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!
Upcoming Events/Announcements

October 5th-28th: SCREAM SCENE at the Skokie Water Playground.

October 7th: Devonshire County Fair at Devonshire Park

October 9: Last day to register to vote!

October 15: PSR HALLOWEEN PARTY!!

October 19th and 20th: Bump In the Night at Emily Oaks Nature Center

October 27th: Monster Bash at Oakton Community Center

October 26th: Halloween Public Skate at the Skadium Ice Arena

November 6: Election Day!!

*IF YOU HAVE NOT YET DISCUSSED THE NEW PSR ATTENDACNE POLICY WITH YOUR PROVIDER, PLEASE DO SO*
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 our 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 Cathy Jurek at x593
Or
Missy Iavarone at x582
Thank you!!

*NEWSLETTER STAFF RESERVE THE RIGHT TO NOT PUBLISH INAPPROPRIATE SUBMISSIONS*
My Success Story

by Amy K.

"You are a success story."

When I'm doing well, and I'm in a positive mood, I believe these words.

I used to be so ill that I could not function on my own, away from my parents. There were people who thought I would always need to be taken care of.

Today I live in an apartment with a roommate.

I lived with my parents until a month before my 29th birthday. I was not getting better living with my parents - I was getting worse. During these years I was suicidal. I spent 10 years in and out of hospitals. My parents moved me into a nursing home in Highland Park called Abbott House where I would have supervision at all times. After I moved in, my parents noticed a change in me. For the first time in years I sounded happy and I made sense when I talked.

I lived at Abbott House for 5 years, before feeling ready to move on. I advocated for myself at New Foundation Center - now Thresholds - to move into one of their group homes.

One day, I was at New Foundation Center and I overheard some people talking about an opening in the Morton Grove group home. I immediately went to my case manager and asked if this was true. "Possibly," she said. "Well if it's true please get me in. Please advocate for me to get in. I know I can do this."

She got me in.

Adjusting to a group home was not easy. I liked everyone I lived with and I liked the house - but for 5 years everything had been done for me. I didn't have any independent living skills. I didn't know how to cook, clean, do laundry, etc.. I felt that I was failing, and I felt so alone. I ended up in the hospital 4 months after I moved in. I had the opportunity to go back to Abbott House but I would not do this. I was determined to stay at Morton Grove House. I was determined to make this work. I was going to move forward - not backwards. That is exactly what I did.

I lived at Morton Grove House for 4 years. During this time, I was still thinking about the future. I put my name on the waiting list for a New Foundation Center apartment a year after I moved into Morton Grove House. I was told it would be about a 3 year wait. It was. During that time I was pestering the staff to put me in whenever there was an opening. I wouldn't let them forget it. And they didn't forget. I was accepted into their apartment program exactly 3 years later. It took 38 years of living, but I finally had my own apartment.

I have come a very long way from what I used to be. There are so many people who have helped me get to the place I'm in now - although everyone says that I'm the one who put in all the work. I feel that I am a success story - I still have a very long way to go - but I am a success story.

Except --------

When I wake up in the morning feeling depressed and hopeless and I can't stop crying. Except when I hate myself and think that I don't deserve life. Except when I am paranoid, believing that people are laughing at me and are out to get me. Except when I'm so depressed that I have issues with hygiene. Except when I let my emotions get out of control. Except when I'm angry at everyone and at the world. I don't feel so successful then. I feel like a failure.

With the help of my support system, I'm eventually able to come out of these episodes. But I know they'll always be back. I'll never be free of them. These episodes really take a toll on me - both mentally and physically. When it's finally over - I feel that I just can't handle going through this again. But I always do handle it and I move forward.

I used to be in and out of hospitals. Today, it has been 7 years since my last hospitalization. And it's going to stay that way.

One of my major goals is to live as independently as I possibly can. Right now I live in a Thresholds apartment where there is a House Manager in another apartment - so I have help and support when I need it. I would one day like to live completely on my own - although I don't know how realistic that is for me. I'm trying to figure out my limitations and how to live with them - or I should say around them.

But no matter what happens - I am on my own now - with support - but I'm on my own. I worked hard for this. I worked hard to be the person I am now. It's a victory.
My Sister and Her Family

By: Lynne C.

My sister is an administrative assistant to an assistant principle in a high school. She plans to retire in September, using her time to travel and visit with her children and grandchildren. Her older daughter is an assistant professor at a university where she teaches quantitative analysis. Her husband is in school to become a nurse practitioner. Their baby girl is 13 months old and goes to daycare. Her son works for a financial services company. His wife is a consultant. Their baby girl is two years old and has a nanny. Her younger daughter is single. is assistant manager in a lab at a university. I am impressed by how much they all accomplish.
JOHN’S CORNER

IOC International Olympic Committee Elizabeth Dole mismanaged American Red Cross

USOC Peter Ueberoff "Arine" Moulin Rouge New York Rangers fan

Brand magazine April fashion champ

Montreal friend cath "L'etats a l'ame" - the state's have spirit

Executive power and privilege. I didn't know he had that.

Assumption starting predilections or stipulations

Half day - county Aptakisic sheriff

The Cubs beat me to the punch 2016;

Thorek Wrigley Field Solider Filed United Center "Cellular Field"

Garfield Park VENUE Michael Reese Village

Adina Florist Skokie Grandma Dollie and Bandit dog

Chandelier

Fall of the House of Usher

The House of the Seven Gables

Energyrl Aurora

College Homecoming Reunion

Grill meal Sweetest Day

Leading Male Nashville Guitars

Lock 12 VP fixed rate utility cost budget starting Oct. attempt

Censorship: The Catcher in the Rye J.D Salinger Hiram Walker at the library

In Cold Blood Truman Capote

Honorary

Oscar Grammy Emmy Pulitzer which Great Plains
SLEEPY HOLLOW

ICHABOD CRANE COMES TO PLACE AS SCHOLAR FOR YOUNG AND IS INTERRUPTED BY A LOCAL ON HORSEBACK, CAPE AND PUMPKIN HEAD IN AN ATTEMPT TO THREATEN HIM AWAY. THEN TURNS OUT, ONE FINAL MOMENT, THROWS THE PUMPKIN HEAD THAT CAUSES ICHABOD TO BE TRULY SCARED AND LEAVES HURRIEDLY. WASHINGTON IRVING OR GEORGE WASHINGTON CARVER "GO DOWN TO THE SEA FOR SHIPS."
DOUBLE STANDARDS

By: Lisa R.

I’ve never been in any “groups” so I’ve been the one to watch two opposing sides fight against the other with opinions but present them in a way that make it seem factual. Honestly I want to scream enough both sides are idiots, but I honestly don’t want to get involved in fights. To make this list I’ve went to several websites and personal blogs looking at both sides then taking a good look and coming up with double standers that they don’t care or oblivious to by their bias to their “side”.

- Men are often expected to fight back against any assaults and laughed, mocked, and ignored if they don’t.
- Women have “objectified, cat-called, harassed” men, but it is inappropriate the other way around.
- People who are “rich” get scorned and told to give up their earned money when many refuse to work or put in the effort needed to get ahead in life
- People who are “poor” and get government assistants are automatically lazy people who refuse to work when there are plenty of corporation getting government assistant but are consider successful
- Beautiful people are shamed for going around showing a lot of skin on social media
- People struggling with obesity are called lazy, but are sometimes shamed or not allowed to go to a gym for one reason or another.
- Women who physically abuse their lover are not always taken seriously, but it’s inexcusable for a man when they do it when it should be applied to both.
- Men dating older women he just happened to like them older, but if women date an older man she’s often considered a gold digger
- If a guy breaks up with a girl he’s a jerk if she breaks up with him he’s still a jerk
- If a man shows Authority he’s a good leader if a woman does she’s bossy
- If someone is considered pretty or cute ask someone out they are brave, but if they’re not it’s consider creepy.
- Women cry it’s natural a man cries he’s weak
- Dressing up for a sports events is normal but Cosplayers (people who dress as their favorite character from books/movies/comics) are weirdos
- Smokers get extra smoke brakes nonsmokers are expected to keep working.
- Boy hits girl, he’s a monster; girl hits boy eyes look the other way.
Anonymous

1) Why if I say I don’t like or love a person here, doesn’t it matter as much as if another person says that!

2) Why would a guy keep saying I’m interested for him when the reality is I don’t like him at all? Is it because he has undiagnosed schizophrenia, narcissistic personality disorder, organic brain injury or another cognitive impairment or delusions? I swear to God I don’t like them.

3) I will never go out on a date with you, the analogy is “When pigs fly!”
BAT OREO TRUFFLES

These little critters couldn’t be easier to whip up. Once you have the basic truffle put together you can stick them in the fridge and move on to this next easy step.

You will need:

Chocolate
edible eyes
mini chocolate chips
wax paper
a Ziploc bag

Draw out a few small wing shapes onto a piece of paper. Lay some wax paper over the top and tape it to the table top. Melt a small amount of chocolate according to the package and transfer to a Ziploc bag. Snip a small corner off of the bag and pipe the chocolate following the stencil. Allow to set for a few minutes, or speed up the process by tossing them into the fridge. Ok… maybe set them gently in there. Tossing could cause problems.

Next is the fun part. Melt a larger portion of chocolate. Dip each of your prepared truffles (one at a time) into the melted goodness and quickly apply the wings, eyes, and mini chocolate chips for the ears. Let them set up before handling too much.

Isn’t this little guy adorable? Or more like adorably delicious?? I have to say. I do love these fluttery little creatures. It was almost hard for me to eat them. Almost. These would be great to hand out to teachers, friends, family… Anyone that you might want to pass out a treat that is just extra special. Who can go wrong with Oreo’s?
**MONKEY BREAD**

1/2 cup granulated sugar  
1 teaspoon cinnamon  
2 cans (16.3 oz each) Pillsbury™ Grands!™ Flaky Layers refrigerated Original biscuits Save $  
1/2 cup chopped walnuts, if desired  
1/2 cup raisins, if desired  
1 cup firmly packed brown sugar  
3/4 cup butter or margarine, melted

Heat oven to 350 °F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large storage plastic food bag, mix granulated sugar and cinnamon.

Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces.

In small bowl, mix brown sugar and butter; pour over biscuit pieces.

Bake 30 to 35 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.
QUESTIONS AND ANSWERS ABOUT BEA ARTHUR

By: Marcy A.

1. Did Bea have any children?
   A). She adopted two children, Matthew and Daniel.

2. What actress roles was she in other than Golden Girls?
   A). She began acting in All in the Family, and then the spin-off, Maude.

3. What were her husband's names?
   A). Her first husband was Robert Aleen Arthur, who she married while in the Marines, and then she married director, Gene Sacs.

4. What did Bea pass away from?
Uncensored

by Amy K.

I was at a Barnes & Noble, browsing in the children's section. There was a little girl there, about 9 or 10, who picked out a book and asked her dad to buy it for her. The father looked through the book and read the back of it. Then he told his daughter no, this book is for older kids. She was very upset. I don't blame her.

When I was growing up, no book was off limits to me. My parents let me read anything I wanted to, no matter what my age. I am so grateful to my parents for this. They let me make my own choices and think for myself. Growing up, I knew when a book was right for me and when one wasn't. A book was right for me when I enjoyed it and it resonated with me. Other books I would be interested in, but felt that they were too advanced for me. So I would decide to wait until I was older and more mature, when I could understand them and appreciate them more. I knew when a book was not for me when I would not care for it at all, or I would find it disturbing in some way, or I didn't agree with it, or it made me feel unsafe - so I would just put it down and move on. Every time I found out that a book had been banned - I just went right out and read it. I discovered that so many of the greatest books have been banned.

Everyone has a right to free speech. Everyone has a right to his or her own voice. If you don't like what a certain author has to say - you don't have to read it. But it does have a right to be out there. Everyone is entitled to their opinions and the way they view the world.

I fail to understand why some people feel that a book needs to be censored. Who are these people and what exactly do they think the public needs to be protected from? When a book is censored, my intelligence, along with everyone else's, is being insulted. I will not be told what I can and cannot read. I can think for myself, and so can everyone else.
I love animals…. Well most animals insets and spiders give me the chills. Sense I was a child I’ve always had pets; Fish, Gerbils, Guinea Pigs, Rabbits, Birds, Hermit Crabs, Snakes, Dogs and Cats. So many pet names never once repeating. Right now we have a bird Tweety around 27 years old, a cat Caramel 17 years old, another cat Bugsie Malone, 2 ½ years old, and a dog who as of this article being released will be 10 months old. I love all of them very much. However the pet that had a never ending grip on my heart was Toby-chan who died June 20th 2016.

Toby-chan was my well behaved confident cat who helped me with my panic attacks, anxiety and depression. HE ate the scary spiders when I freaked out. Would go out on walks in the nature park sitting in a backpack like a joey till he wanted to walk and hopped back in when he was done.

The greatest thing I’ve ever did was saving his life twice. On July 16th 2001 his mom a former stray we named Miss. Boo had complication that had I not been their both she and her kittens would of died. She had four beautiful kittens three girls Felix, Patches and Freckles and one boy Toby. We weren’t going to keep Toby at first, but I’m glad the person who was going to take him backed out.

Getting to watch him from a squirming blind kitten to the Haaaansome Cat he was just the most happiest time I believe.
So well behaved I didn’t need to cage him to take him to the vet just a harness and a leash. He would just sit next to me in the car looking out the window when he was brave and sit on my lap while waiting to see the vet.

He was also so confident in himself he let new pets in with no problem wanting to cuddle even though none of them ever wanted it.

We were just so emotionally connected the instant I started having a panic/anxiety attack or started sobbing he would run into my room and next to me before giving me a hard nip snapping my train of thought before he crawl on my lap licking my hand, rubbing his head against my hand purring and kneading my lap almost like he was saying “Hey stop that pet me love me instead”

He knew he was Haaansome cat not Handsome Haaansome. If you told him he was he would close his eyes look towards you with his head up as if to say “you know it”

Sadly he had hyperthyroid which slowly wasted him away. My biggest regret was putting him in a make shift bed when he climbed in my bed with probably the last of his strength to possibly die next to me. After all he did for me I couldn’t give him the one thing because of my fear of bodily waste products

He’s no pain free and hopefully in an after life where I’ll be able to see him again. Till then I have my sweet baby boy Bugsie “Doodles” Malone to keep me company hopefully for another 15 years. He’s different in all the right ways. Who knows maybe Toby-chan had led me to him knowing he would be a perfect match for me.
Halloween originates from a Celtic tradition called Samhain. Samhain is a festival that marked the end the Celtic calendar year in Ireland, Scotland and the Isle of Man. It was believed it be the time of the year that spirits or fairies could enter our world. Terrified of this spooky day, Celts tried to keep these spirits happy by putting out treats and food.

The Origin Of Jack-O-Lanterns Comes From A Farmer Named Jack.
Forms Of Trick-Or-Treating Have Been Around Since Medieval Times

Different versions of trick-or-treating have been around since medieval times. It used to be called "guising" or "souling," and it was when children and poor adults went around in costumes on Halloween begging for food and money in exchange for songs and prayers. It was brought to America by the Irish in the early 20th century, but became less popular during WWII when sugar was rationed. However, in 1947, children's magazines, a radio program and the Peanuts comic strip made the tradition popular again, and by 1952, it became trick-or-treating as we know it now.

HAPPY HALLOWEEN!!!
VOTE! VOTE! VOTE!

YOUR VOTE MATTERS!

EVERY VOTE COUNTS!

REGISTER TO VOTE BY TUESDAY, OCTOBER 9TH

ELECTION DAY: TUESDAY, NOVEMBER 6TH

REGISTER TO VOTE AT:
- VILLAGE HALL
- SKOKIE PUBLIC LIBRARY
- DMV
- ONLINE

WHERE DOES YOUR CANDIDATE STAND ON:
- MENTAL HEALTH FUNDING?
- MEDICAID?
- HEALTH CARE?
- JOBS?
- IMMIGRATION?
- AFFORDABLE HOUSING

WANT TO LEARN MORE ABOUT HOW POLITICS IMPACTS YOU? CHECK OUT FIGHTING STIGMA THROUGH POLITICAL ACTION GROUP FRIDAYS 11AM
RESOURCES

Access for AT&T: If you are receiving SNAP benefits, you may be eligible for $10 a month wifi!! Call 855-220-5211 for more info.

Silver Sneaker: If you have Medicaid/Medicare, you may be eligible to have a gym membership paid for!! Call your insurance and ask about the Silver Sneaker Program for more info.

LAF: Free Legal Assistance! Call 312-341-1070 for more info.

CEDA: 312-795-8948 (Dental, Rental, Financial Assistance).

Ride Free Card: If you are receiving social security benefits, you may be eligible for a CTA bus ride free card! You must obtain a referral from a provider, and can complete an application at the Maine Township building on Ballard in Park Ridge, The Village of Skokie on Oakton in Skokie, or The Levy Center on Dodge in Evanston.

HOUSING!!!! On October 4, from 1 to 4, there will be an Open House at 319 Dempster for low income housing thorough HODC. (studio apartments)
GOING BACK TO SCHOOL AS AN ADULT

By: Maureen P.

In 1997, I finished a seven year period of studying that culminated in me receiving a degree. Many years prior to this, I had been pursuing many different majors. I could not stick with one major, so I finally decided I must decide right then and there for the best possible major in the universe. Then my life would be together – I would discover my passions and become a great writer.

Or so I thought.

Before I entered into the dream-like stated called Journalism, I spent my last day free of classes alone. I made my decision – tomorrow, would be the great beginning of the rest of my life. And, as most of us know, tomorrow will come whether or not we like it.

That night, before classes began, I felt very alone. I went out for a pizza and bought a bottle of red wine. All I could think of was how many calories I was consuming! I was in a “food coma!”

Sadly, I heard my roommate calling to me about classes, I was only half alive. Then, I thought, Oh, Jesus, Oh God, I couldn’t even hear very well. I just felt like I wanted to die.

As usual, as it is with most of us, the serious reality of what I had done, finally set in. Now I had the school (NIU) telling me to go home, and don’t come back.

When I really woke up I was angry and annoyed that I was still alive.

Since then, I have changed my attitude with some work in the areas in which I excel. I am compassionate, and I use self-talk often.

Did I say it was easy?

No way!

But it is worth it.

To save yourself from yourself.

YOU BET IT IS!!!
A Note From The Publishers...

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 expert printer: Margarita in the front office. Hope you have enjoyed this issue of the Newsletter!
Welcome to our PUZZLE PAGE!

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

EMOYWGLSPNVA
BVLZLPXQGUAESXD
ETIJIOQJXRCKNDC
BADGMIONTEXCREX
NBONANKIJUSTZEH
PEZJFTCZBITPSS
UUESKPURERAMNLSS
ZRAWAREILEDNACHC
ZZBOTOVZEDMCMLMZ
LILKILRHGWIGLYW
EEOESULMONSTERJ
NYWOTTFAAAHTLAEH
IJGAHAOKHADULTO
RLNRICMREHSABKR
DNRRCPSGYJVEJWA

ADULT    PUZZLE    REVIEW    HALLOWEEN
ANIMALS   FAIR     HEALTH    SCHOOL
BASH      FAMILY    LANTERNS  PARTICIPATION
GIVE      NATURE   STORY     CHANDELIER
BAT       POINT     MONSTER   SUCCESS