NOW SEEKING YOUR PARTICIPATION IN THE NEWSLETTER GROUP!

If you or someone you know would be interested in joining the group, let your provider know!
FIRST A **BIG THANK YOU!**

TO MR. CHERNOWSKI, AND HIS DAUGHTER JULIE, WHO DONATED ALL OF THE GIFTS FOR THE TURNING POINT HOLIDAY PARTY. WE TRULY APPRECIATE YOUR GENEROSITY AND KINDNESS!

**UPCOMING EVENTS:**

HEARTLAND HEALTH CENTER OPENING IN JANUARY! SEE FLYER

PSR REGISTRATION IS NOW FROM JANUARY 28-FEBRUARY 8.

WINTER CHILLY FEST: FEBRUARY 9TH AND 10TH AT EMILY OAKS NATURE CENTER

Valentine’s Day: February 14th

ST. PATRICK’S DAY: MARCH 17TH
Heartland Health Center - Turning Point
8320 Skokie Blvd, Skokie, IL
Affordable Health Care For All Ages

Opening in January

Services:
- Primary care for all ages
- Management of chronic illnesses
- Women’s health
- Pediatrics
- Immunizations (including flu)
- School and sports physicals
- Referrals to specialists
- Care coordination
- Discounted prescriptions

Hours:
Monday - Friday: 8:30 am - 5:00 pm

We Accept:
All Medicaid Plans • Medicare • Some Private Insurance • Sliding Fee Scale for Uninsured

Phone interpretation in 200 languages.

@heartlandhealthcenters.org Facebook.com/heartlandhealthcenters @HHCfromtheheart @HHCfromtheheart
heartlandhealthcenters.org
I skipped Starved Rock and went to Dixon for fuel Reagan, Eureka and Excelsior. Johnson Sauk Trail a lake and field house peddle boat caught bass accompanied by dog. I went down Illinois River drainage to Peoria and past several other conservation areas to Pittsfield park when square-dancing and horsehoes; I shaved and showered and heard of levy, left in morning to RV trailer notice. I headed toward Pere Marquette which was inaccessible from flooded road stopped at diner for chicken fried pork sandwich and gas station, at Alton looked upstream water plant. Through East St. Louis fuel and query attendant decided not to go further South than Carlisle Lake otherwise East to "Vandalia Lake" tourist newspaper and ice for cooler, Boy Scout stop, when a moth hawk flew through my tent and caught a bass with Johnson reel, Eagle Claw pack rod and sputter bug; some beach bathers. When was at Lake Shelbyville Wolf Creek Park camping instead of Eagle Creek resort I cut firewood CBS affiliate said they were taking sandbaggers where I had left. There was beach, large pup tent and bike or horse-tail and road out a Sou'wester. The transmission leak of radiator line suggested coolant problem I gave fluid. Then at glacier Oraine Park camped where lime disease ticks possible Then final stop outside Chicago area one last campfire.

Dennison University Botany microscope is a red herring - Chelsea - modifier yeoman don't count me out, can't earn my benefits presently marginalize hedges fringes stuff worked and paid into. Blue Danube Waltz Oktoberfest lederhosen. !988 Dr. Reisinger OMHC planned addition Village Board Zoning library meeting outspoken. Chicago Academy of Science Nature Museum Dr. Heltne, Jane Goodall consortium; Open Lands Project Malcolm X City College Job Fair for disabled; down road from United Center CTA. Portage Lake Michigan to Des Plaines River Friends of the Preserves River Trails access Illinois Voyageurs. DePaul Blue Demons Ray Meyer Jack Dempsey look alike old age Mannassah Mauler A-2 Cooper bomber jacket *Joe Louis Blair coat Tyrone Strong and Connie Marlene speedy rig fingered Trilogy Inc. Rogers Park. *Appear with wife in convertible galvanize nation. Nez Perce Chief Joseph Appalooza and Kwakiutl potlatch not allowed. Tinglit, Aleut, Inuit totem pole John at bottom holding up company kicked in nose like wolf or turtle. Mandan and Assiniboine had never been hostile medallions Louis and Clark Expedition frontier being settled by pioneers before got back; Kit Carson and Jim Bridger. Flickr stream (feed) hollya and highwaygirl67.
No matter what it seems  Not all men invent schemes
But do what they must At some kind of cost
And the reward they get Has a value yet
For some satisfaction The result of action
And in the realm of thought If kindness then they ought
Be expressed with ease Echo endless cease
Upon another moment The torpor of torment
Because of this I ask That you try to grasp
The writing on these pages Done without the sages
By ache of being written Of hand that is in transition
From middle age and when The story does end.
**APPLE STRUDEL**

3 C FLOUR  
1/2 LB. BUTTER  
1/2 TSP. SALT  
APPLES, CINNAMON AND RAISINS

WORK BUTTER, SALT AND FLOUR TOGETHER. BEAT EGGS, VINEGAR AND SUGAR AND ADD TO FLOUR MIXTURE. MIX WELL. KNEAD TOGETHER AND MAKE LONG ROLL. CUT INTO 3 PIECES. WRAP IN WAX PAPER AND STORE IN REFRIGERATOR OVERNIGHT. NEXT DAY ROLL ON FLOURED BOARD REAL THIN. SPREAD WITH SLICED APPLES, SUGAR, CINNAMON AND RAISINS. SPRINKLED MELTED BUTTER, BREAD CRUMBS OVER ALL. ROLL UP LIKE JELLY ROLL. PUT ON WELL GREASED COOKIE SHEET. BRUSH TOP WITH MELTED BUTTER SEVERAL TIMES WHILE BAKING. BAKE 45-50 MIN. IN A 350 DEGREE OVEN. SPINKLE Powereed SUGAR ON TOP WHILE WARM.

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**Bacon Potato Pancakes**

**TOTAL TIME:** Prep/Total Time: 30 min.  
**YIELD:** 2 dozen.

**Ingredients**

- 5 to 6 medium uncooked red potatoes, peeled and shredded (about 3 cups)
- 5 bacon strips, cooked and crumbled
- 1/2 cup chopped onion
- 2 eggs, beaten
- 2 tablespoons all-purpose flour
- Salt and pepper to taste
- Dash ground nutmeg
- Oil for deep-fat frying

**Directions**

1. Rinse and thoroughly drain potatoes. In a bowl, combine the potatoes, bacon, onion, eggs, flour, salt, pepper and nutmeg.

2. In an electric skillet, heat 1/8 in. of oil to 375°. Drop batter by 2 heaping tablespoonful’s into hot oil. Flatten to form patties. Fry until golden brown; turn and cook the other side. Drain on paper towels.
Cocoa-Cake Brownie Bites with Creamy Chocolate-Peanut Butter Frosting (Vegan)

Makes 26 to 30 brownie bites

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 1/4 cups whole wheat pastry or whole wheat flour</td>
<td>1 teaspoon baking powder</td>
</tr>
<tr>
<td>1/4 cup plus 2 tablespoons unsweetened cocoa powder</td>
<td>1/4 teaspoon baking soda</td>
</tr>
<tr>
<td>1/4 cup plus 2 tablespoons unsweetened cocoa powder</td>
<td>1/8 teaspoon sea salt</td>
</tr>
<tr>
<td>2 tablespoons flaxseeds</td>
<td>2/3 cup packed dark brown sugar</td>
</tr>
<tr>
<td>3/4 cup sweetened nondairy milk, plus more on side</td>
<td>1/2 cup melted vegan margarine</td>
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<tr>
<td>1/2 cup chopped pecans</td>
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FROSTING

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurement</th>
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<tr>
<td>1/2 cup vegan chocolate chips</td>
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<tr>
<td>2 tablespoons plus 1 teaspoon peanut butter (you may use sunflower butter or sesame tahini, if desired)</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons sweetened nondairy milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon maple syrup</td>
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</table>

Preheat the oven to 350 degrees F. Thoroughly coat a 9-inch square baking pan with vegan margarine or vegan butter. Line the pan with unbleached parchment paper, leaving 2-inch wings on two sides of the pan.

Put the flour, cocoa powder, baking powder, baking soda, and salt in a large bowl and stir with a dry whisk until combined. Put the flaxseeds in a high performance blending appliance and process into fine flour. Add the ground flaxseeds to the flour/cocoa mixture and stir with the whisk until combined. Add the sugar and whisk until almost no lumps remain. Add the nondairy milk and melted margarine, and stir, just until moistened and no bits of dry flour remain. Add 1 to 2 tablespoons more of the nondairy milk, if the mixture seems dry. Fold in the pecans.

Pour the batter into the prepared pan and smooth the top with a rubber spatula. Bake for 17 to 20 minutes, or until a toothpick inserted into the center of the brownies comes out clean. Put the brownies on a wire rack. Let cool for about 10 minutes.

Meanwhile, to make the frosting, put the chocolate chips, peanut butter, nondairy milk, and maple syrup, into a double boiler. Cook, over low heat, until the chocolate chips melt, stirring occasionally, to thoroughly combine the frosting. Let cool 3 to 5 minutes.

Spread the frosting over brownies in the pan. Put the brownies in the freezer for 5 to 10 minutes to allow the frosting to begin to set.

Holding on to the paper “wings,” transfer the brownies to a cutting board. Cut the brownies into 26 to 30 small rectangles, using a sharp serrated knife.

Transfer the brownies to the refrigerator, and let chill for at least 10 minutes more before serving. Covered, and stored in the refrigerator, the brownie bites will keep for about 3 days.
My Favorite Phrases

By: Marcy A.

"No Chemistry, none."

"I can read your mind, but you can't read mine."

"We are incompatible like oil and water."

"Going to me as a matchmaker will be the best match you've ever had."

FUN VIDEO GAMES

BY: LISA R.

All these games can be bought on Steam. Free to download the program, but individual games do cost money. I have a lot more, but most are still unfinished, so only games that are considered done will be put up.

Games that I find relaxing

Stardew Valley $14.99 on Steam
Stardew Valley is a simple game of running a farm, meeting people in town helping them out and becoming their friends. It has simple game mechanics and lovely music. The game can be a bit repetitive but I tend to use that when I have racing thoughts and troubles focusing.

Games I find Stimulating and challenging.

The Infectious Madness of Dr. Dekker $8.99 on Steam
This game a lot like Clue in you need to find out what happened to Dr. Dekker. They use real actors to play the suspects. Very interesting individuals you need to ask questions and pay attention to details not just in the dialogue but in the scene. A random ending each play through for replay-ability. Interesting philosophy and a look into different mental illness. A helpful hint system for those where some things seem to fly over one’s head and able to use for future play.

Subnautica $24.99 on Steam
Warning it is consider a survival horror game, but it’s more for those like myself have a bit fear of the ocean and dark. It’s a game with BEAUTIFUL art work and music. The game is very atmospheric with lots of other things to do besides the main storyline. Only down side I’d have to say you need a good computer to play it well. Trapped on a mysterious planet alone with nothing but the environment to help you survive and find a way off the planet.
On gratitude for the Life, I have
I can look in the mirror
And see myself as a whole person

The future is wide open
Because of the people I know,
My dreams are coming true
It is never too late
To do all I try to do and
To learn new things

And sing of rings
I am free because I have love,
I can fly—I have wings
How do I cope with anxiety
We can always have some
Tea, And we can talk about
You and Me.

By: Maureen P.

Calendar
By Scott J S.

Yesterday was so vivid
Today takes it’s place.

Tomorrow races towards
Me madly to embrace.

Today is all I will ever have
Tomorrow never arrives.

Each dawn forgives my
Yesterday’s refreshings.

Dreaming night times
Heal my rugged days.
WINTER IS HERE
BY: JOE G.

J IS THE JINGLE THAT REMINDS US OF THE SEASON
A IS THE ATTITUDE TO MAKE A SNOWMAN THE REASON
C IS THE CHATTER THAT COMES WITHIN THE VILLAGE SQUARE
K IS THE KALEIDOSCOPE THAT RENDERS THE CHILDREN THERE
F IS THE FASCINATION FOR HOLIDAYS THAT COME REAL SOON
R IS THE REASON WE SHARE IDEAS BEFORE IT’S JUNE
O IS THE OLIVE BRANCH WE CONVEY WHILE IT’S IN TUNE
S IS THE SALUTATION TO WHICH EVERYONE GOOD CHEER
T IS TIME TO CELEBRATE ALL THAT IS DEAR

Random Facts Time
Did you Know?
The Japanese language have three types of writing. Hiragana, Kanji, and Katakana.
Best Gifts Ever
by Marcy A.

“I was thinking about the best gifts ever. For me it would be justice. This involves my abusive enemies in prison and paying me back the money they took. Also it involves no communication ever with them. Also it involves a written statement in a newspaper saying I don't have chemistry. Also the best material gift, not an intangible concept, would be a gift that comes once a month for a year!”

The best given that Lisa R. has ever gotten is to be with her grandparents, and cat, Toby.

The best gift that Lynne C. has ever gotten is being able to see and talk to her daughter and her new baby through Skype.

The best gift that John F. ever gotten was a version of a cockpit, but his brother instantly broke it!!

The best gifts that Missy has ever gotten are her children and husband.

Anonymous Commentary

For years the belief was opposites attract for relationships. I truly disagree. I believe the more similar you are, the more compatible.

Here are some negative examples:
1. Two extremely cruel people together.
2. Two extremely obnoxious people together.
3. Two compulsive liars together.
4. Two people who believe in communism.

Now, here's some positive traits:
1. Two psychic and/or very intuitive people together.
2. Two perfectionists together.
3. Two very talented people together.
4. Two very creative people together.
5. Two people who are both very honest together.
6. Two very articulate and verbally descriptive people together.
7. Two people whose smells are complimentary.
8. Two people who both want children.
9. Two people who have the same interests and enjoy the same activities.
POPULAR MENTAL HEALTH BOOKS

The Bell Jar By: Sylvia Plath

Esther Greenwood, a young woman from the suburbs of Boston, gains a summer internship at a prominent magazine in NYC. Esther is neither stimulated nor excited by either the big city or the glamorous culture and lifestyle that girls her age are expected to idolize and emulate. She instead finds her experience to be frightening and disorienting; appreciating the witty sarcasm and adventurousness of her friend Doreen, but also identifying with the piety of Betsy, a "goody-goody" sorority girl who always does the right thing.

All The Bright Places By: Jennifer Niven

Theodore Finch and Violet Markey meet in the ledge of the bell tower at school - one being the quiet one, the other an enthusiastic cheerleader. It is unclear who saves whom. Soon it’s only with Violet, that Theodore can be himself. And it’s only with Theodore that Violet can forget to count away the days and start living them. But as Violet’s world grows, Theodore’s begins to shrink...

Ordinary People By: Judith Guest

Tells the story of a year in the life of the Jarrett’s, an affluent suburban family trying to cope with the aftermath of two traumatic events.

Turtles All the Way Down By: John Green

Aza Holmes in a 16-year-old high school student living in Indianapolis who struggles with OCD. Constantly worried about infection, she repeatedly opens a never-full-healed callus on her finger in an effort to drain out what she believes to be pathogens.

The Perks of Being a Wallflower By: Stephen Chbosky

Charlie, the 15-year-old protagonist, begins writing letter about his own life to an unknown recipient. In these letter he discusses his first year at high school and his struggles with two traumatic experiences.

How We Got Barb Back: The story of my sister's reawakening after 30 years of Schizophrenia By: Margaret Hawkins

When Margaret’s sister Barb returned from living in Iraq with her husband, everything changed. The Barb they knew never really returned. That Barb had vanished, and though her husband tired to bring her home, she was already gone. For the next 32 years Barb went undiagnosed and untreated. This book recounts the story of those years and the steps Margaret Haskins took to bring her sister back from the depths of crippling mental illness.

A Unique Mind: A Memoir of Moods and Madness By: Kay Redfield

From Kay Redfield Jameson - an international authority on manic-depressive illness, and one of the few women who are full professors of medicine at American Universities - a remarkable personal testimony: the revelation of her own struggle since adolescence with manic-depression, and how it has shaped her life.

Reasons to Stay Alive By: Matt Haig

This book is about making the most of one’s time on earth written based on the writer’s experience from his own life. At the age of 24, the writer himself suffered from severe depression. In the book, he unfolded how he recovered and learned to live with depression.
Misconception of Mental Illness

By: Lisa R.

Many people don’t understand what it means to be mentally ill. A deviation from the norm does not mean someone have mental illness. Psychological Disorders are deviant, distressful and dysfunctional patterns of thoughts, feelings, or behavior that interferes with a person’s ability to function in a healthy way. It is estimated about 1.1 billion people today suffer from a mental illness. With anxiety disorder being the most common affecting 4% of the world population. With this many people suffering from mental illness, it still comes as a surprise that there are so many misconceptions on mental illness. What are some of the more common misconceptions, what does it mean to be in recovery, and how do these misconceptions further the negative stigma of people with mental illnesses.

There are three disorders that are frequently misunderstood; Obsessive Compulsive Disorder (OCD), Schizophrenia, and Bipolar. OCD is something many get confused when hearing it. OCD is unwanted repetitive thoughts (obsession) follow by action (compulsions). While some people with OCD are big on washing their hands or cleaning up, it’s more debilitating than just that. Some people with OCD will wash their hands until they’re cracked, bleeding, and bone dry. Others can’t stand things that are not symmetrical or have to check their locks up multiple times before they can leave their house. Still others may check to make sure their stove is off over and over again. These symptoms can be quite debilitating. It’s unlikely that your roommate who wants the dishes done has OCD they, just like things to be clean.

Schizophrenia makes up around 1% of the global population. When people think Schizophrenia, they often think of Multiple Personality Disorder but that’s a completely different condition. Schizophrenics are likely to have delusions, feelings of grandeur, the false belief that they have super powers, are wealthy, omnipotent, or famous. They experience extreme paranoia and persecution, believing they are being treated horribly or that something is plotting to kill them; all with hallucinations. Like many illnesses, there is a spectrum of schizophrenia. Some very mild and some more severe like what is often portrayed in tv and movies.

Finally many are confused about Bipolar or what it used to be called Manic Depression. Bipolar is a mood disorder that is marked by emotional extremes and problem regulating moods. People with Bipolar disorder go through several phases between depressive, manic, and normal or stable phases. These phase can last months in between therefor they can often be mis-diagnosed for years before getting the help they need.

There are a lot of people who don’t understand what it means to be in recovery. What is most often misunderstood is that being in recovery does not mean you are cured. Just like an alcoholic is never free from the addiction, a person suffering with depression or anxiety are never truly free of it. When professionals talk about recovery, they are referring to the process in which people are able to live, work, learn, and participate fully in their community. They can’t “turn off” of being mentally ill. Love and support will go along way in helping someone who lives with mental illness, but medication and other treatment made be needed.

Another major misconception that causes negative stigma is, being mentally ill makes you more likely to commit violence. Only 3%- 5% of violent acts can be attributed to mental illness. Of those violent acts, most are in combination of substance abuse. The Majority of crimes are committed by non-mentally ill people. Mentally ill people are more likely to be the victims of crimes. There is no evidence to suggest that people receiving effective treatment are more dangerous than the general population.

Unfortunately there are consequences of these misconceptions. With fewer treatment options, lack of research, and often great expense to patients, getting treatment can be challenging. Due to the stigma associated with mental illnesses, many do not seek help for fear of social ridicule, as well as other repercussions. Staying on a treatment regimen for the same reasons which can cause other problems in the long run trying to find other method for treatment which leads to substance abuse. People may also hide their illness from friends and family that could otherwise provide them with help and support. It’s a problem that will not go away anytime soon. Mainstream media and politics only feed in fear of mental illness. To solve this problem we should start by providing information that will help to get rid of these misconceptions.

I like to thank all the sites in my long research to make this possible.

Treatment Advocacy Center
Mental Health.gov
National Center for Biotechnology Information
Webmd
Youtube channel SciShow and Psych2go
And much much more.
DEFENSE RULES
BY: JOE G.

CHICAGO
HAS
IT’S
CLUB
ACHIEVING
GREAT
OBJECTIVES
BALL TEAM
EVOLVES
AROUND
REAL
SUCCESS
Here at the Newsletter, we welcome any submissions, you don’t have to be a member of the group!!

So, if you have an interesting story, or something that you would like to share, please submit it!

You can either give it to your provider, who can then put in Missy’s mailbox, or you can place your submission in the bin marked “Newsletter Submissions,” located in the PSR kitchen, when there are no groups.

Questions? Please call Missy Iavarone at x582

Thank you!!

*NEWSLETTER STAFF RESERVE THE RIGHT TO NOT PUBLISH INAPPROPRIATE SUBMISSIONS*

A Note From The Publisher...

We just wanted to thank you for taking the time to read our fantastic Newsletter, the Turning Point Review. We have so many dedicated people who have helped with putting this together; we could not have done this without all of you!

Thank you to the Newsletter participants, all who submitted and a special thanks to the art group for creating such a beautiful piece for the front page!

Hope you have enjoyed this issue of the Newsletter!

- Missy Iavarone
Welcome to our PUZZLE PAGE!

In this word search, you will find words from the articles in the newsletter. Enjoy!

| D V A L S B M N A Q R R J T P T F L U F T D K W G B T C E E |
| E I M G L O H T O J O J K O W X A Z A O R L E I Y N J D N T |
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| P Q L P Q M A Q B I T J N A C G O O S D H T N H A T O Y F L |
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DONATED     STRUDEL    SING
KINDNESS    CHOCOLATE  TODAY
SKIPPED      FAVORITE   TOMORROW
FRONTIER     FUN        HEAL
SATISFACTION GRATITUDE  WINTER
TRANSITION  LEARN      FASCINATION
GIFTS        TALENTED   MISCONCEPTION