

Plum Express

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This Issue, at a Glance:

Did You Know...?	page 1
Our Perspective on Society	page 1
Sports with the Fred Man	page 1
Recipes	page 2
Journey of a Stroke Survivor	page 2

Sports with the Fred Man

By: Fred M.

The Black Hawks won at the United Center in Chicago, 5 to 2. Let's hope they keep it up. Brad Shaw scored 2 goals with only minutes to go in the game. It was a good team effort by the Black Hawks.

In an otherwise good season, the Cubs lost 0 to 3 to the Nationals. The White Sox won against the Blue Jays 5 to 3. The Bulls are not playing anymore this year. The San Antonio Spurs won the NBA championship this year. Perhaps next year the Chicago Bulls will take the championship...

Juan Pablo Mantoya won the Indy 500 this year, and that is sports with the Fred Man. Have a happy day!

OUR PERSPECTIVE ON SOCIETY:

Let Us Recognize the Artists and the Inspired Among Us Today

By: Michael Joseph

Often, in our society, the great contributors to the arts and the sciences go unrecognized. Some are even neglected, abused or forgotten. Examples include Van Gogh, the artist; Edgar Allan Poe, the poet; Beethoven, the composer; Hemingway, the author and journalist; and Einstein, the scientist and mathematician. Let's also not forget John Nash, the Nobel Prize-winning schizophrenic mathematician, who was unfortunately killed recently in a tragic auto accident, together with his wife.

These and many other unnamed self-made prodigies are often ignored in their own time by their own generation. It is only after they have passed from this world that their names are written in the pages of history.

Let us be the generation to recognize the gifted (and sometimes eccentric) among us, and realize the science and art of today will not always be the science and art of tomorrow. Let us not sideline the efforts of these artists and scientists, but support them in every educational and social manner possible.

DID YOU KNOW...?

Clinical Psychologist Named Executive Director of Cook County Jail

By: Lyn Wilder-Dean

Nneka Jones Tapia has worked for the Cook County Sheriff's office since 2013, where she has overseen mental health strategy. As of May 26 of this year, she has become executive director of the Cook County Jail in Chicago, the nation's largest single-site jail. 25-35% of the population of this jail have mental health problems. Most of the inmates who have mental health problems have committed low-level, non-violent offenses; some of them have admitted to committing these crimes solely to access treatment. (Since the 1960s, the number of beds available in state-run psychiatric hospitals has decreased to fewer than 1,500 from 35,000.)

gist will help her to understand the needs of inmates with psychiatric impairment. Advocates believe it's a step in the right direction. Chicago is hardly alone in facing the intersection between criminal justice and mental health treatment—in 44 states around the country, the largest institution housing people with mental illness is a prison or a jail.



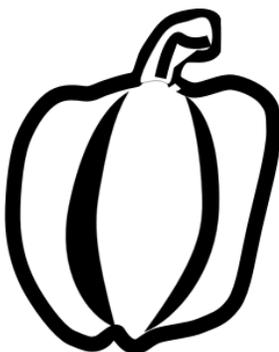
Nneka Jones Tapia

http://www.huffingtonpost.com/2015/05/19/nneka-jones-tapia-chicago-jail-head_n_7312016.html

Crock- Pot Recipe for Stuffed Green Peppers (the Romantic Blend)

By: Guy C.

6 green peppers
(actual number may vary based on size of pot)
1 lb ground beef
1 cup of rice
1 jar spaghetti sauce
1 teaspoon of your favorite type of pepper
(black... lemon... cayenne!)



Mix uncooked rice and ground beef together; season with pepper.
Slice tops off of peppers and fill peppers with meat mixture.
Pour spaghetti sauce on top of peppers.
Cook in crock-pot on medium setting for six hours.
Enjoy with your favorite type of tea (green, iced, hot...).
Play soothing music at medium volume, under low light.



Journey of a Stroke Survivor

By: Stan L.

There are many different kinds of strokes. The most common is an ischemic (clot), which makes up 87% of all stroke cases. A hemorrhagic stroke happens when there is bleeding from a weakened blood vessel. Another common stroke is a T.I.A. (Transient Ischemic Attack).

As a stroke survivor, I recommend that a person see a doctor to determine their health status.



Have a blood test for HB and HC, to let a person know if they are at risk of having a stroke from high blood pressure or having high cholesterol levels. Both can be treated to lower the possibility of having a stroke. As a survivor, I'm here to inform you that a stroke is not a walk in the park. You could lose your mobility and your ability to communicate. When I first had a stroke, I had to go to therapy to learn how to walk and talk again. Now that I've regained a lot of my mobility and I am able to speak a little clearer, I'm back, getting involved with more community activities. One such activity is writing for this newsletter, The Plum Express. As a person who is very active and productive, recovering from a stroke has been a big challenge. But remember, it doesn't matter if you're recovering from some type of condition, you're just as normal as any stereotyped normal person.

We are all in a big, challenging world. Recovering from any condition can be a new beginning. New beginnings are not so bad. They allow a person to change and open their mind to new possibilities. No matter your so-called challenge, keep your head up and take the necessary steps to achieve any goal you have in your mind or set for yourself.

It may get tough at times. When there is no one to encourage you, look in the mirror and encourage yourself! Pat yourself on the back and keep moving towards your aspirations. If you're not quite sure how to go about this, contact your case manager at AID and set up a treatment plan. I have noticed my case manager is very resourceful, and remember, we're all normal, dealing with some type of condition in this big world. To be continued in our next edition!