Announcements

June 25 - July 6: PSR Registration
July 4th 2018: Independence Day

AGENCY CLOSED

July 2-August 2: Summer on Broadway Shows
Broadway plays performed at the Devonshire Playhouse and Skokie Public Library

July 4: Independence Day Parade
In Downtown Skokie

Skokie’s 3D Fireworks Festival
Niles West High School, 5701 Oakton

July 8 from 8:30am -12 pm
Pancake breakfast in the Woods
At Emily Oaks Nature Center
Tickets $5.50- $7.00

August 24-26
Skokie’s Backlot Bash
Friday-Sunday August 24-26

*For More Information go to Skokieparks.org

Goodbye

By Pat C.

As many of you know, I'm moving to Arizona in a few months, and I feel my greatest loss will be leaving Turning Point...the clients, therapists, and especially the good friends I've become close to over the years. Therapists, past and present, have played the most important role of all...teaching me that life can be lived with much less anger and stress. Thank you all for being so nice to me!

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 Cathy Jurek or Missy Iavarone if you have any questions or speak to your case manager about registering for next term.
Fantastic Deals

By Scott S.

1. Access - (requires SNAP) internet from ATT, $5-$10 a month.

2. Internet Essentials from Comcast $10 a month with proof of low income housing.

3. Amazon Prime for half price this includes Prime Video with proof of Medicaid

4. Gift of Sight from LensCrafters-free exam, lenses, and frames ask your caseworker for help.

5. Hoopla - free with a Skokie Library card 15 movies, tv shows, audio books, e-books a month, Must have a tablet, laptop or smart phone.

6. Movie Pass - $10 a month, 4 movies a month at your local theatre requires a smart phone with data plan.

7. Weber Center walking track free to Skokie residents, located on the corner of Church St. and Gross Point.

8. Skokie Library free film screenings weekly free computer and internet use.

Suggested Movies with Mental Health

By Scott S.

- Touched with Fire with Katie Holmes
- A Beautiful Mind with Russel Crowe
- Inside Out from Disney Pixar
- Crazy People with Dudley Moore
- The Dream Team with Michael Keaton
- Matchstick Men with Nicolas Cage
- Silver Linings Playbook with Bradley Cooper
- What About Bob with Bill Murray
- Welcome to Me with Kristen Wiig
- Ride the Tiger Documentary on Bipolar
- David and Lisa (1962 version)

Ideas to Beat the Summer Heat:

Random Facts Time

Basilosaurus or “King Lizard” is a prehistoric whale that was first thought to be a dinosaur

Did you know?

image from prehistoric earth: A natural History wiki
Let's Try Something New

By Lisa R.

Want to try something different? Try Backgammon.
Backgammon is a board game where you are trying to bring pieces called checkers all to one quarter of the board before taking them off the board. Backgammon is a game that requires a lot of skill to play well, but is easy to learn and play for fun. Unlike other board games such as chess, one could enter a tournament and play the world champion, Masayuki “Mochy” Mochizuki, and win.

Backgammon is a mathematical game based on probability, but it’s not necessary to know those things in order to play. With dice involved, luck is a factor on how the game goes, as well as skill. The game is a fast paced and full of action type of game. It’s a one dimensional board game, abstractly, where simple technique and fortune can change the game quickly, so memorizing isn’t a factor. It’s largely a game that can be fun and competitive. In my experience with the backgammon community, backgammon players are supportive and helpful to new players, rarely criticizing at all, which is why I love this game.

For those who know how to play the game, but want to play better, or maybe even go semi-pro, here is some advice I was able to get from a professional backgammon player, and my father, David R.
One such piece of advice I was given was, before making any move, first ask oneself, “can I make a point? Can I Hit? Or Can I play it safe?” Another piece of advice is to not play with fear, and make the best with what dice you have, and if you’re afraid of losing, you are bound to make more mistakes than just accepting with whatever happens when your opponent rolls.

Recommendations according to my dad include a PC/App that can be helpful to new and beginning players, eXtream Gammon which can be found on Google Play, and the books Backgammon by Paul Magriel, and old 1976 book that can be found in some libraries.

Heat Risk

By Lisa R.

Summer is here, and with it are health risks that can be easily avoided! Two of those come with the heat of summer: heat exhaustion and heat stroke.
Heat exhaustion is a heat related illness that occurs after one has been exposed to extreme heat and often comes with dehydration. A few common symptoms include rapid heartbeat; profuse sweating; dizziness, fatigue; and headaches. If you or someone you know is experiencing heat exhaustion, it is important to get out of the heat and into a shady spot or inside with AC. Drink plenty of fluids (avoiding caffeine and alcohol) and remove tight, unnecessary clothing. Also, consider getting in cold water through a shower or bath and apply other cooling measures such as fans and ice towels. {According to WebMD}

Without proper treatment it can become a heat stroke. A heat stroke is the most serious heat related illness and should be treated in the ER and given first aid until a paramedic arrives. A heat stroke commonly causes nausea, seizures, confusion, disorientation, and sometimes loss of consciousness. Other symptoms that may occur include: a lack of sweat, behavioral changes like staggering; red, hot, dry skin; rapid, shallow breathing; and rapid heartbeat. Again, if anyone is experiencing these symptoms it is important to call 911 while waiting for a paramedic to arrive. While waiting for paramedics to arrive, you can help by wetting the skin with water; applying ice to the armpit, groin, neck, back and wrist, or submerging someone in cool water.

Heat stroke and heat exhaustion can be avoided or you can decrease your risk from experiencing symptoms. Taking these measures may be the difference between an annoyingly hot weather day and a trip to the hospital. Wearing lightweight, light colored, loose fitting clothes; a wide brimmed hat; sunscreen with SPF 30 or better; drinking plenty of fluids with electrolytes like sports drink, fruit juice, and/or vegetable juice can decrease your risk.

For more information you can visit sites such as:
www.healthlinkbc.ca/health-topics
www.mayoclinic.org/first-aid/first-aid-heatstroke
www.webmd.com/first-aid/heat-stroke-treatment
About My Life

By Lynne C.

My childhood and so on: We lived on the lower floor of a two family flat at 17153 Greenlawn in Detroit. A Catholic family lived upstairs, the twins Tom and Dick and their sisters Betty and Jean. I was the eldest of three children. My sister about two and a half years younger and my brother about ten years younger. I walked to school, Bagley Elementary School, until I graduated and went to Cass Technical High School in a program for gifted students. I was there two years, then transferred to Henry Ford High School. In later years we lived in a house on the corner of Mark Twain Street. In college I went to St. John's College, the first two years in Annapolis, Maryland and the second two in Santa Fe, New Mexico. After I graduated I went to work at the New Mexico State Library in the Books-by-Mail Department. We mailed out catalogs and filled requests by mail, serving homebound people and those who lived too far from a library to come in. Later, I worked as a secretary for the Santa Fe Chamber Music Festival. At St. John's, I met and married Steve C. We had two children, my son Joseph and my daughter Zoe. Joe grew up to work in mathematics and computer science. He lives and works in England. Zoe is a Program Manager at Amazon. She is married to Ian. They are expecting a baby. They live in San Francisco. After college, I attended the College of St. Catherine and earned a Master's degree in Library and Information Science. My sister, Dale, is a widow with three children, her son David and his wife Joanne who have a baby, Clara. Her daughter Sarah, her husband Andy and their baby Devorah. Her third child, a daughter who is single and works at Harvard. My brother Paul and his wife Paula have two children, Sid and Dara. Sid recently graduated from Union College in Schenectady, NY. He is currently working in commercial real estate. Dara will be graduating from Cornell University in Ithaca, NY this week and will be moving home.
Despicable Behaviors

The other night on the radio, the topic was “What are your pet peeves?” This got me thinking about what my pet peeves are!

1. Liars, who because of a delusional belief, say that I love them or want them when I don’t.
2. People who don’t take personal responsibility for their negative body chemistry and attribute it to a myriad of other smells either in the air or another person.
3. Dirty, crooked cops who are dishonest and say or do things that are not the way it is.
4. People who are hypocrites.
5. Sexism, which manifests by discrimination by men against women.
7. People that overstep or violate boundaries without regard for personal boundaries or personal space.
8. People whose hands smell like blood and happen to touch something that is not theirs.
9. People that are aggressive and abuse others physically, mentally, or emotionally because they disregard other people’s feelings.

Summation afterwards:
As you can see, some of my pet peeves seem to include unfair treatment when you don’t treat others the way you want to be treated. Just think about it, you wouldn’t like it if someone was saying you liked what you didn’t like, so why should there be a double standard?

We all have demons to conquer.
So this is a horn of a beast that was sculpted by me representing the Defeat of it.
Also creating Spiritual Enlightenment.

By Alex K.
Creamy Cole Slaw Recipe  
Recipe courtesy of Bobby Flay

Ingredients:
1 head green cabbage, finely shredded
2 large carrots, finely shredded
3/4 cup best-quality mayonnaise
2 tablespoons sour cream
2 tablespoons grated Spanish onion
2 tablespoons sugar, or to taste
2 tablespoons white vinegar
1 tablespoon dry mustard
2 teaspoons celery salt
Salt and freshly ground pepper

Combine the shredded cabbage and carrots in a large bowl. Whisk together the mayonnaise, sour cream, onion, sugar, vinegar, mustard, celery salt, salt, and pepper in a medium bowl, and then add to the cabbage mixture. Mix well to combine and taste for seasoning; add more salt, pepper, or sugar if desired.

Fab Salad  
Recipe courtesy of Lisa R.

Ingredients:  
3 bunches of romaine lettuce or two ready bags
2-3 green onions, chopped
1 pound bacon, shredded
1/2 lbs fontinella cheese, grated

Dressing
1/2 cup of vegetable oil
1/2 cup olive oil
1/4 sugar
1/4 cup white vinegar
1 tsp. black pepper
4-6 cloves fresh garlic
1/2 tsp = 1 clove

In a large container with a lid, combine all the dry ingredients. In a separate container, prepare the dressing. Combine and shake when ready to serve.
The Fantastic Five Flower Project

Submitted by Christina P.

"Turning Point Friends are like a Garden Of Flowers!!"

*In the 5 petals, add 5 people that you consider your fantastic five and who support you.

*In each leaf, add a person who you have a relationship with you would like to improve.
Welcome to our PUZZLE PAGE! In this word search you will find summer words. Enjoy!

Welcome Summer

Thanks to Those Who Contributed to the Newsletter!

Marcy A. Lisa R. Lynne C. Scott S. Pat C.
Caitlin D. John F. Missy I. Cathy J. Amy K Judy S.
Alex K. Christina P

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