



PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | JUNE 2021

Participate and Win! Basket Raffle Returns

Back by popular demand is the opportunity for members to win numerous 'themed' baskets. Plan to participate in virtual activities, programs, classes, or wellness calls throughout the month of June and receive a ticket to win a basket of your choice. You will receive one ticket for every time you participate. Baskets will include bath and shower items, cooking accessories, bathroom basics, art supplies, books and reading materials, food and beverage items, grooming products for both men and women, and much more.

One basket per winner. Watch our Facebook and Instagram pages for more information, or call 419-242-3000.

Spring into Summer



**REOPENING
PARKING LOT
PARTY!**



**FRIDAY,
JULY 2**

**11 A.M.
TO 2 P.M.**

GAMES, FOOD, LIVE MUSIC, AND MORE!

RSVP Your Attendance to 419-242-3000. Please leave a message.

The Thomas M. Wernert Center invites you to join us in celebrating our reopening. We're hosting a **Parking Lot Party** on Friday, July 2. Our official reopening for activities and support programs is **Tuesday, July 6, by appointment only.**

Please note that all dates are subject to change.

We will continue to monitor COVID-19 in Lucas County and the State of Ohio.

Thomas M. Wernert Center Reopens

We care about our members and can't wait to see you return to TMWC starting Tuesday, July 6. Please remember to schedule an appointment – and please stay home if you are sick or not feeling well.

- Hours of Operation: 9:00 a.m. to 4:00 p.m., Monday through Friday, by appointment only.
- TMWC Transportation will be available.
- Bags, backpacks, drinks and food are not allowed in the building.
- If you are using cab service, please plan your round trip when scheduling.
- Beginning Thursday, July 1, appointments can be made by calling 419-242-3000. Please visit www.wernertcenter.org for the July calendar.

Fitness Room – Lindsay,
ext. 110

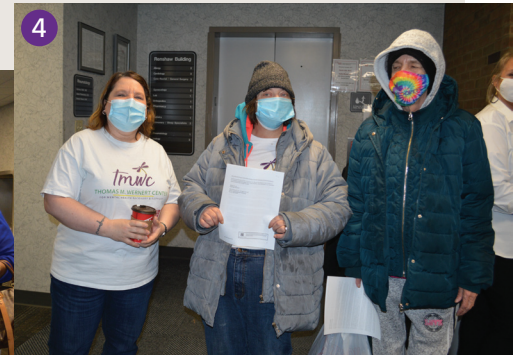
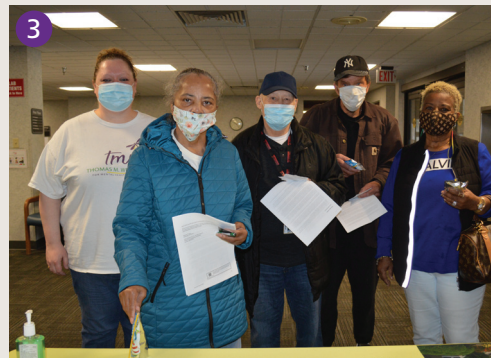
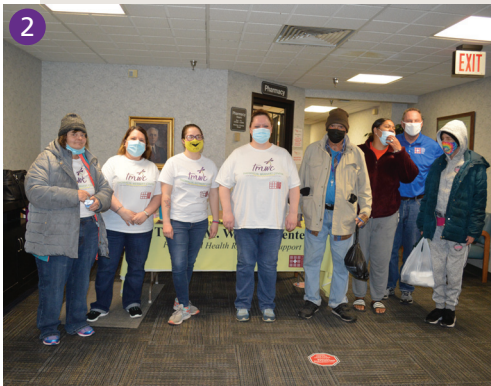
Computer Lab – Todd,
ext. 114

Gardening Club – Donna,
ext. 106

Activities – Mikaela's cell:
419-764-5364

Vaccine Days

In April, TMWC was invited to partner with the Mental Health & Recovery Services Board (MHRSB), The Toledo Clinic, Toledo Lucas County Health Department, and the V Project in a closed vaccination pod that targeted individuals living with mental health and substance use disorder. TMWC made wellness calls to members inviting them to participate, along with others from the mental health community. Staff from TMWC were available throughout the vaccine days, providing support for those getting the vaccine. Incentives were provided to those getting the vaccine, including a \$10 gift card and a #vaccinated t-shirt. "The pod is a great example of how public government, private business and non-profit organizations can partner to improve health outcomes for vulnerable populations," said Scott Sylak, Executive Director of the MHRSB.



1. Transportation Coordinator Marlon and ACF operator Amanda drove members too and from the vaccination site.
2. Residents of Priscilla's Adult Home are pictured with Amy, Sarah, and Lisa from TMWC and Scott, executive director of MHRSB (back right).
3. Membership Services Director Lisa is pictured with vaccine recipients and ACF operator.
4. Amy, Wellness & Enrichment Director with TMWC greets members Angie and Kathy.
5. Peer Supporter Kathleen and her partner, Dale.
6. Member Shirley (left) visits with Amy, Wellness & Enrichment Director and Sarah, PEP Specialist with TMWC.
7. Channel WTOL 11 interviews Scott from the MHRSB.
8. Members Jessica (left) and Christian following their vaccination.

Employee Spotlight: Meet Katie

Katie is the Peer Enrichment Program (PEP) Coordinator for the Thomas M. Wernert Center. In that capacity, she facilitates classes and support meetings, developing topics and leading discussions that are meaningful and helpful to members' recovery and personal growth.

"I really love being in a group setting with our members – either in a class or a support situation. Nothing is more exciting than witnessing someone have a 'light-bulb' moment," says Katie. "It's not really that I'm teaching, but rather I am bringing out the knowledge that's already there."

Katie has worked at TMWC for 21 years and has lived experience with depression. She has raised two children and over the years has attended both Bowling Green State University and the University of Toledo. She has found that she can take what she has learned in college and put it to use in her work at TMWC.

In particular, Katie is proud of the recovery community that TMWC has built and likes being a part of change and growth within the Lucas County mental health community. "Having a physical space where persons living with mental illness can spend time, find peer support, and participate in programs and activities created to help with their personal recovery, is not common in most communities," she adds.

She finds TMWC members to be both talented and smart. "It is amazing how so many have survived their illness and are willing to keep moving forward in their recovery," Katie says. "They give me hope that we can build a better world for our children." Katie is inspired by her co-workers who she says really care about our members and each other.

When not working, Katie likes to be creative in the kitchen by "cooking up healthy stuff that I got off of my Pinterest page."



She likes to read classic novels, dabble in jewelry design, crafting, creative writing, photography and of course spending time with her granddaughter, Zelda.

Something you may not know about Katie is that she has driven to Cleveland in 50 minutes in her best friend's Pontiac GTO!

Keep putting your foot on the pedal, Katie! We are so appreciative of all you do for TMWC.

Farewell

Art Coordinator Kimberlie has resigned her position with TMWC in order to pursue a Ph.D. in Arts Education. Kimberlie joined the staff of TMWC in 2018 and was challenged to create a comprehensive arts program in the newly designated Frank W. Lynch and Roberta Jane Lynch, MSW Art Studio. "It has been great working with members in the Art Studio," says Kimberlie. "I will miss the creativity and comradery of the artists who have taken classes or participated in open studios or NAMI workshops. Keep making great art!" she says.

Best of luck, Kimberlie. Thank you for sharing your creativity and inspiration with us.



Join the Thomas M. Wernert Center

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.



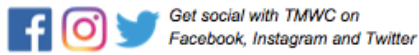
THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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

www.wernertcenter.org
info@wernertcenter.org

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RETURN SERVICE REQUESTED



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.

BOARD OF TRUSTEES

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- Georgia Humbarger – Community Volunteer
- Tammy Hochradel – Community Volunteer
- Theresa Nelson – Community Volunteer
- Patricia J. Robb – Interim Executive Director

SUPPORTED BY:



Vaccinated? Get a Gift Card and T-shirt

If you are vaccinated, show us your card and receive a \$10 gift card to either Walmart or Kroger, along with a '#vaccinated' t-shirt – while supplies last. Gift Cards and t-shirts are provided courtesy of our partners Mental Health & Recovery Services Board, Toledo Lucas County Health Department, V Project, and The Toledo Clinic.



June PEP Focuses on Current Events

Malcolm Forbes once said that “diversity is the art of thinking independently together.” Some days, it seems as if all we ever hear about is tragedy as our world has been shaken between a pandemic, racial injustice, politics, economic loss, and lack of awareness regarding cultural differences. Have you ever watched the news and felt hopeless and helpless as you see the day to day events happening in our local community, country, and world?

For our PEP Support Groups this month we are going to look at topics such as diversity, race, culture, bias, evaluating what you hear on the news, and how we can educate and take care of ourselves amidst a disconcerting time in our history. Being aware of current events allows us to be active participants in making our world a better place to live.

Join us on Mondays at 10:30 a.m. and Tuesdays at 1:00 p.m.