Announcements

- Fall Groups Picnic will be on Thursday, September 7th, from 11am-2pm at Lorel Park.
- Turning Point will be closed on Monday, September 4th, in observance of Labor Day.
- Please welcome our new Newsletter Group Co-leaders, Catherine Jurek and Christine Harmon!

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 Catherine Jurek and Christine Harmon if you have any questions or speak to your case manager about registering for next term.

Artwork submitted by
Debbie O.

“Reaching Out, Reaching Up.”
Artwork submitted by Lynne C.
Dear Dodi:

I heard that someone was spreading a false rumor about me. What should I do?

A: I’m sorry to hear that someone has been talking about you and saying things that aren’t true. I’m sure a lot of us have been in that situation before and know how hurtful that is. Here are some suggestions for what to do:

If it happened at Turning Point, you should first do your best to address it directly with the offender, assuming you know who that person is. If you don’t feel comfortable doing this on your own, you can also seek support from staff, such as your therapist or case manager, or a group leader. They will help you figure out a plan for how to address it with the individual who was talking about you.

If it happened in your personal life, again, I suggest addressing it directly with the offender. That way, you can let them know directly that what they are telling other people isn’t true. You can also let them know how this rumor is harming you emotionally and socially. People gossip for all sorts of reasons but it’s important for them to know how their behavior impacts the person they’re talking about.

In either scenario, I think it’s always helpful to seek out support from friends and family that you trust. They’ll provide you with a supportive shoulder to lean on and may have some helpful suggestions for how to handle it. You can also try to seek out people who have heard the rumor and provide them with more accurate information.

You always have a choice for how to respond to a situation, no matter how this is making you feel. Try not to feel like you’re alone and know that you’re not alone. There’s always help.

Who’s Right?

By Judy P.

Who’s right is it anyway?

Rules of the road apply to all users of the roadways, whether walking, biking, driving automobiles, or motorcycles. We all have rights.

Bicycle riders should have to pass a rules of the road test, and purchase a license in order to show that they have, at the very least, been exposed to the rules. Tickets should be issued for failing to follow the rules, just as drivers of automobiles and other motorized vehicles receive. There is a “Rules of the Road” book for bicyclists, but no one is holding them accountable for following those rules, unlike for drivers of motor vehicles.

For too long, bicyclists have complained that they are being threatened and put at risk by motorized vehicles. When is the last time you saw a car cut across an intersection at a 45 degree angle to avoid making two turns? Bike riders do it all the time, and then blame motorists for when they get injured or horns blown at them.

Check out nearly any intersection, city or suburban, and you’ll likely see a bicyclist break a rule, put drivers at risk, and share their favorite finger with others, when it is they who have disregarded the rules.

So, I ask, who’s right?
Interview with Alexis K.
By Lynne C.

What is your educational background?
Bachelor of Science, Northern Illinois University of DeKalb

What do you like best about working here?
I like the relationships with clients and staff and I like leading groups.

Tell me about activities in your life.
I play golf. I like to spend time with friends and family. I was born and raised in Illinois, a suburbs girl.

What is your work experience?
I have worked at Turning Point two years. Before that I worked at the Community Crisis Center, based in Elgin.

Taco Bell Vs. Al Watan
(The two restaurants across the street from Turning Point on Skokie Blvd)
By Debbie O.

I ate at both of these restaurants over the past month or so. Not so much to determine which establishment is better, but just to compare them to see how they taste, since they both offer a variety of foreign foods.

I first ate at Taco Bell, not my first time. This time I took a concentrated effort to really see how it tasted and the process involved. Taco Bell was very busy at the time I visited around noon on a Monday. I was 5th in line and I ordered the Dealz box for five dollars and a drink. It took a while to get my order, because it was so busy. I chose this deal because it had a variety of offerings and would make for a good comparison to the other restaurant. The box contained a regular taco, consisting of a hard corn shell (fried), ground beef, cheese, lettuce, and tomato. The other offering was a different taco, which is pretty much the same as the regular taco except that it had a soft shell wrapped around the hard shell. Then there was a burrito and nacho cheese with chips. It was spicy and filling. I could not finish it all at lunch. I saved the burrito and some of the chips and cheese for lunch the next day. It was just as fresh and flavorful then as the rest of it was on Monday. All and all the meal was good and satisfying for a lunch and satiated the need for Mexican food.

At Al Watan I ordered the combo #1. It consisted of chicken tikka, lamb kebob, and a spicy beef patty. It also contained a spicy green sauce, small salad and some flat bread. The beef patty was a little dry, but when dipped in the sauce it was quite tasty. The chicken and the lamb were both flavorful and moist. The flat bread was very good, I don't recall if it was spicy or it had some seeds in it, but I would eat it again. The salad was made of some lettuce, sliced white onion, and some jalapeno. All of this for an affordable $8.99 I went on a Friday night, there was no line, a few people came in while I waited. This was the only downside, I should have realized there would be a wait while they prepared food and called ahead, but it was okay anyway. The interior of the place was surprisingly nice, brick arches, upholstered chairs, clean tables. There is also a an American side to the menu, my sister ordered from there. She had a cheeseburger and fries, besides this they also offer pizza and chicken tenders. She liked her burger, said it was good. Only thing is that it was a little big-1/2 pound, a bit much for my petite sister. I would eat here again, there is a lentil dish that looked good.

So given the two choices , I would say they both win out as far as taste and convenience. The only thing to add is in this day of political correctness, Taco Bell seemed a little salty, and processed, whereas Al Watan was fresh not too salty as they seemed to concentrate on the spices instead. So if you want Indian or Mexican consider either restaurant as they are both good.
Loaded Bratwurst Stew
Reynolds Kitchen Tips
Submitted by Marcy A.

Ingredients
Reynolds® Slow Cooker Liner
4 cups coarsely chopped green cabbage (about 1/2 of a head)
1 pound smoked bratwurst, cut into 1/2-inch-thick slices
1-1/2 cups coarsely chopped round red potatoes
3/4 cup chopped red sweet pepper (1 medium)
Shredded swiss cheese (optional)
1 medium onion, cut into thin wedges
2 14-ounce cans chicken broth
1 tablespoon spicy brown mustard
1 tablespoon cider vinegar
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon celery seed

Directions
Step 1: In a 5- to 6-quart slow cooker, combine cabbage, bratwurst, potatoes, sweet pepper, and onion. In a large bowl, whisk together broth, mustard, vinegar, salt, black pepper, and celery seed. Pour over all in cooker.
Step 2: Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours. If desired, top each serving with cheese.

Goat Cheese Stuffed Tomatoes
Submitted by Debbie O.

Topping:
¼ cup bread crumbs
2 tbs butter or butter spread, melted
2 tbs grated parmesan cheese
¼ tsp paprika

Ingredients:
6oz log goat cheese at room temp.
1 pint cherry tomatoes
¼ tsp dried basil
¼ tsp dried oregano
¼ tsp parsley
Dash salt and pepper

Directions:
Preheat oven to 350 degrees. Line baking sheet with foil. Rinse tomatoes and pat dry. Cut away stem area making a small hole for cheese mixture. Combine all ingredients, except topping. Carefully place about a tsp of mixture in each tomato. Set tomatoes on baking sheet.
For topping: Combine all ingredients until well mixed. Gently sprinkle over each tomato. Place in oven and bake about 15-20 minutes, or until topping is brown and cheese is a little bubbly. Serve warm.
Duncan Hines German Chocolate Tailgate Cake

Submitted by Marcy A.

Since all the big games are happening now, I thought I would suggest this quick, easy and great tasting cake. It’s a great cake for the Super Bowl or any occasion. It’s a cake you can cut and hold in your hand to eat or serve on a plate. No mess but so good! And, yes, you mix that frosting right into the cake batter!!

Baking Instructions

Preheat oven to 350 degrees.

Combine all ingredients in a bowl. Mix with a large spoon.

Pour batter into a (lightly oil sprayed) 8"x 12" sheet cake pan... (just a size smaller than the usual 9"x 13"). Use a tin foil one if you like.

Bake in oven for 45 minutes or until center of cake springs back when touched.

Cool in pan.

Dust with powdered sugar (optional).

Cut into 2"-3" squares and enjoy!

Ingredients

1 box Decadent German Chocolate Cake Mix
1 container Creamy Home-Style Coconut Pecan Frosting
1/2 cup canola oil
1 cup water
4 eggs
1/4 cup powdered sugar (optional)

Community Support Integration group members learn about archery at Heller Nature Center in Highland Park!
My controversial topic is about chemistry or the lack thereof. I once heard a joke that went like this: Why did the physics teacher break up with the biology teacher? There was no chemistry between them.

Since I was teenager people have said the phrase, "There's no chemistry." What does that imply? I will give an example.

A girl I knew in college was dating a guy. The chemistry was really strong between them. Then she told me he said his mother was institutionalized due to severe schizophrenia. She broke up with him. Why? She no longer had chemistry with him. This turned her off and the feeling was lost. Perhaps it was fear of her children having what grandma had or having to take care of her boyfriend's mother.

However, a guy's mother does not have to be mentally ill for you to want to break up with him. Here are some examples of other reasons why people might want to break up:

1) The relatives can be too aggressive, too domineering, too overbearing, etc. One person in the relationship may not be able to cope with the force of his/her partner's family.

2) The second area of lack of chemistry reminds me of the cartoon from years ago featuring Pepe le Pew. He stank like a skunk. Your hygiene habits may clash with your partner's.

3) Intellectually, your partner may not be smart enough for you.

4) You have no common interests with your partner. For example, he may love outdoor events and you don't enjoy those activities.

5) You're bored. Sooo bored.

6) You decide you are no longer attracted to the opposite sex.

7) You decide you do not love the person. There is no tenderness or emotions between the two of you.

8) You don't like his manners or morals.

9) He's dishonest.

With a successful breakup, you're totally accepting of the breakup. This is when you break up with someone because the chemistry was just not there. You have no feelings and you have no regrets if he moves on. You know you don't want them. This is a successful breakup because you feel nothing. Also, in situations where the ethics clash so vehemently, it is best not to communicate. Aggravation is not positive, and this principle would even be true in cases of ex-acquaintances, ex-friends, and ex-neighbors. Not just in breakups do some people just not jive. I saw a television show where the main character said, “I'd rather die alone than feel desperate with you.”
Marriage of Convenience or Chemistry?

A response to “Lack of Chemistry” submitted by Marcy A.

By Pat C.

In these past few weeks, a subject was brought up in the group about which I had an opinion.

One of the clients wrote an article entitled, “Lack of Chemistry.” This seemed familiar to me personally, because it happened to me.

When I was married in 1977, my feelings were not of “true love” or “chemistry” or “finally meeting my soul mate.” Unfortunately, I married for other reasons…to name a few, security, financial stability, loneliness…but make no mistake, I did love him…just not with all my heart. Chemistry is someone you accept with all your heart. You accept them for all of their goodness, as well as all of their faults. It is someone you want to be with all of the time.

So, in my opinion, there are many reasons to get married…just keep in mind that chemistry is for the lucky ones.

Hawaii Volcano National Park

By Glenn O.

Hawaii Volcano National Park is on Hawaii's big island of Hawaii. It consists of two volcanoes, Mauna Loa and Kilauea, and the surrounding area. They are shield volcanoes. They are called this because they resemble the shields of early warriors. They emit two types of lava. These lavas are called pahoehoe and aa. Pahoehoe has a ropy appearance which is produced by the drag of the more rapidly moving lower lava in the still-plastic surface scum. Aa has a blocky, fragmented texture which is produced as the harder upper layer is carried to the front of the lava flow where it is broken into jagged chunks which accumulate on the leading edge of the flow.

Mauna Loa is the world’s tallest mountain. It rises 96 km above the floor of the Pacific Ocean. Hawaii’s volcanoes are among the less than 25% of the world's volcanoes that are not on the edge of the Pacific's Ring of Fire. They are not located on the active margins of the plate but are intraplate. They were formed as the Pacific plate moved over a hot spot. The plate is moving at about ten cm per year in a northwesterly direction. As a result of this movement a new island is forming from the seamount, Lo'hi, which has not yet broken the surface of the water.

Scientists find these volcanoes to be a natural laboratory for studying volcanoes. They measure the periodicity of eruptions, changes in the magnetic properties of the lava, and changes in the temperature and composition of emitted gases. As a result of these studies, scientists can forecast eruptions and understand volcanoes.

The preceding is a summary of one of a series of articles on “Geology and the National Parks” from the geology textbook The Earth Through Time. I have never been to Hawaii but I would love to visit someday. Perhaps I will visit these volcanos. I hope this article peaks your interest in visiting Hawaii.
Impact Client Success Story: Brad

Brad was referred to Impact by his Turning Point clinician. Brad struggled with impulse control and maintaining employment. Brad began meeting with his employment specialist every week to explore his interests and apply for jobs that call upon his strengths.

Brad gave his employment specialist permission to visit employers on his behalf. While speaking to one such potential employer, his employment specialist learned about a freight and merchandising position at a large department store. Brad quickly applied and was called for an interview.

Brad attended his job interview with his employment specialist. He wanted to be honest with the employer about his mental illness and the support he needs. The employer was welcoming and accepting of Brad. He was offered a position, contingent on a background check.

Background checks are a source of anxiety for many people. Brad was no different. In fact, Brad had a conviction that would appear on his background check. With his employment specialist’s support, Brad was honest with the employer about his criminal history. The employer appreciated his honesty and made the job offer official.

Over the course of his work with his employment specialist, he has become confident in advocating for himself, resolving conflicts at work, and maintaining a professional relationship with his coworkers and boss. Because of his progress, Brad has successfully graduated from employment services and no longer needs the support of his employment specialist!

Our team continues to work hard to help participants find employment opportunities that meet their needs and interests. In the first half of 2017 the Employment Program has helped 28 participants start jobs. Of the participants who have been obtained employment 67% of them have maintained their job for at least 90 days. Job fields were clients have recently been placed include, airline food production, website content writing, office reception, and park district pool monitoring.

KINDNESS MATTERS!!! Just imagine if every person at Turning Point did one random act of kindness each day. It is our hope that through paying kindness forward, we can make incredible transformations within ourselves, at Turning Point, in our families, friendships, and in the community at large.

Here is a list of kindness ideas:
- Open a door for someone
- Say thank you
- Be a good listener
- Give someone a compliment
- Offer to help someone
- Greet someone with a smile
- Listen to a friend
- Share a piece of dessert
- Assist someone with a walker
- Say “good morning” to others
- Be extra friendly to someone in need
- Let someone know you care.

How will you change your world, one kind act at a time? Make an effort to be kind to others or thank someone for being kind to you. *Kindness matters*... while giving and receiving this precious gift.

Respectfully submitted by Prepping PSR
Interview with Anna from Impact

By Pat C.

Q: What search database do you use?

A: Many. They include word of mouth, leads from other Employment Specialists, Job Development contacts and other various websites such as Indeed.com, Glassdoor.com and Craigslist etc.

Q: What kind of questions do you ask clients to help with their job search?

A: We conduct a Vocational Assessment which is an in depth assessment on the participant’s past work experience, skills and qualifications as well as education and reference information. We also conduct a Mental Health Assessment which consists of medical and mental health issues, including childhood and family history. We do this to gain a better understanding of the participant and where we can best serve their needs in regards to the job search.

Q: What kinds of things do you help clients with in their job search?

A: We help with resumes and cover letters, creating them to be specific to the job that is desired. We help with interview prep, completing applications online and in person with employers, and the follow up with applications. A huge part of our role is job development. We speak with employers (with allowance of disclosure) and develop a working relationship with them, on behalf of our participants to advocate for them in order to help them get the job they want and support them in maintaining it.

Q: What kinds of jobs can you expect to get for a disabled person?

A: It depends on the capabilities of the individual. Each person must be analyzed on a case-by-case basis. We are participant driven and want to help the individual develop their strengths and see what job could be best for them, based on their previous work experience, passion and interests.

Q: What accommodations can you expect from employers?

A: Most of the time, employers try their best to be accommodating, especially when an Impact staff member speaks to them (again, at the allowance of disclosure) and explains what is needed for the participant. We also help participants use the Americans with Disabilities Act to advocate for reasonable accommodations if needed.

Q: What kinds of follow-up services do you provide after someone gets a job?

A: Staff will meet with the participant as long as needed. There is at least a 90-day follow up period. During these 90 days, staff still meets regularly with the participant and provides support in any way they may need. After 90 days, the participant starts to rely less on their employment specialist and thus increases their independence. The participant can continue to meet with their employment specialist for added support if needed until they are comfortable transitioning out of the program. Staff will continue to be available by phone at that point and former participants are always welcome back into the program if job seeking services are needed again.

Q: How long does it take for someone to get a job?

A: On average, 3-6 months. Everyone is different. Depending on the job you are looking for and what your work experience is, the results may vary.
"Dark star crashes casting its light into ashes
Lady in velvet arrives midst charade of disguise
Shall we go you and I while we can
Thru the transitive nightfall of diamonds."

By John F.

A Sparrow

A tiny little life
Flittering about

Though gently
In the thoughts

Of the Creator
It lives a full life
As we need to.
For a life is rich

In values & joys
Always present

author -
Scott S.

Quotes submitted by Amy K.

“We are all in the gutter. But some of us are looking at the stars.” - Oscar Wilde

“Woe to him who seeks to please rather than appall.” - Herman Melville

“Be regular and orderly in your life, so that you may be violent and original in your work.” - Gustav Flaubert

“You become what you believe.” - Oprah Winfrey

“Those who believe in themselves can grow anywhere.” - Source unknown

“The heart breaks and breaks and lives by breaking. It is necessary to go through dark and deeper dark and not to turn.” - Stanley Kunitz