



PEER connections

AUGUST 2024

A PUBLICATION OF THOMAS M. WERNERT CENTER

August Calendar

AUGUST 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 THOMAS M. WERNERT CENTER <small>FOR MENTAL HEALTH RECOVERY & SUPPORT</small>				
<p>*PLEASE CONTACT TMWC STAFF FOR RSVPs</p> <p>ACTIVITIES: Maddie.... 419-764-5346</p> <p>EXPRESSIVE ARTS: Alyssa..... 419-242-3000 ext. 109</p> <p>FITNESS: Lindsay.... 419-242-3000 ext. 110</p> <p>COMPUTER LAB: Rodney.... 419-242-3000 ext. 114</p>				
<p>9:15 AM Gardening Club 5</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Team-Building</p> <p>1:00 PM Mental Health Literacy (6)</p> <p>1:30 PM Afternoon Stretch</p>	<p>10:00 AM Computer Basics 6</p> <p>10:30 AM 8 Dimensions of Wellness (6)</p> <p>11:00 AM Living Well</p> <p>11:00 AM Kickball</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Paper Suncatcher Crafts</p>	<p>ALL DAY: Activity Sign-Ups 7</p> <p>9:15 AM Gardening Club</p> <p>11:00 AM DRA</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Exploring Emotions (6)</p> <p>1:30 PM Journal Club</p>	<p>10:00 AM Circuit Training 1</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Coping Skills for Diabetes (4)</p> <p>1:00 PM SA</p> <p>1:00 PM Soccer</p>	<p>9:15 AM Gardening Club 2</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM Forum</p> <p>11:00 AM DRA</p>
<p>9:15 AM Gardening Club 12</p> <p>11:00 AM Uplifting Women</p> <p>11:00 AM TMWC Litter League</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Mental Health Literacy (7)</p> <p>1:30 PM Afternoon Stretch</p>	<p>10:00 AM Computer Basics 13</p> <p>10:30 AM 8 Dimensions of Wellness (7)</p> <p>11:00 AM Living Well</p> <p>11:00 AM Karaoke</p> <p>1:00 PM Feelings First</p>	<p>9:15 AM Gardening Club 14</p> <p>11:00 AM Levis Commons Summer Music Series*</p> <p>11:00 AM Empowering Change</p> <p>11:00 AM DRA</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Exploring Emotions (7)</p> <p>1:30 PM Knitting Circle</p>	<p>11:00 AM Talent Show* 15</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Coping Skills for Diabetes (6)</p> <p>1:00 PM SA</p>	<p>ALL DAY: Scavenger Hunt 16</p> <p>9:15 AM Gardening Club</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p>
<p>9:15 AM Gardening Club 19</p> <p>11:00 AM Uplifting Women</p> <p>12:00 PM Men's 360</p> <p>1:00 PM Basketball</p> <p>1:00 PM Mental Health Literacy (8) (GRADUATION!)</p> <p>1:30 PM Afternoon Stretch</p>	<p>10:00 AM Computer Basics 20</p> <p>10:30 AM 8 Dimensions of Wellness (8)</p> <p>11:00 AM Living Well</p> <p>12:00 PM BINGO</p> <p>1:00 PM Feelings First</p>	<p>9:15 AM Gardening Club 21</p> <p>11:00 AM Paint with Chalk</p> <p>11:00 AM DRA</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Exploring Emotions (8)</p> <p>1:30 PM Journal Club</p>	<p>OPEN AT 10:00 A.M. 22</p> <p>10:15 AM Circuit Training</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Coping Skills for Diabetes (7)</p> <p>1:00 PM Pictionary</p> <p>1:00 PM DBSA</p>	<p>9:15 AM Gardening Club 23</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p> <p>12:45 PM Stress Busters</p>
<p>9:15 AM Gardening Club 26</p> <p>11:00 AM Uplifting Women</p> <p>11:00 AM TMWC Litter League</p> <p>12:00 PM Men's 360</p> <p>1:30 PM Afternoon Stretch</p>	<p>10:00 AM Computer Basics 27</p> <p>10:30 AM 8 Dimensions of Wellness (9)</p> <p>11:00 AM Living Well</p> <p>1:00 PM Feelings First</p> <p>1:30 PM Create-a-Crest Crafts</p> <p>4:00 PM TMWC Board Meeting (OFF CAMPUS)</p>	<p>9:15 AM Gardening Club 28</p> <p>11:00 AM Empowering Change</p> <p>11:00 AM DRA</p> <p>11:30 AM DRA Outing</p> <p>1:00 PM Computer Basics</p> <p>1:00 PM Exploring Emotions (9)</p>	<p>10:00 AM Circuit Training 29</p> <p>10:45 AM Coffee Connections*</p> <p>11:00 AM Diabetes Support</p> <p>12:30 PM Coping Skills for Diabetes (8) (GRADUATION!)</p> <p>1:00 PM SA</p>	<p>9:15 AM Gardening Club 30</p> <p>10:00 AM SafeZone: LGBTQ+ & Allies</p> <p>11:00 AM DRA</p>

John Henry Eldred Jr. Foundation Helps Fund *Fueling Recovery* Campaign



Thomas M. Wernert Center (TMWC) was recently awarded a \$5,000 grant by The John Henry Eldred, Jr. Foundation for its *Fueling Recovery* campaign to provide a daily breakfast and lunch to its members. The grant also supports the TMWC Hope Food Pantry available to members on a monthly basis.

“Providing our members with daily access to meals is an important part of their mental health wellness,” says Patricia Robb, TMWC Executive Director. “Many people don’t realize it, but a nutritious, balanced diet positively impacts mental health.”

Many TMWC members live in the central part of Toledo in group homes, shelters, and low-income housing. This area has been designated a “food desert” where access to healthy, affordable food options is nonexistent.

According to Robb, “Members of TMWC are typically at the center all day, and for many, *Fueling Recovery* meals may be the only food members eat throughout their day. The needs of our members matched perfectly with the John Henry Eldred Jr. Foundations support of issues related to hunger, nutrition, and sustainable food systems.”

“Thanks to their support, we are better able to help members maintain their wellbeing on a daily basis,” she adds. The John Henry Eldred Jr. Foundation invests in initiatives to

August 2024 Programming

What's Happening at TMWC



Support Group Info

FEELINGS FIRST: Quieting Anxiety & Ways to Stop Overthinking Tuesday, August 13 at 1:00 p.m.

UPLIFTING WOMEN: Quarterly Insights and Input Monday, August 26 at 11:00 a.m.

STRESSBUSTERS: Wellness Vision Board Friday, August 23 at 12:45 p.m.

SAFEZONE: 16th Annual Toledo Pride Parade Saturday, August 24 at 12:00 p.m.

Activities and Programs Info

Frankenmuth, MI Trip (August 10 @ 8:00 a.m.): Take a day trip to Frankenmuth, MI! Take a ride on the Bavarian Belle Riverboat with your peers, enjoy lunch at the Bavarian Inn and explore shops around River Place. Sign-ups are available now!

TMWC Litter League (August 12 and 26 @ 11:00 a.m.): Get active and make an impact with TMWC Litter League! Sweep the streets of Toledo in search of litter and clean up our neighborhood. Let's climb to the top of the leaderboard for non-profits. No RSVP necessary.

Levis Commons Summer Music Series (August 14 @ 11:00 a.m.): Sign up with August outings to experience the Levis Commons Summer Music Series. Travel to Levis Commons to hear local music duo Barile and May and enjoy a nice lunch in the sun. Sign-ups will be available August 7.

Talent Show (August 15 @ 11:00 a.m.): Come show off your talent at TMWC's Talent Show! Members will have to chance to watch their peers perform in the dub room. Singing, jokes, skits, art, dancing, and feats of interest are encouraged! Bring your best self and join in the fun. Sign ups are on August 7.

Toledo Pride Festival (August 24 @ 12:00 p.m.): The Toledo Pride Festival is a large, outdoor event showcasing the best local entertainment. This year's festival includes a pride parade, food, vendors, and networking with many community organizations, including social groups, churches, and health and wellness groups. **Trasporation will not be provided.**

Expressive Arts

Alyssa – 419-242-3000 ext. 109

Check the Art Studio door for Open-Art and daily projects

Fitness Info

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 Info

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!

SCAVENGER HUNT (August 16 ALL DAY): Rodney has been hiding things again! Come find what he stashed around the center and compete for prizes!

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.

Gardening Club Info

Donna - 419-242-3000 ext. 106

Friday, August 2 @ 9:30 a.m.: Amy S. from OSU Extension Office

Wednesday, August 14 @ 9:30 a.m.: Patrick T. from Lucas Co. Soil & Water Conservation District



Mental Health First Aid Graduation

On July 18, 2024, a number of



Litter League on the Rise

The city of Toledo is hosting Litter

members completed their course on Mental Health First Aid (MHFA).

MHFA teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

This training educates those living with mental illness on all aspects of wellness safety.

Join TMWC in extending a huge congratulations to our members who completed this course!

League, a competitive baseball-themed litter abatement program aimed at striking out litter in Toledo and the rest of Lucas County. TMWC is currently in second place in the nonprofit/faith-based division of the competition!

This summer we've been able to make a visible difference in our neighborhood. Our members look forward to Litter League every summer because it gives them the chance to spend time in the sun with their peers while having a blast cleaning the streets.

Join TMWC Litter League every other Monday at 11:00 a.m. through September and help us get to first place.

"The Rodrageous Rod Lee"



Meet Rodney G., TMWC Computer Lab Coordinator since January, 2024. He hosts TMWC's Computer Basics class on Tuesdays at 10:00 a.m. and Wednesdays at 1:00 p.m. Members can expect to learn how to use Google, how to check their email, how to use PowerPoint and Word, understand how to navigate the desktop, and even take typing classes.

Rodney enjoys working at TMWC. He says, "My favorite part of working here is getting to know the members. I get to see them grow and develop."

Rodney enjoys the hands-on teaching aspect of his role. His most rewarding outcome is when members who were originally struggling with technology become comfortable with the computer.

When Rodney isn't overseeing the computer lab, he is most likely progressing his wrestling career. That's right. Rodney is an indie professional wrestler. "They call me the Rodrageous Rod Lee," says Rodney. "The name comes from one of my favorite

shows, *Naruto*. There's a character named Rock Lee whom I really identify with." Rodney's next match is on August 1, 2024 in Monroe, MI at FLP Hall.

RECOVERY together



Members relaxed by the water with some fishing this summer.



Workouts are a must in the TMWC fitness room!



Smiles all around in the Club Room.



Everyone is so proud of their art!

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

Laura Craigs, CPA – Treasurer

Evamae LaVoy – Secretary

- Community Volunteer

Raina Dawson

- Advocates for Basic Legal Equality

Troy Deters – Community Volunteer

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



THOMAS M. WERNERT CENTER

FOR MENTAL HEALTH RECOVERY & SUPPORT

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SUPPORTED BY:



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