Choose your leaders with wisdom and forethought.

To be led by a coward is to be controlled by all that the coward fears.

To be led by a fool is to be led by the opportunists who control the fool.

To be led by a thief is to offer up your most precious treasures to be stolen.

To be led by a liar is to ask to be told lies.

To be led by a tyrant is to sell yourself and those you love into slavery.

- Octavia E. Butler

The Importance of Voting

by Amy K.

I admit, I don't always understand politics very well. I don't understand how it all works. But I know who I like, and who I don't trust. I vote for the people I want to see in charge, the people I want to see making the decisions concerning the lives of people in this country. The way that Illinois is run, and the way the country is run, does affect your life. Everyone needs to get out and vote for who they feel will do the best job. I've met people who say that they don't care about politics, and who seem to think that one less vote won't matter. It does matter. We are all in this together, and we need to speak up and be heard. The politicians, are in fact, listening and society is listening. So get out and instigate change!
Interviews Around Turning Point

Interview with Ann Fisher Rainy 1/8/18
By Anna S.

1. How does employment tie to Turning Point’s mission?

I think for as many clients as possible employment is key aspect of recovery, we are always hoping clients are involved in employment whether they are payed or not.

2. Why is it important for clients to have competitive employment?

There are some clients for whom that is a really challenging goal, but one thing that Impact does is help understand if an individual is capable of being in a competitive employment situation. The structure and benefits of daily work has so much to do with feeling respect and feeling comradery. It also gives people a sense of being a part of a community and a culture. You can’t over estimate it or under value it.

3. In comparison to other mental health agencies that Impact serves, Turning Point has the highest level of employment, why do you think that is?

I think it has a lot to do with you (Impact). Turning Point looks for trusting partners that help look for areas of need that we may not readily see.

4. Do you have any goals for Turning Point related to employment?

I think when you look at the full spectrum of recovery, a key aspect is how people spend their time. Then it becomes really important to look carefully, respectfully and objectively at their resources available. How they spend their time and how they choose to spend their time is important. If they need more resources, make them available to the client. This needs to be accompanied by limitations to see what the client can do.

Paula C
How do you feel about turning 60?
It feels wonderful to be turning 60. I fewer responsibilities than I had when I was younger, more time to focus on myself. I also feel like I am better able to express my views, my preferences, my needs, more "me" time. I don’t need to get a babysitter. I had a good celebration, surrounded by my family.

Lynne C.
70 is very much a Landmark Birthday. It’s a big step forward. It’s something I am having trouble getting used to. 70 is the start of aging. I’m not sure what will happen as I age.

History of Newsletter
By Pat. C

For my story in this issue of the Newsletter, I decided to research “The History of the Newsletter.” My research began talking with Julie Rooney and Ronit Peikes. The first discovery I found out was that the “Newsletter” was conceived in the CRC (Client Recovery Counsel) in 2004 or 2005.* There have been at least 8-10 group leaders or therapists in charge of overseeing its completion each quarter. Although originally, the “Newsletter” was released on a month basis, but it became too time consuming. Also, it was published in Black and White for approximately five years, and from then on, color. The contents of the “Newsletter” consisted of CRC notes, upcoming holidays, upcoming party information at Turning Point, recipes, crossword puzzles, art and cover stories about the artist, personal stories and struggles, poems, inspirational quotes, politics, job challenges, and many other articles from clients who had strong feelings about subjects close to their hearts.

Deanna G., a long standing client in CRC decided the original format for the “Newsletter” and was constantly instrumental with ideas and information for years toward this effort.

Landmark Birthdays
By Lynne C.

Pat C., March 24,1953, 64
I’m grateful that I’ve been able to live this long. When I was diagnosed with multiple sclerosis in 1980, I am fortunate to be in remission for many years. Living alone, I am grateful that I’ve been able to take care of myself. I fought the MS and was able to overcome it.
Amy K.'s Wedding Toast to Her Sister and Brother-in-law:

Up until the age of 8, I was an only child. I hated being an only child. It was not fun being the only kid in the house. Very often I was lonely and I wished that someday, I would have a sister. My wish came true. I remember when Ann was born, and how awed I was by this little person.

I lived at home until the age of 28 - and because of this - I had the priceless experience of watching my little sister grow up. Ann has grown into a person I admire, a person whose thoughts, views, opinions, and advice I respect greatly. I love Ann in a way that I don't love anyone else, in the way only sisters do. I watched Ann grow up and I watched her fall in love. And now, I have had the thrilling experience of seeing Ann marry the love of her life.

Ann began bringing James home when they were in high school. I am very awkward in social situations and I wasn't sure what to say to James and how to be. So I would lock myself in my room until he left - just like I did with everyone who came into our house - although I did always come out to say hello. As time went on, I became used to James coming over, and I would venture more and more out of my room. And when I did, I began to notice some things. I saw how important James was to Ann, and she to him. And it was very clear to me how much James loved and respected my sister. I liked that. I liked it a lot.

James was always so kind to me. And one day, I decided I wanted to let James know that I liked him being in Ann's life, that I liked him coming over. I wanted to let him know that I liked him. But I wasn't sure how to say this in words. And so I ended up doing the unthinkable - I invited James to come see the only place where I felt completely safe from the world - my room. I never ever let anyone - except my parents and Ann - enter my room - and only with my permission. And now here I was letting James in. I let him in.

I stood by nervously as he looked around my room, complimenting me on my things - especially my most prized possessions - my books. I was so relieved. We talked, although I don't remember what was said. I was nervous again, this time because there was something about myself I wanted to tell him - something that only my family, family friends, and my best friend Sarah knew about. James, by now, was family and I thought he should know. I was nervous about telling him because some people - I had chosen to tell - were not understanding about this small part of who I am. Some people have had very hurtful and ignorant things to say, and even appear to be afraid of me. All of these people have been adults. So if adults can be like this, what would a teenager have to say? But I forged ahead and told James about my disability. I told him I hoped that he didn't think this was just too weird. And then I braced myself for some sort of negative reaction. I did not get one. James did not even bat an eye. He smiled and said that he understands all about illnesses because his mother is a nurse. This is just another illness, he said. Not a big deal.

It was then that I realized just how special James is.

I watched as Ann and James grew up and made the transition into adulthood, their love for each other growing stronger and stronger. No matter what life has thrown at them, they have stood by each other through everything.

And now Ann and James are married.

Ann and James, I congratulate you, I cherish you, and I love you.
Misconception of Lets Players
By Lisa R.

Now, what is a Lets Player? Like an athlete playing sports for a job, a Lets player plays games for a living. A Lets player will play a game often from start to finish, making personal comments of their frustration, enjoyment, and game play. Let’s players face a lot of criticism for their work.

These criticisms are misconceptions on what a Lets player is. There are dozens of misconceptions, but the common ones are fairly easy to answer from a viewer’s point of view. “What’s the point of it?” Well, like how people watch sports viewers like myself just to watch and enjoy the content of the game and the player playing it. You may or may not want to play a game getting insight on what the game is and if it’s worth buying also getting tips and tricks on how to play the game. “Why not play yourself?” Again like sports not everyone is good at games. Lots of games require quick reflexes or critical thinking which not everyone is good at and would make a game not fun. Money is always a problem with gaming, buying a $300 system for one game is silly if someone is living pay check to pay check. New games now a day are often reaching $60 and if money is tight that might be something you have to say no or are put off. Top tier games are often very cinematic. And if you’re not good at games, getting stuck on a level or area in the game causes you to lose feeling of the story or distant yourself.

So in light of these criticisms and misconceptions why do lets player do what they do? Luckily I was able to ask a let’s player several questions. His user name on YouTube and Twitch is Patrck Static. So I asked him while on the job. Why start let’s playing? He wanted to help people like the way Lets Player helped him. It also a good distraction from life after a bad break up kept him from getting too depressed. What were his thoughts on let’s playing? He thought it was cool how big this has gotten in a few years. And more and more people are coming to accepting it. Although the stigma that “playing games isn’t a job” it’s a job he’s come to enjoy. Let’s Player are known for doing lots of charities so I asked him about his charity work. He’s helped raise money for lots of charities over his career such as: $801 for Children Cancer Research, $15,256 for the ABLE Gamers Foundation, $12,226 for St. Jude’s, $3,050 for Depression & Bipolar Support Alliance, $10,500 for Animal Friends Connection Humane Society, and most recently Patrck Static raised over $11,600 for the America Foundation of Suicide Prevention as of January 20th 2018. Let’s players are also known for having communities, each naming their community something different Patrick Static refers to his community as the “Nugget Family.” So I asked him what does he likes about his community. First thing comes to his mind “do I have to pick just one?” He loves that his community is always there for each other and helping each other through tough times through emotional support or distractions. What has he notice about his community and what he hopes it becomes? His first thoughts were “that’s a tough one” but he hopes it affects everyone positively and hopes that his community can become as he says “A Big Nugget Family,” a family where everyone can gather together, talk, and support each other like family does and play games and have fun with each other.

Personally, Lets Player has had a big impact in my life. With a huge list of disabilities and emotional problems, finding reasons to get up and move was becoming harder and harder. Finding things to enjoy were fading fast. Laughing for no reason was becoming nonexistent. My first experience with lets player was from the YouTube user Markiplier. His comment, insight, and his rage at games made him very human and also gave me a sense I haven’t had in a long time. It was like he was sitting on a couch next to me playing. He became almost like an old friend and his videos weren’t videos, they were memories I had. I found myself laughing so hard I couldn’t breathe or embarrassingly pissing my pants. I found myself jumping from a scare in a horror game, or yelling at the screen telling him he missed something, or just getting advice on a portion of a game. Through him, I was introduced to many other Lets player. Jackseptic eye, LordMinon777, and most resent and my favorite Patrck Static. At the end of 2017, anxiety and depression were driving me down a dark path. I begged for help in his community to stop myself from hurting myself, and they instantly reached out and talked to me giving me virtual hugs and they let me vent out what was upsetting me. Getting to play games with him is often my favorite thing to look forward to. Since he streams live, it is exactly like sitting on a couch watching him play games. He truly does feel like a close friend. I can’t thank him enough for what he’s done for me, and also, I really want to thank him for taking the time to answer my questions for this article.

It’s because all of these things we need to look past the misconceptions and stop shunning and or hating Lets player. Look at all the good they’ve done for community as a whole. Let’s Celebrate Lets Players!
There is a common trope in comic books, a person gains an amazing ability or fantastic power only to come to regard their power as a curse or burden, causing them more trouble than it’s worth. When we are diagnosed with a mental health problem it is common to think we are cursed, our already troubled lives burdened with the extra weight of the diagnosis, but if the comic book writers can find the downsides of amazing, life-changing abilities, why not spend a little time looking for the upside of our life-changing issues?

This idea first came to me sitting in an IOP group, trying to put myself back together after a hospital stay. I was sitting there, listening to the back and forth banter between other people in similar situations, and it occurred to me that those of us in that room were living more thoughtful, well examined lives at that moment than any “healthy” people I know ever do. I thought to myself, “maybe I shouldn’t look at my depression as a curse, right now it is allowing me to live a better life, maybe this is my super power, maybe it’s our superpower,” not so much the depression itself, but the fact that it gives me a greater need to live my life in a mindfully aware state.

I admit that there are the days; when it’s a struggle to get out of bed, when I just want to curl up in a ball and hide in the closet; that this view doesn’t offer much solace. This simple reframing, though, has definitely served me at times, and it’s always nice to have another tool in the toolbox. This isn’t necessarily the thought that helps me climb out of the hole, but it is one that helps me keep doing the work needed to keep from falling in, so I just thought I’d share it.
Irish Soda Bread

By Caitlin D.

Ingredients:

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 2/3 cups sugar
- 1 ½ cups raisins
- 2 tablespoons of oil
- 1 ¾ cups buttermilk
- 2 eggs

Preparation:

1. Preheat oven to 350. Grease iron skillet or a large sided cake pan on bottom and sides.
2. In a bowl, add the flour, baking powder, baking soda, salt, sugar and raisins, mix together.
3. In a second bowl, add the oil, buttermilk (shake first), and eggs. Mix together, then add to dry ingredients. Mix well until wet and dry ingredients combine.
4. Bake on middle rack for 50-60 minutes.

Suggestions: Take bread out of pan and allow 15-30 minutes to cool on a plate or cooling rack. Or dive right in and enjoy with butter. :)

Chop Suey

Submitted by Marcy A.

Ingredients:

- 1/4 cup shortening
- 1 1/2 cups diced pork loin
- 1 cup diced onion
- 1 cup diced celery
- 1 cup hot water
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 (14.5 ounce) can bean sprouts, drained and rinsed
- 1/3 cup cold water
- 2 tablespoons cornstarch
- 2 teaspoons soy sauce
- 1 teaspoon white sugar

Directions:

Heat shortening in a large, deep skillet. Sear pork until it turns white, then add onion and sauté for 5 minutes. Add celery, hot water, salt and pepper. Cover skillet and simmer for 5 minutes. Add sprouts and heat to boiling. In a small bowl combine the cold water, cornstarch, soy sauce and sugar. Mix together and add to skillet mixture. Cook for 5 minutes, or until thickened to taste.
How Do I Treat a Person
(With a Mental Illness)

By Scott J. S.

Treat us kindly please.
We are a population,
Just like the one in general
Some are famous and rich,
While some are disabled,
Solution's and hope,
Is what everyone wants,
Movies about us too,
Can lie if they want
Or tell the truth.
Facts must not be obtained
Through fictional fame.
We are your brothers and sisters,
Your mothers and fathers,
Potential must not be wasted.
When a misgiving is given
Unfairly, unjustly,
Carelessly, unthinking,
Everyone hurts

Let Me Call You Sweetheart

By Bing Crosby: Submitted by John F.

Let me call you sweetheart I'm in love with you
Let me hear you tell me that you love me too
Keep the love light burning in your eyes of blue
Let me call you sweetheart I'm in love with you

Inspirations

by Jason M.

To keep our faces toward change, and behave like free spirit in the presence of fate, is strength undefeatable. – Helen Keller

As you get older, it is harder to have heroes, but it is sort of necessary. – Ernest Hemingway

To be ignorant of the lives of the most celebrated men of antiquity is to continue in a state of childhood. – Plutarch
Welcome to our PUZZLE PAGE!

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

Spring Word Search

Special Thanks to Those Who Contributed to the Newsletter!

Marcy A.  Lisa R.  Lynne C.
Pat C.  Caitlin D.  John F.
Cathy J.  Amy K  Jason M.  Judy S.

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