

# January and February 2012 Happenings at the Wernert Center

**Monday January 2, 2012: Wernert Center Closed for the New Year's Holiday**

**Friday January 13, 2012: Forum/workshop from 10a to 1p**-Come join representatives from the Ohio Empowerment Coalition, Inc., (OEC), which is a "consumer-operated organization that consists of members statewide who are united to provide a platform for the voice of the people with mental illness to support persons and groups working to transform systems, and to promote wellness, mental health recovery and resiliency". They have all sorts of great information that we are sure you will enjoy on what is happening for and with our peers throughout the state of Ohio. **This forum/workshop runs from 10 am to 1 pm, so come for the whole workshop or stop by when you can during those hours. The regular Supper Club will be served to all around 1pm.** Topics include: an opportunity to express concerns in our area, Peer Specialist Certifications, Peer Education programs such as: WRAP (Wellness Recovery Action Plan), BRIDGES, and Wellness, Management and Recovery (WMR). We will also discuss Legislation and the reps will demonstrate sample letters for us. We will also view a 15 minute video showcasing consumer operated service centers with testimonies from our peers, like the Wernert Center's Bruce Adams, a terrific peer supporter and facilitator of our Schizophrenics Anonymous, DBSA, and DRA meetings. This is a very interactive workshop, come and join the discussion.

**Friday January 16, 2012: Closed for Dr. Martin Luther King Jr. Day**

**Friday February 10, 2012 from 11:00a-12:30 Privacy Rights and Confidentiality Forum/Workshop** Isn't it time to be empowered and know your rights? Therefore, the opportunity is here and the time is now for you to participate in a Privacy Rights and Confidentiality forum. Vicki Hill and Victoria Webb will present, Let's play, "Know Your Rights". That's right, a game-oriented workshop that will allow you to explore privacy rights and confidentiality in a fun and interactive way. So get ready to laugh, engage others, win prizes and challenge yourself by having fun, gaining knowledge, and understanding of terms like HIPAA, ORC, and NOPP. Friday Afternoon Supper Club will follow.

**Friday February 17, 2012 from 11:00am-12:30p: Know your Blood Pressure Forum**-We will be having our friends from Lourdes University, students and nursing instructor Regina Masters come to share with us very important information about blood pressure. They will explain about blood pressure in general, high blood pressure, stroke and increased risk of high blood pressure for those who live with serious mental illness, due to medications and other health conditions we encounter. We care about all of you so come and learn this important health information *and* get your blood pressure checked.

**Friday February, 24, 2012 at 11:30am-12:30pm:** We will have a guest speaker, Holly Kowalczyk from St. Luke's Hospital, to discuss Smoking Cessation. For those of you who would like to quit smoking, she will have great advice and information on the Smoking Cessation Program at St.Luke's Hospital.

**Save the Date: HEART & SOUL, Caring for Our Community,**

Will be held this year on Saturday, April 14, 2012 from 6:30 p.m.—10:00 p.m. at the Fifth Third Field "Suites Level Lounge". There will be a Silent Auction, Dinner and Cash Bar and Live Music all for \$40 per person.

To purchase tickets contact Mary Ann Pontuis or Courtney Souder at 419.381.1717 or 410.466.2833 (cell) or at [mapattao@buckeye-express.com](mailto:mapattao@buckeye-express.com). Facebook Page: Heart & Soul: Caring for our Community and [www.heartandsoultoledo.com](http://www.heartandsoultoledo.com).

*Proceeds to Benefit: Harbor, Northwest Ohio Psychiatric Hospital and Thomas M. Wernert Center*

*An event to raise awareness for mental illness and help erase the stigma associated with it.*



**Holiday photos here!**