

September 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 11:30 Social Time 12:00 Walk ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	2 11:30 Social Time/ Walk 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	3 11:30 Labor Day Cookout! 12:30 Prayer & Spirituality w/ Steve 1:00 Cornhole 2:00 Winning Against Relapse	4	
	5  HAPPY LABOR DAY!	6 NO PROGRAMMING	7 11:30 Social Time/ Walk 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group	8 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	9 11:30 Social Time/ Walk 12:30 Craft w/ Brooke 2:00 NAMI Connection	10 Outing To  No other MOCA Programming	11
12	13 11:30 Social Time 12:00 Basic Fitness ♥ 1:30 Pottery Class 5:00 pm Zoom DBSA	14 11:30 Social Time/ Walk 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery	15  Outing To Akron Zoo No other MOCA Programming 6:15 Writing for Wellness	16 10:00 SPC Coalition 11:30 Social Time/ Walk 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	17 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia 1:00-3:00 WRAP Class #1	18 Family to Family Class 1	
19	20 11:30 Social Time 12:00 Basic Fitness ♥ 1:30 Pottery Class 5:00pm Zoom DBSA	21 10am Staff meeting 12:00 Social Time/ Walk 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery	22 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	23 Outing To Columbus Aquarium  No other MOCA Programming 6:00pm Board Meeting	24 BIRTHDAY FRIDAY 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00-2:30 Art with Candace 1:00-3:00 WRAP Class #2	25 Family to Family Class 2	
26	27 11:30 Social Time 12:00 Basic Fitness ♥ 1:30 Pottery Class 5:00pm Zoom DBSA	28 11:30 Social Time/ Walk 1:00 DBSA 2:00 Recovery Group 2:00 Women in Recovery 5:30 PALS Group	29 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	30 11:30 Social Time/ Walk 12:30 Craft w/ Brooke ♥ 2:00 NAMI Connection	<i>DBSA = Depression Bipolar Support Alliance</i> <i>NAMI Connection = Peer support group</i> <i>WRAP = Wellness Recovery Action Plan</i> <i>PALS = People Affected by a Loved one's Suicide</i> ♥= Health & Wellness Program activities		

October 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Open Art 1:00-3:00 WRAP Class #3	2 Family to Family Class 3
3	4 <i>Communication Skills</i> 11:30 Social Time 12:00 Basic Fitness ♥ 1:30 Pottery Class 5:00pm Zoom DBSA <i>Wear Green</i>	5 <i>Healthy Boundaries</i> 11:30 Social Time/ Walk 12:00 Art w/ Connie 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery 6:30 Family Support Group <i>Wear Green</i>	6 <i>Coping Skills</i> 11:30 Social Time 1:00 Nutrition Niblets ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group <i>Wear Green</i>	7 <i>Creative Writing</i> 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection <i>Wear Green</i>	8 <i>Positive Thinking</i> 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Games 1:00-3:00 WRAP Class #4 <i>Wear Green</i>	9 Family to Family Class 4
10	11 11:30 Social Time 12:00 Basic Fitness ♥ 5:00pm Zoom DBSA	12 Outing To  Coblentz Chocolate & Hershberger's Farm No other MOCA Programming	13 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group	14 11:30 Social Time 12:30 Craft w/ Brooke ♥ 2:00 NAMI Connection	15 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Trivia 1:00-3:00 WRAP Class #5	16 Family to Family Class 5
17	18 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 Apple/Pumpkin Picking 5:00pm Zoom DBSA	19 10am Staff meeting 12:00 Art w/ Connie 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery	20 11:30 Social Time 12:00 Basic Fitness ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness	21 10:00 SPC Coalition 11:30 Social Time 12:30 Chair Yoga w/ Brooke ♥ 2:00 NAMI Connection	22 11:30 Lunch on MOCA 12:30 Prayer & Spirituality w/ Steve 1:00 Games 1:00-3:00 WRAP Class #6	23 Family to Family Class 6
24	25 11:30 Social Time 12:00 Basic Fitness ♥ 1:00 Lehman's Trip 5:00pm Zoom DBSA	26 11:30 Social Time/ Walk 12:00 Art w/ Connie 1:00 DBSA 2:00 Men in Recovery 2:00 Women in Recovery 5:30 PALS Group	27 11:30 Social Time 1:00 Wooster Hospital Dietician ♥ 2:00 Recovery Work Group 2:00 Schizophrenia/ Schizoaffective Group 6:15 Writing for Wellness – All Souls All Saints Celebration	28 11:30 Social Time 12:30 Craft w/ Brooke ♥ 2:00 NAMI Connection 6:00pm Board Meeting	29 BIRTHDAY FRIDAY Fall Fest Party w/ Lunch on MOCA  12:30 Prayer & Spirituality w/ Steve Pumpkin Decorating with Candace!	30 Family to Family Class 7

Mental Illness Awareness Week

Mental Illness Awareness Week is October 3-9. We will have a daily *focus of the day* that can be found on the calendar. Join NAMI in shining a light on mental illness. Wear *green* to spread awareness.

Creative Art with Connie

Creative Art with Connie, will return October 5th. The class will be held each Tuesday at noon. Connie teaches watercolor painting. Beginners or a pro—everyone has fun in this class!



If you feel suicidal, get help!

Please call one of the following:
911
The Counseling Center of Wayne & Holmes Counties Crisis Line
330-264-9029
National Suicide Prevention Lifeline
1-800-273-TALK
or Crisis Text line: txt
"4HOPE" to 741741

Expressing Appreciation to our Funding Providers:



REMINDERS

We will open at **12:00 noon** on **Tuesday, September 21st** and **Tuesday October 19th** to allow for staff meeting.



MOCA House and NAMI offices will be closed in observance of Labor Day on Monday September 6th, 2021.

Letter from the Director:

By the time you read this newsletter we will have completed our downsized Annual Gathering of members and friends, which took place on the evening of August 26, 2021 at First Presbyterian Church in Wooster. The evening was spent reviewing some of our organizational milestones and celebrating what we have been able to do.

We were delighted to honor those who were chosen for our 2021 Awards. NAMI is so grateful for all that each awardee does for the organization.



The **MOCA House Ginger Handwerk Service Award** was presented to two people

this year. Mr. William Carlisle received the award for his unwavering support and dedication to NAMI Wayne and Holmes Counties, MOCA House, and the MOCANs. Mr. Jim Gentry (not pictured) also received this award for his many years as a diligent MOCA House volunteer and board member.

The **NAMI Community Service Award** went to Ms. Jill Basinger. She has been a dedicated leader of our monthly Family Support Group for many years.



Lieutenant Kevin Milburn of the Doylestown Police Department was the recipient of **Wayne-Holmes 2021 CIT Officer**

of the Year. It was relayed that "Lieutenant Milburn is not only a leader, but a true believer and participant of *living* the CIT lifestyle, while dealing with friends, family, and community members.

Additionally, Kevin was noted as being thoughtful and compassionate with community members who are in mental health crisis."

It was a fantastic evening. Thanks to everyone who helped to make it a success!

With warm regards,

Helen Walkerly



We at NAMI and the Suicide Prevention Coalition want to remind us all that suicidal thoughts, much like mental

health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition.

World Suicide Prevention Day is Friday, September 10 a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

There are local resources if you or someone you know is having suicidal thought. Call **911**, or the national Suicide Prevention Lifeline at **800-273-8255**, or use the Crisis Text line by texting **4hope to 741-741**.

NAMI's LOSS Team and PALS group supports those who have lost a loved one to suicide. Call the office at **330-264-1590** for information on these services.

International Survivors of Suicide Day is on November 20th this year. The PALS group will be hosting this event again this year. Look for more details in the November/December *NAMI Happenings* or call the office for information.

Stay connected with us: "Like" NAMI Wayne & Holmes Counties and MOCA House Program on Facebook.



Happy Retirement Andy!



Andy Augenstein has been with us since 2012.



Thank you, Andy, for your many years of great service. We appreciate you and all you have done for us through the years. You will be missed!

Expressions of Hope Art Auction



NAMI Wayne and Holmes Counties is preparing for our Art Auction to celebrate the MOCA House Recovery Program. The auction will be on November 9th, beginning at 5 p.m. with music, refreshments, and a silent auction. The live auction begins at 6 p.m. Available items include: paintings, photography, pottery and our NEW Holiday Spectacular! All artwork is made locally by people who are in recovery from a mental health condition. The event includes light refreshments, and donations will be welcomed. RSVPs are encouraged. Preview the auction items and up-to-date information at: www.namiwayneholmes.org.

Look for MOCA House Art Exhibits at: Wayne County Public Library (Wooster) from Sept. 7th-30th and in Wooster area businesses (Artists Among Us) from Oct. 18-31.

Family Education Course

NAMI's **Family to Family** educational program will begin on September 18th from 9-11:30 am at the NAMI offices. This 8-week class is for persons who have a loved one with a mental illness. Classes are FREE but registration is required. Transportation is available. Call Dawn at 330-264-1590 to register.