses with his beautiful chalk creation.








THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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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:



mental health recovery together

JOIN THE THOMAS M. WERNERT CENTER TODAY!

If you, or someone you know, is interested in becoming a member of the Thomas M. Wernert Center (TMWC), please contact Stacey at 419-242-3000, ext. 105 for more information. Please note that the TMWC is not a clinical agency. Peer support relationships are different from clinical relationships in that they are based on mutual sharing of lived experience with mental illness.

Individuals can become an active member who participates in the many programs, services, and activities we offer if they meet the following criteria:

- You must be 18 years of age or older.
- You must live in Lucas County, Ohio.
- You must have a diagnosed mental illness and are receiving mental health services.
- Be ready to begin or expand your mental health recovery.