

# The Wellness Shack, Inc.

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JUNE 2017 — Vol. 14; Issue 6

Wellness Shack HOURS	
SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-9PM
WEDNESDAY	1-6PM
THURSDAY	1-9PM
FRIDAY	1-6PM
SATURDAY	CLOSED

**BOARD of DIRECTORS ELECTIONS**  
**Thursday, June 8<sup>th</sup>**  
**1:00 - 6:00 PM**  
**Potluck 5:00 - 7:00 PM**  
 Snacks and Refreshments served all day  
 Win one of two \$25 Gift cards. Fill out a Consumer Satisfaction Survey and you could win!

WELLNESS SHACK Groups	
ANXIETY & DEPRESSION GROUP	MONDAY 4:00-5:30PM
BIPOLAR GROUP	TUESDAY 2:00-3:30PM
SCHIZOPHRENIA SUPPORT GROUP	TUESDAY 3:30-5:00PM
SMART RECOVERY	TUESDAY 6:00-7:30PM
PROCOVERY GROUP	WEDNESDAY 4:00-5:00PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
ANXIETY & DEPRESSION GROUP	THURSDAY 6:30-8:00PM
DUAL DIAGNOSIS RECOVERY	FRIDAY 4:00-5:00PM

**The new Wellness Shack Video has been published to YouTube**



The final edits of our new video have been completed. The Wellness Shack thanks UWEC students: Mason Sheehy, Brandon Erkens and Tyler Lansing for their help. A special thanks to Cinematographer/Editor Walter Mueller and actress Kayla Castle.

The 3 UWEC students were honored by the Wellness Shack Academy of Fine Arts with its presentation of Osker Awards for BEST DIRECTOR. Esther Schrader was also presented with an Osker Award for BEST SUPPORTING ACTRESS.

The video is very powerful! You can view it by going to youtube.com and typing "wellnessshack" in the search box.

**Constance (Connie) Carroll**

Connie passed away on Sunday, May 21<sup>st</sup>. She was always a strong supporter of the Wellness Shack and our mission. She was very proud of our growth in recent years. Connie served for many years on the Board of Directors. She was vibrant, full of life, easy to talk to and had a great sense of humor. TWS hired Connie in 2015 as a Certified Peer Support Specialist. **We will miss her dearly.**

## The Thrift Sale was a Huge Success!

Thank you to all the people who donated items for our Thrift Sale. Thank You to the people who braved the rain and cold to help:

- Jackie Manning
- Stephanie Seivwright
- Kathy and Dennis Meitner
- Lorraine Wilcox
- Susan Shansberg
- Anneke Brainard
- Joe S.
- Jim Klees
- Ben Cheney
- Kathy Lilly
- Chad Tramboni
- Steve S.
- Bob Geiger
- Esther Schrader
- Donna Markstead (Schrader)
- Margie Stien (Schrader)
- Jean Rolando (Schrader)
- Mary Erlandson (Schrader)

A huge tent was provided by Bob Geiger

Canopies that kept us dry were provided by Anneke Brainard, Esther Schrader, Donna Markstead, and Jean Rolando

A very Special Thank You to Esther Schrader who made her home available to us.

**We raised \$1,150.00!!**

## Did you Know...

In 2014 the Wellness Shack became an independent contractor to the State of Wisconsin? The state receives a multi-million-dollar grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The grant is subdivided into smaller grants that are distributed to all agencies in the state that provide services to people with substance abuse and mental health conditions. As part of the new structuring of the 2014 Mental Health Block Grant, the Wellness Shack is required to meet certain standards. Those standards were created by representatives of the 11 recovery centers that were in operation in Wisconsin at the time. Bonnie and Bob attended for TWS. The group decided to call the standards:

### “QUALITY BENCH MARKS FOR PEER RUN ORGANIZATIONS”

1. Connected and utilized in the community.
2. Offers programs, activities and support.
3. Engages in educational efforts.
4. Engages in advocacy efforts.
5. Provides a safe and compassionate environment.
6. Accessible to the public.
7. Promotes a safe and trauma-free environment.
8. Demonstrates liability coverage and risk protection.
9. Demonstrates organizational sustainability.

### We are looking for volunteers to:

- |                              |                    |
|------------------------------|--------------------|
| Lead an Art project          | Advise the Board   |
| Lead a Craft project         | Clean Bob's desk   |
| Help with Fundraising Events | Publish newsletter |
| Help make TWS cards          | Review articles    |

**New in 2017**  
Each month we will be honoring a Volunteer who has shown exceptional service to others.

**DON'T FORGET TO VISIT THE WELLNESS SHACK AND VOTE ON JUNE 8th.**

We are also looking for your suggestions on how to improve the Wellness Shack. A suggestion box will be set up so that all suggestions will be anonymous if you choose.

**Volunteer of the Month**  
**JUNE**  
**JOSH**

