





# PEER connections

NOVEMBER 2024

A PUBLICATION OF THOMAS M. WERNERT CENTER

## November Calendar

NOVEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>THOMAS M. WERNERT CENTER</b> <small>FOR MENTAL HEALTH RECOVERY &amp; SUPPORT</small>		<b>PLEASE CONTACT TMWC STAFF FOR RSVPs</b> <b>ACTIVITIES:</b> Maddie.... 419-764-5346 <b>EXPRESSIVE ARTS:</b> Alyssa..... 419-242-3000 ext. 109 <b>FITNESS:</b> Lindsay.... 419-242-3000 ext. 110 <b>COMPUTER LAB:</b> Rodney.... 419-242-3000 ext. 114		9:15 AM Gardening Club <b>1</b> 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM DRA 11:00 AM Thanksgiving Tree Kickoff (ALL MONTH)
11:00 AM Uplifting Women <b>4</b> 12:00 PM Men's 360 1:00 PM Caroling Choir 1:00 PM Personal Leadership (6)	10:00 AM Computer Basics <b>5</b> 10:30 AM WRAP (7) 11:00 AM Living Well 1:00 PM Feelings First	<b>ALL DAY: ACTIVITY SIGN UPS</b> 9:15 AM Gardening Club <b>6</b> 11:00 AM Empowering Change 11:00 AM DRA 1:00 PM Peer Basics <b>GRADUATION!</b> 1:00 PM Computer Basics 1:30 PM Creative Expressions	10:30 AM NEW-R (5) <b>7</b> 11:00 AM Diabetes Support 11:00 AM Nature Walk* 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies <b>8</b> 11:00 AM DRA 1:15 PM Gaming for Mental Health 12:45 PM Stress Busters
11:00 AM Uplifting Women <b>11</b> 12:00 PM Men's 360 1:00 PM Veteran's Day Cards 1:00 PM Personal Leadership (7)	10:00 AM Computer Basics <b>12</b> 10:30 AM WRAP (8) 11:00 AM Living Well 11:00 AM KARAOKE 1:00 PM Feelings First	9:15 AM Gardening Club <b>13</b> 10:00 AM Walleye Game* 11:00 AM DRA 1:00 PM Computer Basics 1:30 PM Knitting Circle	10:30 AM NEW-R (6) <b>14</b> 11:00 AM Diabetes Support 1:00 PM SA	10:00 AM SafeZone: LGBTQ+ & Allies <b>15</b> 11:00 AM Ombudsman Forum 11:00 AM DRA
11:00 AM Uplifting Women <b>18</b> 12:00 PM Men's 360 1:00 PM Caroling Choir 1:00 PM Personal Leadership (8)	10:00 AM Computer Basics <b>19</b> 11:00 AM WRAP (9) <b>GRADUATION!</b> 12:00 PM BINGO 1:00 PM Feelings First	9:15 AM Gardening Club <b>20</b> 10:45 AM Coffee Connections* 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM Computer Basics 1:30 PM Journal Club	10:30 AM NEW-R (7) <b>21</b> 11:00 AM Pictionary 11:00 AM Diabetes Support 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies <b>22</b> 11:00 AM ANNUAL MEETING 11:00 AM DRA 12:00 PM Thanksgiving Party 12:45 PM Stress Busters
11:00 AM Uplifting Women <b>25</b> 12:00 PM Men's 360 1:00 PM Personal Leadership (9) <b>GRADUATION!</b>	10:00 AM Computer Basics <b>26</b> 11:00 AM Living Well 11:00 AM Thanksgiving Crafts 1:00 PM Feelings First 4:30 PM TMWC Board Meeting	9:15 AM Gardening Club <b>27</b> 11:30 AM DRA Outing* 1:00 PM Gaming for Mental Health	<b>CLOSED FOR THANKSGIVING HOLIDAYS!</b> 	

## TMWC Annual Meeting

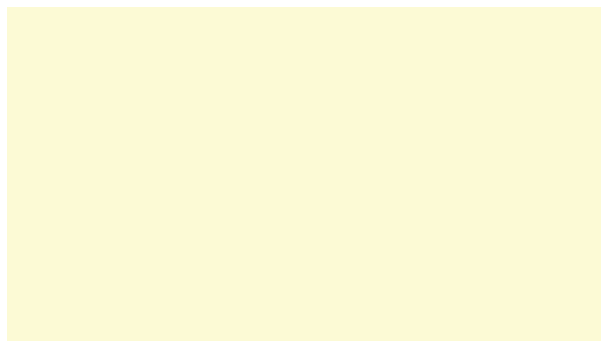
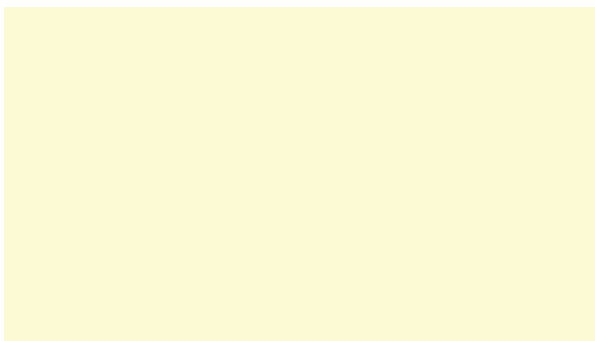


The Thomas M. Wernert Center Annual Meeting will be held on Friday, November 22 at 11:00 a.m. During the annual meeting, members will have the opportunity to vote for a newly elected TMWC member to the Board of Trustees. A Thanksgiving Luncheon will be served following the elections and meeting.

There are three member-elected trustee positions available at this year's elections. The nominees are Amanda Denniss, Kimberly McCown-Jones, Linda Austin, and Ormsby "Oz" McGuire.

TMWC is proud to have our Board of Trustees consist of 50% members and 50% community volunteers. This 50/50 split ensures that ideas come from internal and external sources, providing a balanced framework when it comes to changes and improvements.

TMWC Board Members handle areas such as Development and Communications, Finance, Governance, Programming, and much more. If you are curious or would like to serve on the Board in the future, sign up for and complete the next Personal Leadership PEP class. Many member-elected trustees are graduates.





## Gratitude Trees

Thanksgiving is a time to give thanks for the good things in our lives and for the many ways we are supported in our recovery.

Take a moment to share what you are grateful for by placing a tag on the TMWC Gratitude Trees found in the Club Room throughout the month of November.

Let's plan to cover the tree with words of hope, caring, and for the good in our lives.

A special Thanksgiving Supper Club with all the trimmings will end the month on Friday, November 22 immediately following the Annual Meeting and election of the Board of Trustees.



## Go Vote!

Don't miss your opportunity to exercise your right to vote. Your vote counts, and you don't have to wait in line on Election Day!

Every weekday during the final week of October, TMWC will be offering free rides to and from the Lucas County Board of Elections in order to vote early.

If early voting isn't for you, still be sure to cast your vote on Election Day!

Don't miss this unique opportunity to share your stance on important issues.

So, go vote with your peers during the final week of October and on Election Day itself.

See Noah if you have questions.



# What's Happening at TMWC



## Support Groups

**FEELINGS FIRST:** World Kindness Day (Tuesday, November 12 @ 1:00 p.m.)  
**UPLIFTING WOMEN:** Grateful Journaling (Monday, November 4 @ 11:00 a.m.)  
**STRESSBUSTERS:** Making Stress A Friend (Friday, November 8 @ 12:45 p.m.)  
**SAFEZONE:** Found Family Presentation (Friday, November 22 @ 10:00 a.m.)  
**MEN'S 360:** Setting and Achieving Goals (Monday, November 4 @ 12:00 p.m.)

## Activities and Programs

**Gaming for Mental Health (November 8 @ 1:15 p.m.):** Come pick up a controller and play games with your peers. No experience necessary!

**Walleye Game (November 13 @ 10:00 a.m.):** Take a slap-shot into the stands with us as we travel to the Huntington Center to cheer on our local hockey team, the Toledo Walleye. Sign ups with Maddie on November 6.

**Lucas County Ombudsman Forum (November 15 @ 11:00 a.m.):** Are you struggling with changing needs due to your age? Be sure to stop by and listen to your local Ombudsman talk about services and rights catered toward senior citizens.

**Coffee Connections (November 20 @ 10:45 a.m.):** On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on November 6 with Maddie.

**Thanksgiving Lunch & Annual Meeting (November 22 @ 12:00 p.m.):** Be sure to attend TMWC's Annual Meeting where you can vote for newly nominated TMWC members to join the Board of Trustees. A Thanksgiving meal will be served after the elections and meeting.

## Gardening Club

Donna - 419-242-3000 ext. 106

Friday, November 1 @ 9:30 a.m.: Amy S. from OSU Extension Office

## Expressive Arts

Alyssa - 419-242-3000 ext. 109

November 6 @ 11:00 a.m. and 1:30 p.m.: Fall Wreaths Craft  
November 8 @ 12:00 p.m.: Holiday Painted Ornaments Outing (RSVP!)  
November 16 @ 11:00 a.m. and 1:30 p.m.: Autumn Silhouette Art  
November 21 @ 11:00 a.m. and 1:30 p.m.: Fall Garlands Craft  
November 25 @ 11:00 a.m. and 1:30 p.m.: Autumn Tree Painting

## 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 (Mondays @ 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.

## Angela's Moving Up



This is Angela Jones, former Peer Supporter, and current Member Services Team Lead at TMWC. Angela earned her recent promotion through her commitment to her own recovery and by working with members to ensure their recovery success through DRA and general peer support.

“For me, the Club Room is where it all starts,” says Angela. “My favorite aspect of working at TMWC is that I learn about my own recovery from members, especially in the Club Room.”

A Toledo native, Angela struggled with addiction and early diagnosed schizophrenia.

After a hospitalization at age 18, Angela started medication management and her diagnosed journey. Before working for TMWC, Angela was a licensed CDCA at Leading Families Home and Zepf Recovery House. We're happy to say that Angela is more than six years sober, and advancing her career at TMWC.

Angela's favorite food is a chicken quesadilla, her favorite teams are the Cowboys, Wolverines, and Knicks, her favorite movie is *A Walk in the Clouds*, her favorite book is *Drop the Rock*, her super power would be "being herself", and if she could live anywhere in the world, it would be Hawaii.

Outside of work, Angela enjoys attending AA as a sponsor, providing for her kids, and "Bingo Chalupa" with her entire extended family.

Make sure to congratulate Angela on her promotion!

# RECOVERY together



Pumpkin picking at Fleitz Farm!



Time to paint the pumpkins.





Bowling at Jugs!



Looking good in the club room.

# 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

Deborah Riley-Jackson – President

- Fair Housing Center

Jesse Baum – Vice President

- Glass City Academy

Evamae LaVoy – Secretary

- Community Volunteer

Laura Craigs, CPA – Treasurer

- Ohio Auditor of State

Raina Dawson

- Advocates for Basic Legal Equality

Lucy Dias – Community Volunteer

Henry Hartford – Community Volunteer

Crystal Heft

- Lucas Co. Family and Children First Council

Gwen Hoskins – Community Volunteer

Georgia Humbarger – Community Volunteer

Patricia J. Robb – Executive Director

Noah A. Hupp – Communications Specialist



## THOMAS M. WERNERT CENTER

FOR MENTAL HEALTH RECOVERY & SUPPORT

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