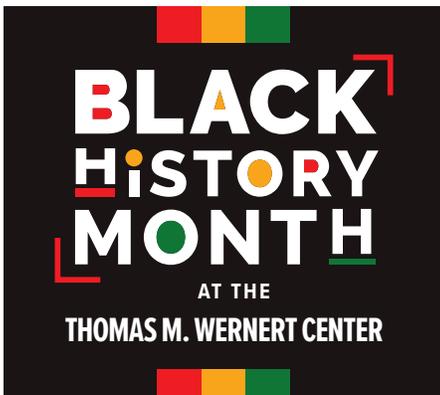




PEER *connections*

A PUBLICATION OF THOMAS M. WERNERT CENTER | FEBRUARY 2022



February is Black History Month, a time to recognize the hard work and discoveries made by Black Americans. TMWC is proud to share a month of programs designed for members to celebrate and engage in important discussions and thoughtful reflections regarding Black history as well as current issues.

TMWC BLACK HISTORY MONTH EVENTS

FEBRUARY 10 & 24: TMWC Library Outing (RSVP Required)

Celebrate Black History Month with TMWC and the Library! Join us as we explore available Black History Month activities, exhibits, reading, and other happenings at the main library.

FEBRUARY 15 @ 11:00AM: Guest speaker Dr. La Tasha Sullivan

TMWC welcomes guest speaker La Tasha Sullivan, PhD., LPCC-S, Director of the Counseling Center at the University of Toledo who will address mental health issues facing people of color and the stigma they face when seeking help. Dr. Sullivan is a graduate of UToledo earning her doctorate in Counselor Education and Supervision and her bachelor's degree in psychology.

FEBRUARY 22: Black History Month Jam Session w/Expressive Arts

Join us in the Clubroom as we celebrate diversity through use of the spoken word and as we highlight the history of Black music through musical performances by local guest artists.

STAFF SPOTLIGHT:

Meet Lindsay



Research has shown that people living with a mental illness are more likely to have preventable physical health conditions. According to TMWC Fitness Instructor Lindsay, "Physical activity is a great way to keep you physically healthy as well as improving your mental wellbeing."

Lindsay has been leading the TMWC Fitness Center since joining the staff in August 2019. You will usually find her working out with TMWC members, providing assessments, and customizing exercise programs to help members develop realistic goals to include exercise into their daily lives. She holds a Bachelor's degree in Sports Performance and Fitness and in Business Entrepreneurship from Eastern Michigan University.

"Being a part of the team at TMWC means finding different ways to break down the stigma surrounding mental illness while supporting member recovery," says Lindsay. "No matter who you are, incorporating physical activity into a recovery plan can be intimidating and challenging. For members, TMWC is a safe place to help and support their recovery. I'm so proud of those who show up every day to do the hard work," she adds.

Lindsay's work does not just confine her or members to the fitness room. You will often find her working on cardio drumming with the

Expressive Arts Program, making a presentation as part of the Nutrition, Exercises, Wellness & Recovery (NEW-R) class, practicing yoga with members in the TMWC garden, or participating in Club Room activities.

Along with physical activity, Lindsay helps members learn other valuable skills that support their recovery, including how to manage a routine, self-accountability, and developing their motivation and discipline skills. Her supportive encouragement and assistance keeps members committed to their fitness activities. "I've worked in the fitness industry for eight years," says Lindsay, "But, working at TMWC has grown my passion for exercise and its relationship with mental health."

When not working at TMWC, Lindsay enjoys spending time with her family, cooking, traveling, and visiting Toledo Area MetroParks, running, and doing yoga.

Stop in the Eigensee Family Fitness Room to discuss your 2022 fitness goals with Lindsay!

Around Campus

TMWC was active with members, the start of PEP classes, outings, and other fun projects throughout the month of January. Check out the February calendar and join us for some fun times with friends.



▲ TMWC members (left to right) Allison, Imiani, Jasmine, and Nilsa joined staff on an outing to the Toledo Museum of Art. Their adventures included touring modern art, famous oil paintings, biblical works, and finally a visit with Egyptian art. The group stopped in the café for a snack before heading back to the center.

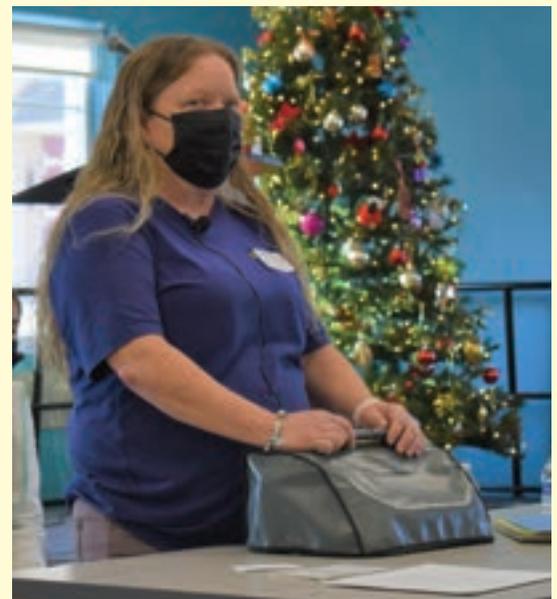
▼ Members spent an afternoon baking and decorating gingerbread cutouts in the TMWC kitchen as part of the Expressive Arts program.



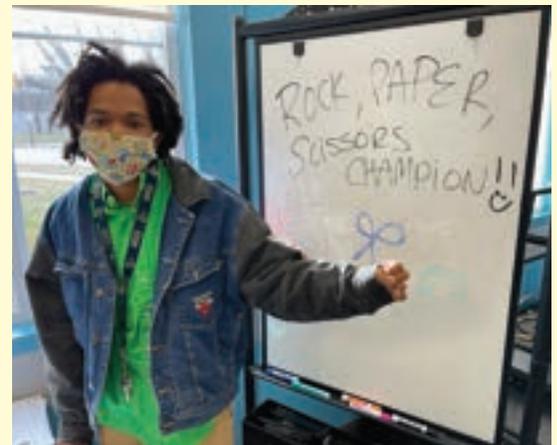
▲ Expressive Arts Coordinator Neil works with Meon on her cookie decoration.



Dominique focused on decorating her star cookie. ▶



▲ Guest Speaker Angie Goodnight spoke to members about the life of Louis Braille and services provided by The Ability Center. Close to 30 members attended her presentation.



▲ Dion is the winner of the Rock, Paper, Scissors Tournament held in the Clubroom. Way to go!



▲ Jasmine and Jackie share some time together in the Clubroom.



Want to know more about mental health literacy?

Contact Katie Phillips
Peer Enrichment Program Coordinator
at 419-242-3000 / ext. 103

PEP TALK!

What is Mental Health Literacy?

As peers who live with a mental illness, we understand the degree to which stigma has invaded our lives, much like our diagnosis. They tend to arrive, hand-in-hand, ready to knock us down. But if there were some way we could combat stigma and the discrimination we face for something we didn't ask for, wouldn't we want to explore that option?

That's precisely what mental health literacy does. Mental health literacy refers to the ability individuals have to find, understand,

and use information and services to take action and make informed decisions about their mental health journey and wellbeing.

Practicing mental health literacy means that you are educating yourself and others and using that information for good – both on a personal scale and a societal scale.

Mental health literacy is not something that is achieved overnight or perfected in a day; it is a lifelong commitment to learning about and improving who you are as a person.

Transportation



Thanks to our funders, TMWC is able to offer transportation to its members who attend classes and activities. Members who use TMWC transportation are limited to three rides each week so that others may have the opportunity to attend. If a TMWC vehicle is bringing you to the center, please be ready.

Because it is difficult to be exact about the time you will be picked up, we ask that you please be patient while waiting for the driver to arrive. It is required that you provide notice for rides to the center by contacting the transportation office in advance of each ride, both coming to and leaving TMWC.

To schedule transportation:
Call 419-242-3000 / ext. 101
Requests may be left on voicemail.



COVID Protocols Continue

Members continue to be welcome at the Thomas M. Wernert Center, Monday through Friday, from 9:00 a.m. to 4:00 p.m. In order to keep everyone safe and healthy, however, it is important that you follow all protocols to stop the spread of COVID and COVID variants like Delta and Omicron.

- Everyone **MUST** wear a mask while in the TMWC, whether vaccinated or not vaccinated. Masks must cover your mouth and nose. Those who are unable to wear a mask correctly will be asked to leave.
- As much as possible, TMWC will continue to practice social distancing inside our center and on our transportation vehicles.
- TMWC Staff will regularly check, sanitize, and wipe down all equipment, counters and high-touch surfaces between us.
- Members are asked to continue to use cough and sneeze etiquette (cough or sneeze into your elbow) and practice hand washing hygiene (wash hands often with soap and water for 20 seconds or longer).
- Please stay home if you are sick or not feeling well or if you believe you have recently been exposed to someone with COVID-19.



THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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   Our social with TMWC on Facebook, Instagram and Twitter

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.

VISION

To be the most innovative peer-driven mental health recovery and support center.

BOARD OF TRUSTEES

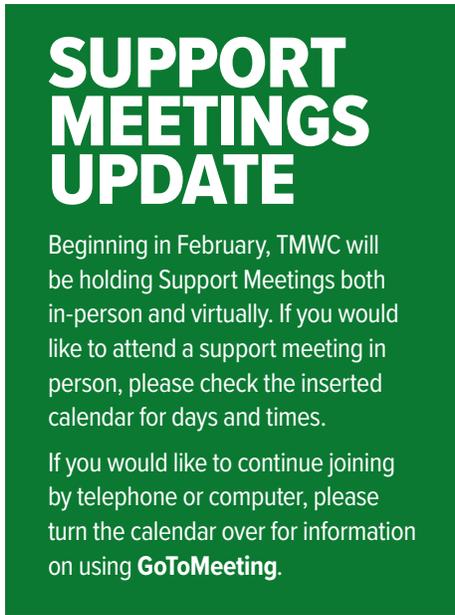
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HAPPY Valentine's DAY

Show yourself some self-love this Valentine's Day

Treat yourself to whatever simple, self-care activities bring you joy. Connect with an old friend, take a nap, enjoy the outdoors, or go for a walk. Whatever benefits your mental health is a great Valentine's gift to yourself.



SUPPORT MEETINGS UPDATE

Beginning in February, TMWC will be holding Support Meetings both in-person and virtually. If you would like to attend a support meeting in person, please check the inserted calendar for days and times.

If you would like to continue joining by telephone or computer, please turn the calendar over for information on using **GoToMeeting**.



CrisisCare
Helpline | 419-904-CARE (2273)
A division of Zepf Center



If you find yourself in crisis, contact the Zepf Center Crisis CARE Helpline. Callers in need of support, will receive immediate engagement, assessment, referral services, and an appointment with a provider within 48 hours.

