

THE GENESIS THERAPY CENTER

Summer 2009

“FAMILIES FOREVER”

Getting Back To Basics Focus on the Family

By Julie Mueller, LCPC

Financial experts say that for many families, entertainment costs are a budget-buster. Who wants to consider the hidden costs of having fun? Being creative regarding cutting costs doesn't have to mean a life devoid of movies, concerts, restaurants, and other activities.

Here's some ideas to maximize your fun and minimize your costs: 1) Most communities offer "Movies in the Park" and "Concerts in the Park" at no cost. Bring a picnic and watch a flick or concert under the stars, 2) When dining out, most ethnic restaurants charge reasonable prices and a family can share entrees while you're educating your children's palettes! Supporting your local, family owned diner for breakfast or lunch gives a sense of community and typically is a great buy as well, 3) Outdoor festivals in your community have great activities for the kids like arts/crafts, face painting and dancing to live music. These are low to no cost activities, 4) Don't forget your local library for free museum passes, story telling and other activities for the kids at no or low cost, 5) Invite the neighbors over for game night. Families can play charades, board games or cards while sharing home made snacks/meals, 6) Many kids love to cook/bake with their families. This is a great activity to enjoy with extended family, friends and neighbors. There are endless possibilities to explore that won't destroy your budget. Summer in the Midwest seems so short. Take advantage of the many options available to you in your community and beyond, by getting back to basics with summer fun.

The Genesis Therapy Center's 6TH
Annual

Kidpower Benefit

November 7 2009

check website for further information

*The Genesis Therapy Center is a 501c3 non-profit organization. *Tax ID#: 363508233

Please contact the Administrative Office in Oak Forest at 708-535-7320 if you wish to make a tax-deductible donation.

ENJOY MAKING AND SHARING THIS FUN DESERT
TOGETHER AS A FAMILY

FAMILY OF 4 FRUIT PIZZA

BY DR. CHARMAINE JAKE-MATTHEWS, LPC, AMFT

- 1 (18-ounce) package refrigerated sugar cookie dough
- 1 (8-ounce) package reduced fat cream cheese, room temperature
- 1/3 cup sugar
- 1/2 teaspoon vanilla extract or other flavoring (almond, orange, or lemon)
- 1/3 cup of each family member's favorite fruit (e.g. grapes, strawberry halves, banana slices, peach slices, etc.)
- 1/2 cup peach, or apricot preserves
- 1 Tablespoon water

Preheat oven to 375 degrees. Roll out cookie dough into a 14 inch circle. Line an ungreased 14-inch pizza pan with cookie dough circle. Bake 12 minutes or until light brown; remove from oven and cool on a wire rack.

In a medium bowl, combine cream cheese, sugar, and vanilla extract or other flavoring; spread over cookie crust. Arrange fruit over cream cheese layer so that 1/4 of the pizza is covered with each family member's favorite fruit.

In a small saucepan over very low heat, make a glaze by heating preserves and water. Brush glaze over fruit, making sure to cover the fruit that will turn dark. Refrigerate until ready to serve. Cut into 8 slices and serve within 4 hours.

Makes 8 servings

Boundaries

By Larry Nash

Summer in Chicagoland presents an amazing variety of things to do. We were locked up all winter, and now is the time to live life to the fullest! For some of us, all of this opportunity added to our normal responsibilities become too much. We all try to do a good job with work, marriage, children, family, friends, community, church, relationships, and the list goes on. Henry Cloud and John Townsend begin their book *Boundaries*, describing a day in the life of someone who is trying to do everything right... for everyone. Sadly, the result is that they become overwhelmed; they become “lonely and exhausted.” Cloud and Townsend do a nice job of presenting *boundaries* as a solution to this problem. The essential point of boundaries is that we need to take “ownership” of our lives. With ownership comes “knowing what is our job, and what isn’t.” Cloud and Townsend teach that taking on certain problems, which are actually owned by someone else, causes harm both to us and to them.

Boundaries are like a wall, but a wall with a gate in it. Maintaining good boundaries includes saying no to keep the bad out, and it includes saying yes so the good can be let in. If it seems that you are saying yes when you feel no, and that when you say no you miss out on good things, this book could be a helpful way to begin building boundaries that help you live a more happy and healthy life.

“As the family goes, so goes the nation and so goes the whole world in which we live” Pope John Paul II



Tip of the Day

If you have conflicts with your family members that remain unresolved, avoid trying to change the other party and try to focus on changing yourself in a way that solves the problem.

Upcoming events:

CEU Trainings

Oct 9th Sensory Processing Disorder

Part 1 Occupational Therapist Interventions for Children with SPD

Presenters: Liz Maruyama OTR\L and Christine Jurjovec OTR\L

Part 2 Counseling Perspective on Children with SPD

Presenters: Penny McGrath LCPC and Anne Morrill Ploum LCPC

Nov 13th Supervision and Risk Management

Presenter: Jim Galezewski PsyD

We offer ongoing support groups for parents and ongoing social skills groups for children.

Please call 708-535-7320 to get more information on locations and times.

The Genesis Therapy Center

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