Announcements

- Rosh Hashanah - October 2-4
- Yom Kippur - October 11-12
- Halloween - October 31
- Presidential Election - Tuesday, November 8. Please vote!
- Turning Point will be closed on Nov. 24 and 25 for the Thanksgiving holiday. The agency will also be closed on December 25 and 26 for Christmas.
- The next CAC Meeting will be held on Friday, October 14 at 9AM

NOW SEEKING YOUR PARTICIPATION IN THE NEWSLETTER GROUP! In order to keep producing the quarterly newsletters, we need members like you to participate in the newsletter group. Please see Tanya Komblevitz if you have any questions or speak to your case manager about registering for next term.

Painting submitted by Suman B.
The Life of Joan Baez, Singer, Songwriter, and Activist

by Lynne C.

I got the information for this article from the website Wikipedia.

Joan Baez was born on Staten Island, January 9, 1941. She has been seen with Judy Collins, Bob Dylan, Pete Seeger, Odetta, and many others. She celebrated her 75th birthday this year.

Mary Chapin Carpenter said, as a part of the celebration, "She has been a mentor, an inspiration and a role model for anyone who ever picked up a guitar and wanted to believe they could do more than just sing pretty songs. She has showed multiple generations that music can move and inspire as well as be a force for courage, solidarity, fellowship and justice. To be able to celebrate her 75th birthday with her in New York City is a dream evening, and I think I will feel 17 again for much of it."

Joan's family became Quaker in her childhood. She has continued to identify with the tradition, particularly in her commitment to pacifism and social issues. She has displayed a lifelong commitment to political and social activism in the fields of nonviolence, civil rights, human rights and the environment.

About her music: She began her recording career in 1960 and achieved immediate success. Her first three albums, Joan Baez, Joan Baez Vol.2, and Joan Baez in Concert all became gold records and stayed on the Billboard for two years. Some of her well-known songs are "Diamonds and Rust," "There But for Fortune," "Farewell, Angelina," "Love is Just a Four-Letter Word," "Joe Hill," and "We Shall Overcome." Her instruments are voice, guitar, piano and ukulele. She had been performing from 1958 to the present. She has a beautiful voice!

My Personal Journey

By Pat C.

Since 1980, my physical health started to decline, in addition to the mental abuse I endured from my now ex-husband. Little did I know that just his daily presence was (and I was only married 3 years at that time) the major source of my unhappiness.

During our 18 years of marriage, there were times of joy and fulfillment, but living with a narcissistic bully overshadows those joyous times and I'm ashamed to say that at one of my weakest, beaten-down low points, I contemplated suicide. THANK GOD FOR STOPPING THOSE NEGATIVE THOUGHTS.

Now I'm at Turning Point...a positive environment with therapists and clients there to help or listen or sometimes give feedback, if asked. I've been here for over 3 years...of course having my ups and downs, not always the ideal "student (client)" but I have endured and moving forward I encourage everyone to fight and continue to strive for your heaven.
Abandonment Memories

By Khiem H.

With introduction and reflection by Peter R., The Living Room Coordinator

As a member of the Turning Point community and coordinator of The Living Room program, I wanted to share the news that Khiem Huynh, one of our steady recovery support specialists, has decided to leave his role at our agency. I know how much Khiem was a pillar of recovery here at Turning Point during his nearly 5 years with us, helping some of you find ways to share your recovery stories with others, making it through a difficult crisis, and building a sense of camaraderie through chess. Personally, I appreciated his ability to find a pun in most situations. Even upon leaving Khiem wanted to share some words of encouragement with the Turning Point community. He always modelled for me, and I believe others, a poignant compassion expressed through elements of his own experience.

Khiem recognized that as people leave our community, we all experience a sense of loss and feelings of abandonment. Khiem was working on an article around sharing his experiences with childhood abandonment and wanted to submit it for this newsletter. Below is Khiem’s message of support for all those in our community as he left. He continues to challenge each of us to be courageous in our lives and speak about difficult times in order to see our stories for what they are.

In Khiem’s words

Very few people, diagnosed or not diagnosed with mental illnesses, speak openly about the suffering that early memories of abandonment can cause in later life. Here, by disclosing some recollections, I take the opportunity to invite Turning Point clients as well as their caring providers to explore abandonment. It is my way of giving gratitude to the Turning Point community. Being part of it gives me newfound joy and humor.

I still have a recurrent memory of being alone holding a long icicle as I stood in an empty, semi-indoor playground. All the other kids had left, leaving me with the short end of a long icicle, so to speak. This is a memory that has stayed with me to this day.

Looking at a manila-colored, old school, table top telephone placed on the top of a refrigerator, I recall wondering why everyone seemed to be in a hurry, packing up things and leaving. Perhaps, it was the time when our whole family was readying to board boats to depart Saigon (now called Ho Chi Minh City) permanently. I had not gotten the memo.

With our boat washed up on shallow waters on a Malaysian shore, I gazed at boat’s edge, as a stranger came up placed me on his shoulders and walked me the rest of the way ashore. Apparently, I was one of the last left on the boat. Where were my family members?

And so now... you have recollections of childhood abandonment. You can commiserate with me by contemplating and using them to know that you are not alone. We all have been abandoned in some way. These memories are what they are, neither good nor bad, but useful. I give you permission to make them useful for you...in gratitude.

Opportunities for Reflection

Khiem shared these experiences to remind us that we all carry with us moments of abandonment. The images from his memories invoke the questioning of innocent confusion as much larger events unfold around him. Experiences of earlier abandonment can stay with us throughout our lives and at moments of loss may have had us questioning whether others understand this feeling. Everyone has their own experiences with abandonment, Khiem invites discussion among people you trust in order to see what growth and new daring ways we can come to understand each other through sharing feelings of abandonment.
Dear Dodi

We're taking a departure from our typical column. Instead of asking for advice in the form of a question, we're giving some words of wisdom.

"Don't expect people to mindread. It's important to speak your mind. Say what you like and don't like and what you want and don't want."

"People should not take from other people what they did not earn just because they feel they need it."

"Don't worry about things you can't control."

"Any job done is 100% finished."

"You can have a great day, the choice is yours."

"Any job big or small, do it right or not at all."

"Don't offer matchmaking if someone isn't interested."

"Hold on to things that are important to you; let go of things that are toxic to you."

"Living well and beautifully and justly are all one thing."

"What's joy to one is a nightmare to another."

"Happiness... leads none of us by the same route."

"The test of enjoyment is the remembrance which it leaves behind."

Perfect Match

By Marcy A.

I read a story I really liked. The story took place in a small European village circa 1920. It involved a guy that had an unpleasant odor and, because of this, had a difficult time finding a suitable mate. Unfortunately, his odor was intensified when he was around a woman that he was attracted to. So, a matchmaker was called in to help. However, the matchmaker had no luck whatsoever because all of the women she found were turned off to the smell. Finally, the matchmaker found a girl who had a disability that left her unable to smell. Anyway, this match took because their deficits were complimentary to each other. This perfect match idea could be the theme for many people. A problem is not a problem if the two people involved find it complimentary. I liked the premise.

Two people with problems found a suitable solution with the match!

Johnny Carson Quotes

Submitted by Jason M.

“I was so naïve as a kid I used to sneak behind the barn and do nothing.”

“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often.”
Interview With Rifi, Facilitator of Women's Art Therapy and Other Art Groups

By Lynne C.

How did you find your way to Turning Point?

A friend, Ronit, knew about openings at Turning Point and referred me. I had recently received my Master's degree at the Art Institute of Chicago, in their Art Therapy program.

How did you become an art teacher?

In undergrad I majored in Studio Art and realized I wanted to pursue a career in a helping profession, which brought me to Art Therapy, utilizing art to help others express themselves, to gain self-confidence, and coping skills.

What do you like best about your job at Turning Point?

I love the dynamic environment of the groups that I facilitate. I'm nearing the fourth anniversary of my work at Turning Point. I have grown tremendously with the help and support of the staff, as well as the help and support of the clients of the program.

Tell me about your family.

I celebrated my ninth wedding anniversary. I balance raising a family of three girls with my work at Turning Point.

Gratitude List:

By Maureen P.

Mental Health (Increased)
My wonderful therapist!
Good friends- I hope I'll always have at Turning Point
A beautiful apartment
A room with a view of the lake
An able body
A kind heart
My C-4 counselors.
My friend Diane.

MONEY ORIGAMI

Submitted by Alex K.

For video instructions to create origami designs you can search “money origami designs” on www.youtube.com.
Apricot Chicken

Ingredients:
- 6 boneless chicken breasts
- 1 small bottle Catalina salad dressing
- 1 small jar apricot preserves (10-12oz)
- 1 envelope dry onion soup mix

Preparation:
- Grease large shallow baking dish with cooking spray.
- Mix dressing, preserves, and soup mix together.
- Pour mixture over chicken and then cover with foil.
- Bake chicken at 350 degrees for 45 minutes.
- Uncover and bake for 15 additional minutes.
- Serve over jasmine rice.

Grandpa’s French Toast

Ingredients:
- 1 loaf french bread sliced into 1” slices
- 8 eggs
- 1/2 cup milk
- 2 tbs vanilla extract
- 1 tbs cinnamon
- 2 tbs granulated sugar

Topping:
- 1 stick butter softened
- 1/2 cup brown sugar
- 1/4 cup chopped pecans

Preparation:
- Place sliced bread into a greased 13x9” pan
- Mix all ingredients (except topping) and pour on top of bread in pan
- Cover the pan and place it in the refrigerator overnight
- Take pan out 20 minutes prior to baking
- To create the topping: Mix softened butter and brown sugar. Spread this on French toast mixture. Sprinkle with chopped pecans.
- Place French toast (uncovered) into oven at 350 degrees until brown (approximately 35-40 minutes)
Kale and Chickpea Soup

From Epicurious.com
Submitted by Cooking Skills Group

INGREDIENTS

1 medium onion, chopped (1 cup) YIELD: Makes 6 main-course or 8 first-course servings
2 garlic cloves, chopped
1 Turkish or 1/2 California bay leaf
1 teaspoon salt
1/8 teaspoon black pepper
2 tablespoons extra-virgin olive oil

1 large boiling potato(3/4 lb), peeled and cut into 1/2-inch pieces

3/4 lb kale, stems and center ribs cut out and discarded, then leaves very finely chopped in a food processor (4 cups)

3 1/2 cups reduced-sodium chicken broth (28 fl oz)

2 cups water

1 (14-oz) can chickpeas, rinsed and drained

1/4 lb Spanish chorizo (cured spiced pork sausage), casing discarded and sausage cut into 1/4-inch dice (1 cup)

PREPARATION

Cook onion, garlic, bay leaf, salt, and pepper in oil in a wide 4- to 6-quart heavy pot over moderate heat, stirring frequently, until onion and garlic are softened and beginning to brown, 5 to 7 minutes. Add potato, kale, broth, and water and cook, partially covered, until potatoes are tender, 15 to 20 minutes. Reduce heat to low, then add chickpeas and chorizo and gently simmer, uncovered, 3 minutes. Discard bay leaf and season with salt and pepper.

Per serving: Calories 283, Total fat 13g, Saturated Fat 4g, Cholesterol 16mg, Sodium 433mg, Carbohydrate 31g, Fiber 5g, Protein 13g
“Summertime and the livin' is easy catfish jumpin' and the river is high. Your daddy's rich and your mama's good lookin'. So hush pretty darlin' don't you cry.”

“I think I'll go to the beach with my bus and friends, I hope that this world never ends
Get out of town, think I'll get out of town, The world is turning, hope it don't turn away
All I care about is what sweet mama say.”

Special Thanks to The Newsletter Staff!

Marcy A.      Alex K.    Lynne C.    John F.
Pat C.         Judy P.    Jason M.
Matt R.        Tanya K.

This newsletter is produced by Turning Point PSR members and staff. All Turning Point clients and staff are encouraged to contribute to this newsletter.