



# PEER connections

JANUARY 2025

A PUBLICATION OF THOMAS M. WERNERT CENTER

## January Calendar

JANUARY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PLEASE CONTACT TMWC STAFF FOR RSVPs</b></p> <p><b>ACTIVITIES:</b> Maddie.... 419-764-5364</p> <p><b>EXPRESSIVE ARTS:</b> Alyssa..... 419-242-3000 ext. 109</p> <p><b>FITNESS:</b> Lindsay.... 419-242-3000 ext. 110</p> <p><b>COMPUTER LAB:</b> Rodney.... 419-242-3000 ext. 114</p>		<p><b>HAPPY NEW YEAR!</b></p> <p><b>TMWC CLOSED</b></p>	<p>10:00 AM <b>Circuit Training</b> 2</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM Letting Go Crafts</p> <p>1:00 PM SA</p>	<p>10:00 AM <b>SafeZone:</b> 3 LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p> <p>1:15 PM <b>Gaming for Mental Health</b></p>
<p>11:00 AM Uplifting Women 6</p> <p>12:00 PM Men's 360</p>	<p>10:00 AM <b>Computer Basics</b> 7</p> <p>10:45 AM Mental Health Literacy (1)</p> <p>11:00 AM Living Well</p> <p>12:00 PM <b>BINGO</b></p> <p>1:00 PM Feelings First</p>	<p><b>ALL DAY: ACTIVITY SIGN UPS</b> 8</p> <p>9:15 AM <b>Gardening Club</b></p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (1)</p> <p>1:00 PM <b>Computer Basics</b></p>	<p>10:00 AM <b>Circuit Training</b> 9</p> <p>10:30 AM Great Lakes Museum*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (1)</p> <p>1:00 PM DBSA</p>	<p>10:00 AM <b>SafeZone:</b> 10 LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women 13</p> <p>11:00 AM Men's 360</p> <p>1:00 PM Jeopardy Games</p>	<p>10:00 AM <b>Computer Basics</b> 14</p> <p>10:45 AM Mental Health Literacy (2)</p> <p>11:00 AM Living Well</p> <p>11:00 AM <b>KARAOKE</b></p> <p>1:00 PM Feelings First</p>	<p>9:15 AM <b>Gardening Club</b> 15</p> <p>10:30 AM Sofia Quintero Art and Cultural Center*</p> <p>11:00 AM DRA (GUEST SPEAKER)</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM WRAP (2)</p> <p>1:00 PM <b>Computer Basics</b></p> <p>1:30 PM Knitting Circle</p>	<p>10:00 AM <b>Circuit Training</b> 16</p> <p>11:00 AM Diabetes Support</p> <p>11:00 AM Circle of Control</p> <p>12:30 PM Exploring Emotions (2)</p> <p>1:00 PM SA</p>	<p>10:00 AM <b>SafeZone:</b> 17 LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p> <p>1:15 PM <b>Gaming for Mental Health</b></p>
<p><b>MLK DAY</b></p> <p><b>TMWC CLOSED</b></p> <p>20</p>	<p>10:00 AM <b>Computer Basics</b> 21</p> <p>10:45 AM Mental Health Literacy (3)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Coping Skills Fortune Tellers</p>	<p>9:15 AM <b>Gardening Club</b> 22</p> <p>11:00 AM DRA</p> <p>12:30 PM WRAP (3)</p> <p>1:00 PM <b>Computer Basics</b></p> <p>1:30 PM Journal Club</p>	<p><b>OPEN AT 10:00 A.M.</b> 23</p> <p><b>ALL DAY: HOPE PANTRY PICKUP</b></p> <p>10:00 AM <b>Circuit Training</b></p> <p>10:45 AM Coffee Connections*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (3)</p> <p>1:00 PM DBSA</p>	<p>10:00 AM <b>SafeZone:</b> 24 LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p> <p>11:00 AM Cybersecurity Forum</p> <p>12:45 PM Stress Busters</p>
<p>11:00 AM Uplifting Women 27</p> <p>11:00 AM Gratitude Garlands</p> <p>12:00 PM Men's 360*</p>	<p>10:00 AM <b>Computer Basics</b> 28</p> <p>10:45 AM Mental Health Literacy (4)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM <b>Wooden Snowflakes</b></p> <p>4:30 PM <b>TMWC Board Meeting</b></p>	<p>9:15 AM <b>Gardening Club</b> 29</p> <p>11:00 AM DRA* (Outing)</p> <p>11:00 AM Knitting Circle</p> <p>11:00 AM Empowering Change</p> <p>12:30 PM WRAP (4)</p> <p>1:00 PM <b>Computer Basics</b></p> <p>1:30 PM Creative Expressions*</p>	<p>10:00 AM <b>Circuit Training</b> 30</p> <p>10:45 AM Bowling*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Exploring Emotions (4)</p> <p>1:00 PM SA</p>	<p>10:00 AM <b>SafeZone:</b> 31 LGBTQ+ &amp; Allies</p> <p>11:00 AM DRA</p>

**Mingle All the Way**



The TMWC Board of Trustees and staff joined together for an evening of friendship and cheer to celebrate the holidays. Hosted at Cork and Knife Provisions, staff and board members took the time out of their busy holiday schedules to mix and mingle, bolstering relationships between board and staff.

## **Executive Director Update**



The Board of Trustees of the Thomas M. Wernert Center (TMWC) has appointed Stacey Stubblefield as its new Executive Director, effective Monday, January 6, 2025. Stacey will be taking over for Patricia J. Robb who will remain involved with TMWC as a



## **Mental Health Awareness Night @ Toledo Walleye**

January is Mental Wellness Month, and Toledo is celebrating by hosting Mental Health Awareness Night at the Toledo Walleye game on January 31, 2025.

consultant throughout 2025, advising on grants, strategies, and procedures.

Stacey started at TMWC in 2000, serving in a number of positions throughout her tenure, including serving as associate director. She was then named to her most recent position of Advocacy and Outreach Director.

“Community connections will be pivotal to my leadership initiative,” says Stacey. “Hope is ongoing. Accepting others is key to recovery. Our doors are open for the future.”

Congratulations Stacey!

There will be a giveaway of free green beanies at the game, as well as booths full of mental health resources from around the area.

Hosted by the Mental Health and Recovery Services Board of Lucas County, this event will assist those in need of mental health resources in their search for their preferred method of care.

TMWC will have a booth at the event, so feel free to stop by and hang out or even talk to some community members about why you like coming to TMWC.

## Important Reminders!

### Closings

TMWC will be closed on the following days:

- Tuesday, December 31, 2024 (New Year's Eve)
- Wednesday, January 1, 2025 (New Year's Day)
- Monday, January 20, 2025 (MLK Jr. Day)



### Bad Weather

When Lucas County issues snow emergencies, TMWC uses the following guidelines to determine if it is safe to provide transportation and open the center:

**Level 1 Snow Emergency:** Transportation will operate

**Level 2 Snow Emergency:** Transportation will **NOT** operate; however TMWC is open

**Level 3 Snow Emergency:** TMWC will close immediately

Please check local television stations for updates on the weather and to listen for TMWC closing announcements.

### Transportation

Please remember if you need transportation to TMWC, you must call and make a reservation 48 hours (two days) in advance.

Call 419-242-3000, ext. 101 and leave a message. We will return your call promptly.

# What's Happening at TMWC



## Support Groups

**FEELINGS FIRST:** The Mind-Body Impact of Anger on Tuesday, January 14, 2025

**UPLIFTING WOMEN:** Bullet Journaling on Monday, January 6, 2025 (RSVP)

**STRESSBUSTERS:** Setting Proactive Goals on Friday, January 10, 2025

**SAFEZONE:** Self Care in Difficult Times on Friday, January 24, 2025

**MEN'S 360:** New Year's Resolutions on Monday, January 6, 2025

## Activities and Programs

**Letting Go Craft Session (January 2 @ 11:00 a.m.):** Write down all your worries on a plate and SMASH IT! Let go of all the bad stuff and get the chance to break a plate.

**Sofia Quintero Art and Cultural Center (January 18 @ 10:30 a.m.):** Sign up for an exclusive gallery viewing to bolster your interest, awareness, and education about Latino art, heritage, and culture.

**Coping Skills Fortune Tellers (January 21 @ 1:30 p.m.):** Fold some paper into a "fortune teller" or "cootie catcher" with different self care activities inside for those tough times.

**Coffee Connections (January 23 @ 10:45 a.m.):** Explore a local coffee shop for good food, java, and even better conversations. Sign up on January 8 with Maddie.

**Cybersecurity Forum (January 24 @ 11:00 a.m.):** Are you informed on scammers? Is your personal information private? Are you at risk of being hacked? Join this forum to answer these questions and be prepared online.

**Bowling Day (January 30 @ 10:45 a.m.):** Come bowl a strike with your peers at Jugs! Seasoned bowler or a first timer, sign up on January 8.

## Expressive Arts

Alyssa – 419-242-3000 ext. 109

January 7 @ 11:00 a.m. and 1:30 p.m.: Frosty Photo Frames

January 13 @ 11:00 a.m. and 1:30 p.m.: Winter Folk-Art Trees

January 16 @ 11:00 a.m. and 1:30 p.m.: Bean Beauty Mosaics

January 24 @ 11:00 a.m. and 1:30 p.m.: Personal Pendant Project

January 29 @ 1:30 p.m.: NAMI Creative Expressions

## Fitness

Lindsay – 419-242-3000 ext. 110

**Circuit Training (Thursdays @ 10:00 a.m.):** Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE. One winner will be drawn at the end of each month.

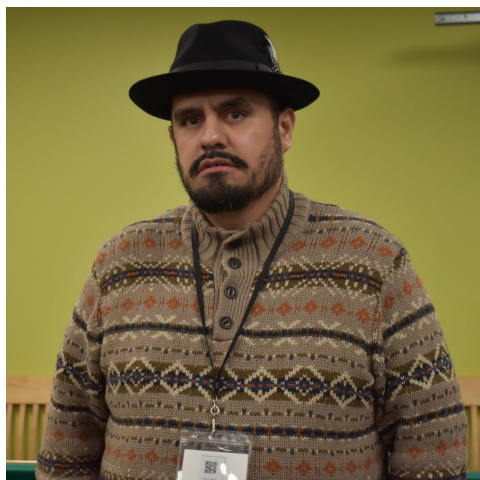
## Computer Lab

Rodney - 419-242-3000 ext. 114

**Computer Basics (Tuesdays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.):** A beginners guide to one of the most popular electronic devices in use today.

**3D Printing (During Computer Basics):** Create a 3D model of your favorite cartoon character, video game item, or even a design of your own. Contact Rodney for details and assistance.

## James' Story



If you have been to TMWC, you have no doubt been greeted by James. Serving as Operations Assistant the past four years, James is everywhere you look, helping keep TMWC clean and looking great. Members and staff can always count on James for a friendly word and a smile.

James was born in Portland, OR before moving to South Toledo while in middle school. James lives with Bipolar Disorder, Substance Abuse Disorder, and Schizophrenia. The loss of his mother in

2004 caused him much grief for him, leading James to getting sober in 2008. Since then, he attends countless AA meetings and sponsors others, is involved in his

church, and continues to invest in his personal recovery.

Before TMWC, James was a team lead in the housekeeping department at One Government Center in downtown Toledo. His favorite movie is *Scarface*, he loves lasagna and tacos, and his favorite team is the Denver Broncos. If he could travel anywhere in the world, it would be Puerto Rico. His advice to members and others working on their recovery is to "Keep on keepin' On."

*Thank you James, for all you do to keep TMWC a great place for members. We're proud to have you on our team.*

# RECOVERY together



Staff got Pied in the Face!



Out and About in December.



Everyone Sings on Karaoke Day!



Feelings First Pizza Party

# 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.

# BOARD OF TRUSTEES

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## THOMAS M. WERNERT CENTER

FOR MENTAL HEALTH RECOVERY & SUPPORT

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