



PEER *connections*

A QUARTERLY PUBLICATION OF THOMAS M. WERNERT CENTER | AUTUMN 2024

Fueling Recovery

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

“Providing our members with daily access to meals is an important part of their mental health wellness,” says Patti Robb, TMWC Executive Director. “Many people don’t realize it, but a nutritious balanced diet positively effects 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 they 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 and the support of other donors we are better able to help members maintain their wellbeing on a daily basis,” she adds.



If you are interested in donating to *Fueling Recovery*, please visit our website at wernertcenter.org.

Annual Meeting and Thanksgiving Lunch

THE THOMAS M. WERNERT CENTER ANNUAL MEETING
FRIDAY, NOVEMBER 22, 2024 / 11:00 AM

FOLLOWED BY A THANKSGIVING LUNCHEON FOR MEMBERS

During the annual meeting, members will have the opportunity to vote for a newly elected community member to our Board of Trustees.



Outstanding Volunteer Fundraisers Award

Congratulations to Sally Binard and Tony Rasczyk who are being recognized as Outstanding Volunteer Fundraisers by the Northwest Ohio Chapter of the Association of Fundraising Professionals for their tireless work in raising funds and friends in support of organizations that assist individuals who live with mental illness in northwest Ohio.

Sally and Tony are responsible for starting Heart & Soul: Caring for Our Community,



a fundraising group dedicated to raising funds and awareness about mental health.



Under their direction, Heart & Soul events Halloween@Hensville, Celebrity Wait Night at Zia's, and, most recently, Inspiring Insightful Conversations at TolHouse have raised hundreds of thousands of dollars for programming at TMWC, Northwest Ohio Behavioral Healthcare (NOBH), and other mental health agencies.

Without the support of Tony and Sally, and their many friends and family, NOBH and TMWC would have less funds to spend on the health and wellbeing of those living with mental illness. Through their ongoing work, they provide advocacy and support for those in our community who need a champion.



**GIVING
TUESDAY**

DECEMBER 3, 2024

Help Us Feed Our Members

TMWC is once again participating in GivingTuesday, the global day of unity and giving. This year, we continue our fundraising efforts by focusing on feeding our members a daily nutritious meal. Each day we provide our members with a safe place to make social connections, participate in meaningful activities, including expressive arts, fitness, and computer lab. We provide support groups and educational classes on understanding their mental health. We provide transportation to those who need it. Many of our members spend the entire day with us and are hungry. Food insecurity is real. In 2023, 12.2 million adults experienced *food insecurity*, or lack of access to an affordable, nutritious diet. Help us feed our members. Our Giving Tuesday funds will go toward serving a daily breakfast and lunch to members of TMWC. Your gift will help us improve the quality of life for persons living with mental illness.

Not only do we need your support, we need your help to spread the word. Please tell your friends and family why you believe in our work and encourage them to support us too!

YOU CAN PARTICIPATE IN THE FOLLOWING WAYS:

- Mail your check dated Tuesday, December 3 to Thomas M. Wernert Center, 208 W. Woodruff, Toledo, OH 43604 (note #Giving Tuesday on check)
- Stop by TMWC on Tuesday, December 3 with cash or check
- Visit our website www.wernertcenter.org and make a donation

Everyone has something to give and every act of generosity counts.

Join the GivingTuesday movement and reimagine a world where no one goes hungry.

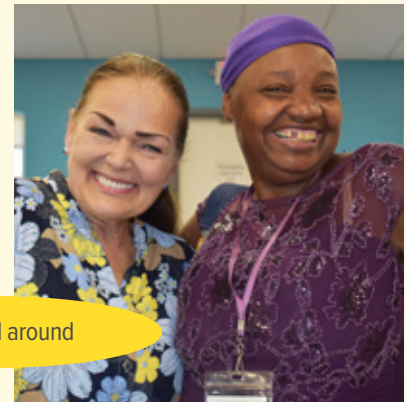
RECOVERING TOGETHER



Exploring the community on our outings!



Smiles all around



Letting loose at the Talent Show



Congrats to our graduates!



There's always something productive to do at TMWC




THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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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 – Treasurer
– Ohio Auditor of State
- Evamae LaVoy – Secretary
Community Volunteer
- Stephanie Calmes – UTMW Dept. of Psychiatry
- 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
- Noah Hupp – Communications Specialist
- Patricia J. Robb – Executive Director

SUPPORTED BY:



Holiday Happenings AT TMWC

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 of the Board of Trustees.

Oh What Fun!

December fun kicks off after lunch on **Wednesday, December 4** with tree decorating, cookies, and hot chocolate. Members can add their own special ornament to the tree throughout the month.

On **Wednesday, December 18**, join your peers in the Club Room for caroling, Christmas card making, and cookie decorating.

An early visit from Santa is on the schedule during the annual member Holiday Supper Club and Party scheduled for **Friday, December 20**.

Finally, we'll celebrate the old and bring in the New Year together on **Friday, December 27**.

Don't miss the fun!



TMWC HOLIDAY CLOSINGS:

- Thursday, November 28 & Friday November 29, 2024
- Tuesday, December 24 & Wednesday, December 25, 2024
- Tuesday, December 31, 2024 & Wednesday, January 1, 2025

