



PEER connections

A PUBLICATION OF THOMAS M. WERNERT CENTER | APRIL 2024

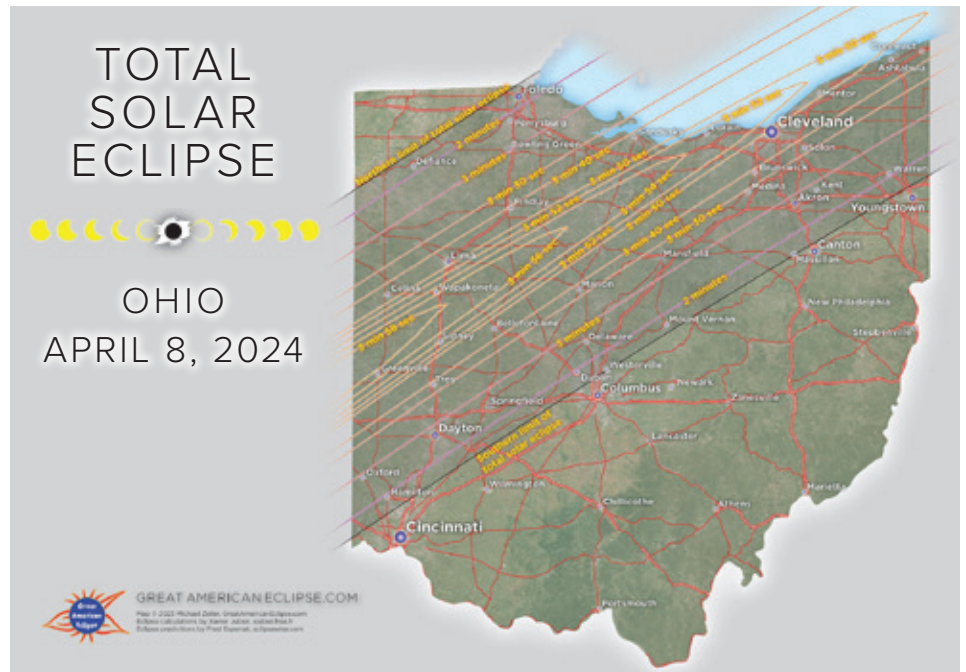
THOMAS M. WERNERT CENTER

Total Solar Eclipse in Toledo!

A total solar eclipse will cross over Mexico, the United States, & Canada on April 8, 2024. A total solar eclipse occurs when the moon passes between the sun and Earth, blocking all or some of the sun's light. This rare event will be fully visible in Toledo, Ohio!

A partial eclipse will begin to form shortly before 2:00 p.m. when the moon starts to cover the sun making a crescent shape of the sun appear. The totality of the eclipse will be visible in Northwest Ohio from about 3:10 p.m. to 3:15 p.m. The eclipse will last for about two or three minutes in local areas.

Due to the timing of the eclipse and all the community events surrounding it, TMWC will be closed on April 8th to ensure the safety of our members.



To safely enjoy the solar eclipse, it is important to get the proper eclipse glasses. TMWC has a limited supply of eclipse viewing glasses for distribution to members interested in taking part in the day's activities. Glasses are also available while supplies last from local organizations, such as The Toledo Lucas County Library, Imagination Station, and Metroparks Toledo.



Join us as we celebrate!

National Volunteer Week | April 21-27

Thank you to all of our many volunteers who help make TMWC a success. Whether you work in the kitchen, plan special events, serve on the board of trustees, or assist with community outreach, we want to celebrate you. Plan to join us for a Volunteer Recognition Supper Club on Friday, April 26. All members are welcome.

RSVP to the front desk either in person or by calling 419-242-3000.



In Memory of Patty Vaculik | 1973 - 2024

It is with great sadness that we inform you of the death of our colleague and friend, Patty Vaculik Garcia who unexpectedly passed away on March 4, 2024.

Patty joined the TMWC staff in January 2021, serving as both Food Services Coordinator and Peer Supporter. Along with all of the necessary certifications required of staff, Patty became a Certified Peer Supporter and a Clients Rights Officer. She accomplished this in order to ensure she was providing members with the necessary support to help with their mental health and overall wellness. She was also instrumental in establishing the HOPE Pantry at TMWC, ensuring members in need do not go hungry.

Patty's favorite things were cooking, feeding, and talking with people. Her infectious laugh and big personality made life brighter for our members, staff, and all who knew her. Patty treated everyone she met with kindness and a good joke. Let us honor her memory by enjoying a meal with loved ones, laughing often, and living each day with a light-hearted energy.



If you are experiencing intense feelings of grief, please speak to a TMWC Peer Supporter about resources dealing with grief and loss.

The Crisis Care Helpline is staffed 24 hours a day by qualified mental health professionals.



HEART & SOUL
Caring for Our Community



Celebrity
WAIT NIGHT

Monday, May 6, 2024
6:00 p.m. - 9:00 p.m.

*To register visit www.heartandsoultoledo.com
or call Abbey at 419-764-4387*



20 Main Street
Toledo, Ohio 43605

RECOVERING TOGETHER



Congratulations to the latest round of Peer Education Program (PEP) graduates at TMWC!



Cardio OR Cardio Drumming? TMWC Fitness program has multiple options to get you moving!



Thank you to our staff and volunteers for all they do for our members.






THOMAS M. WERNERT CENTER
FOR MENTAL HEALTH RECOVERY & SUPPORT

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RETURN SERVICE REQUESTED

  Follow TMWC on Facebook and Instagram.

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

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- 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

SUPPORTED BY:



Join the Thomas M. Wernert Center

If you, or someone you know, is interested in becoming a member of Thomas M. Wernert Center (TMWC), please contact Stacey at **419-242-3000, ext. 105** for more information.

Please note that TMWC is not a clinical agency. Peer support relationships are different from clinical relationships in that they are based on mutual sharing of lived experience with mental illness.

Individuals can become an active member who participates in the many programs, services, and activities we offer if they meet the following criteria:

- You must be 18 years of age or older.
- You must live in Lucas County, Ohio.
- Have a diagnosed mental illness or are receiving mental health services.
- Be ready to begin or expand your recovery journey.