

Plum Express

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DID YOU KNOW...?

The State of Treatment for the Mentally Ill in Illinois

By: Michael Joseph

According to the website of the National Alliance for the Mentally Ill (NAMI), in 2006 the overall grade for the state of Illinois was an F. The web page breaks the grade down like this:

- Infrastructure: D
- Information Access: F
- Services: F
- Recovery Support: D

Do you remember Illinois in 2006? NAMI asserts that this was one of the worst places in the country to have a mental illness. Despite this overall failing grade for the state, AID was one of the best providers of mental health services in

the state at the time, and continues to be one of Illinois' best.

With a grade of "F" there is only room for improvement. At least that is what my teachers in high school, and later in college, taught me. So how have things been going since then? Well, I will leave that up to you, our reader, to tell us. We have to work together, staff and clients alike, to make things better. Have you noticed improvement, or noticed things getting worse? Please email Dawn Guler, the Director of Behavioral Health Residential Services, with your thoughts on the quality of AID's services. Her email address is dguler@the-association.org.

OUR PERSPECTIVE ON SOCIETY

Do People Given Power Come to Feel They Deserve It? By: Lyn Wilder-Dean

Recently I read an article on npr.org regarding a psychological study that was conducted by a doctoral student at Stanford. This student, Takuya Sawaoka, wanted to explore the relationship between power and reaction to injustice.

The details of the experiment are explored in the NPR article, which you can read at <http://www.npr.org/sections/health-shots/2015/06/05/412307984/people-in-power-are-quick-to-call-out-injustice-when-they-are-harmed>. It involved computer simulation games having to do with the distribution of money and hypothetical job situations. Basically, Sawaoka came to the conclusion that people who have power feel that they deserve better outcomes

than people who don't have power. Having power gives a person a sense of entitlement. So someone who is powerless will, for example, stay in a job where they are receiving an unfair wage for longer.

Some other psychologists who reviewed the study thought that the findings were less than conclusive. They asserted that a person's sense of entitlement has more to do with their values, and that people who are powerful are not necessarily egocentric. What got me the most curious was how Sawaoka defined powerful and powerless. The NPR article said she had the experimental subjects write about times in their lives when they experienced having power or not having power, to create a

"temporary" sense of that state. I would think that it might have been worth Sawaoka's time to take into account more long term factors at play in the subjects' lives. For example, it might have been worthwhile to explore the difference between the reactions of people with disabilities, and the nondisabled. I'm not sure of the extent to which a temporary sense of powerlessness can really affect reactions, as opposed to the way our lives are affected by power issues on a daily basis.

I encourage you to read about Sawaoka's experiment, then shoot me an email at:

lwilder-dean@the-association.org.

About The National Alliance for the Mentally Ill (NAMI)

By: Guy C.

NAMI is the largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table, in 1979, has blossomed into a national leading voice on mental illness. It still consists of family members and friends ready to support those with mental illness, no matter how disconnected they are to their actual families. If you have mental illness and have access to the Internet please go to www.nami.org to learn more.



My Books

by: Preston Richardson

My books are comedy, action, musicals, and affectionate friendship adventures. They are *Cheek to Cheek*, *You've Got a Good Friend in Me*, *My Favorite Gal Pal*, *The Cool Chicks*, *Sleigh Ride*, *Mary Krismus*, and four cartoon stories I have created all in one that my mother helped me with! They are *The Four Little Flies*, *The Molly Movie*, *Whoopee Doopee*, and *Kangarobotron!* They are on Amazon now! If you go to Preston Jerome Richardson on your computer, you will find those there along with the prices.

Sports with the Fred Man

By: Fred M.

It's baseball season again! Oh boy, it has been a real cross town classic, with the Chicago White Sox (South Side) pitted against the Chicago Cubs (North Side). The Sox won 2 games and the Cubs won 1.

As far as the rest of the season goes, the Sox won have won 1 out of 3 against the Yankees and the Cubs won against the Brewers. Go Sox! Go Cubs!

The all-star game was played recently and the American League beat the National League 6 to 3.

In other sports, the USA all-women soccer team won the world championship. Go women! Go USA!

The soccer team was treated to a parade in New York. They are real champs.

Also, Sharp was traded away from the Chicago Blackhawks. For this trade, the Blackhawks took on 4 new players. The coach will mold them into champions in no time at all.



White Sox— Gordon Beckham

Books for Adventuring in the World of Reading

By: Michael Joseph



In *Gems of Gemvron*, the heroes fight trolls and orcs.

Here are some books I wrote the Middle-Earth kingdom of that you might like to check out, Gemvron. now available on amazon.com:

Xavier 7-17 is a space opera. It's a series of short stories, all happening in the same universe, related by mutual destiny. This creates an overall journey of exploration to the stars that brings the frontier of space into the reader's imagination.

The next book of mine I recommend is *Gems of Gemvron*, which is also available on Amazon. It is a story of adventure in

I hope you enjoy these attempts at literature from someone who has a disability. I am still attempting to recover, as many clients are. *Gems of Gemvron* is my most recent book. Be sure to get the most recent edition; the 2nd edition is much more readable than the 1st.

Thank you for sharing my adventures. We can probably all agree it is a wild, wild life. Keep Rocking!

AID NEWS: New Groups Offered at Plum Street Office By: Lyn Wilder-Dean

The staff here at the Plum Street office are working hard to create new groups for AID clients to enjoy. Here is our current schedule for August of 2015:

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM		Creative Outlets	Belly Busters	Games	Heritage History
10:30 AM		(Art Group)	(Diet & Nutrition)		Month
11:00 AM	Plum Express		11:15—BINGO	Journalling	Coping Skills
11:30 AM	(Newsletter Group)	Women's Self Esteem			
12:00 PM			12:20—Managing Anxiety		
12:30 PM		Green Awareness	(2nd week of August)		Centering
1:00 PM		(Nature & Environment)			
1:30 PM		Happiness Matters			
2:00 PM				Bilingual Computer Group	
2:30 PM					

Recipes: Guy's Chili

By: Guy C.

3 cans stewed tomatoes
3 cans kidney beans
3 cans chili beans
1/2 of a white onion
2 tablespoon cumin
2 tablespoon chili powder
2 pounds ground beef
3 green peppers diced

1. Dice 1/2 onion and the green peppers.
2. Sauté onion and green peppers in frying pan sprayed with olive oil.
3. Brown ground beef.
4. Add chili powder.
5. Add beans.
6. Pour mixture in crock pot.
7. Your chili will be ready to serve in about 6 hours. Enjoy!
(Optional: When chili is done, layer chili with Fritos corn chips and sour cream.)

Mike's Music Opinion

By: Michael Joseph

The River radio station (95.9 FM) plays music that helps soothe my mood. I identify with this music because it is from my generation. I enjoy the music with a cup of green tea. It can be really soothing. Rock 'n roll, from when it was new, is the music I like to hear. I give the River radio station 4 stars, for being the station I tune to time and time again to help calm myself down. ★★★★★

Guy's Restaurant Corner

By: Guy C.

China Buffet at 2009 West Galena Boulevard Aurora has a pleasant hostess named Sanja.

The restaurant uses the Cantonese style of cooking. The music is comforting; lovely Oriental music surrounds you as you enter the restaurant. There is a wide selection of food available. The egg rolls, Mongolian beef, and the egg drop soup were most excellent. I highly recommend this restaurant both to diners familiar with Cantonese food, and those who are unfamiliar as well. We give this out-of-the-way buffet 5 stars. ★★★★★

Video Game Review: Hot Shot Golf 3

By: Paul M.

The game I am reviewing was released on the PlayStation 2 (PS2) and is called Hot Shot Golf 3. This golf video game is a good one. The graphics are good and the great golf courses of the world are represented well. Even if you have never played actual golf, you might enjoy this game. It might even be called therapeutic for some people. I give it five stars! ★★★★★

"Out of Sight"

By: Michael Joseph

By the day and by the night!
You sure are out of sight.
You rock my world. The dream is alive!
Let us pray to God it has not died.
Rock the World again, the happy days as remembered
will never come again.
Rock the night. Rock the day.
When will this head banging go away?
You must make your world about your companions and
less about yourself.
I assure you that then you will break out.
There is a higher love.
Let us hold onto it, so we are not trapped
in a world that is just about the rap.