

JULY 2025

The PIC Informer

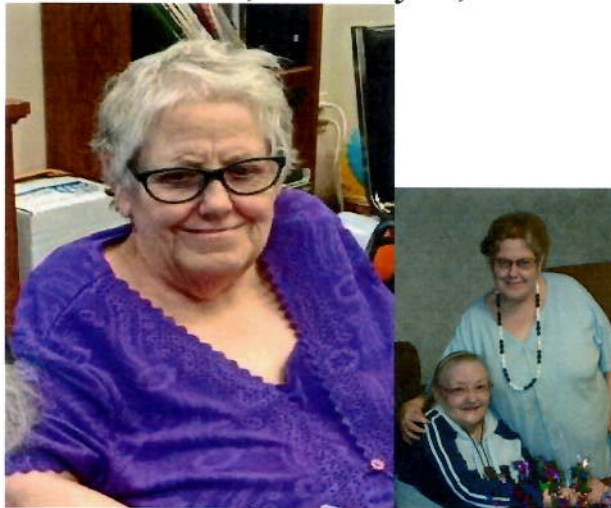


From the Desk of the Director

Goodbyes are not forever, nor are they the end. They simply mean we will miss you until we meet again.

Shirley Chutes

December 6, 1956-July 31, 2025



Success Coach

The coach is a confidential resource responsible for providing on-site, face-to-face assistance and effective solutions to individuals when confronted with challenges or personal situations. The coach can provide direct support and can also be a conduit to social services that provide fast relief for many situations.



We can help with:

- Childcare/eldercare
- Transportation
- Housing
- Family challenges
- Professional attire/clothing
- Counseling referrals
- Substance use
- Financial literacy/budgeting
- Time Management
- And More

Contact Info

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PBS Documentary Spotlights Caregiving

The two-hour film "Caregiving" focuses on the personal experiences of six caregivers while examining the historical context and current efforts to tackle the growing need for care. "The caregiving experience I had with my father inspired this documentary," said actor Bradley Cooper, an executive producer of the film whose father had lung cancer. "I was lucky enough that I was able to be there for my dad. And I certainly benefited from the help we also got from others. Caregivers are heroic people. Their ability to focus and give all of themselves is something I stand in awe of. I came to appreciate how we need to care for caregivers better. It is my hope that 'Caregiving' will provide affirmation and support for those who do this profoundly meaningful and increasingly vital work."

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The Best Chocolate Chip Cookie Recipe Ever



- ☐ 1 cup salted butter softened
- ☐ 1 cup granulated sugar
- ☐ 1 cup light brown sugar packed
- ☐ 2 teaspoons pure vanilla extract
- ☐ 2 large eggs
- ☐ 3 cups all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ ½ teaspoon baking powder
- ☐ 1 teaspoon sea salt
- ☐ 2 cups chocolate chips (12 oz)

Instructions

1. Preheat oven to 375 degrees F. Line three baking sheets with parchment paper and set aside.
2. In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until light (about 1 minute).
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 Tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just **barely** starting to turn brown.
9. Let them sit on the baking pan for 5 minutes before removing to cooling rack.

Worst Foods High in Lectins

A lectin, also known as the “antinutrient” is a type of protein that binds to certain carbohydrates. Just about every organism in the world, from plants to animals to microbes, contains lectins. There are many types of lectins, and some are completely safe, while others may pose health risks (ie: poison, malnutrition, damage to the digestive system). The difference depends on the amount of lectins present and what type of carbohydrates bind to them.

Not every lectin is dangerous in the same way. In fact, many types of lectins pass through your digestive system unchanged. And, while the lectins found in plants are considered edible and are usually harmless, they can sometimes still affect your health.

Further, while lectins aren’t affected by digestive enzymes, they *are* easily broken down by heat. Boiling sources of lectins for just five to 10 minutes appears to reduce lectins’ abilities to bind entirely.

Lectins can be found in many foods that are part of the average American diet. Many sources of lectins are also good sources of important nutrients. Understanding what foods may be dangerous raw can help you remain healthier, longer.

1. **Raw Kidney Beans**
2. **Peanuts**
3. **Whole Grains**
4. **Raw Soybeans**
5. **Raw Potatoes**

All of the above foods have associated health benefits as well as lectins. In most cases, cooking these foods with “wet” heat, such as stewing, boiling, cooking in sauce, or mixing into dough and baking, breaks down lectins to negligible levels.

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UNDERSTANDING GUILT

Guilt is a complex and powerful emotion, but why do we feel guilt and what happens when guilt becomes too much?



While guilt is an emotion and comes with a lot of mental turmoil, there are also some physical symptoms of guilt you might feel if you're carrying a lot of guilt or suffer from chronic guilt. Feeling guilty can increase the level of stress hormones in our bodies, leaving us feeling irritable, low, anxious and overwhelmed. You may also struggle to sleep, especially if you're worrying about a situation you feel especially guilty about. Some people also find that they have digestive issues or stomach pains when they're feeling guilty about something. You may also feel tense in your body, and feel pain in your lower back or have more frequent headaches. If you spot any of these symptoms, then it's important to explore the source of your guilt and think about how you can resolve it or come to terms with it, so that the symptoms don't continue. For unresolved guilt or chronic guilt, it can be helpful to get some professional help via a therapist or counselor.

5 Types of Guilt

Parents Guilt – stemming from a feeling of being judged or blamed by other parents or not doing things the “right” way.

Green Guilt – non-sustainable lifestyle habits or increased awareness of environmental issues and the need for global changes.

Financial Guilt – spending money we don't have or earning more than others around us.

Guilt Trip – deliberate attempt to make someone feel guilty and influence them into a

certain action.

Survivor's Guilt – complex and traumatic form of guilt by those who survive a difficult or life-threatening situation when other didn't.

How to feel less guilty

It starts with being able to categorize your guilt, and see what's normal and what's excessive. Feeling guilt when you have actually done something wrong is normal and desirable. The best thing to do is resolve the guilt if you can apologize to the person you've wronged. If the guilt you feel is well out of proportion or if you feel guilty in a more abstract way regularly, then it's time to reflect on your feelings and emotions. Once you face up to your feelings of guilt, and begin to recognize that some guilt is healthy and some is excessive you will be open to a more balanced relationship with this powerful emotion. *-Psychology Now-Volume 2*

Big news for Cleveland! 🎉 The Special Olympics USA 2030 Site Selection Committee has recommended Cleveland to host the 2030 Games!



NEWS4CLEVELAND.COM

Site Selection Committee recommends Cleveland over Nashville for 2030 Special Olympics USA Games

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Can Psychopathy Be Cured?

New treatments help to reduce callous and unemotional traits in children, guiding them toward productive lives



“We’ve developed a treatment for kids with **callous and unemotional traits**, with the idea of preventing psychopathy,” says Eva Kimonis, a professor of psychology at the University of New South Wales in Australia, who conducted the first study that compared treatment outcomes for people with primary versus secondary CU traits. The study included 45 families with children between three and seven years old who had serious CU traits and conduct disorder. The researchers used a technique called parent-child interaction therapy, which they adapted to address callous behavior. In 21 weekly hour-long sessions, which the families participated in one at a time, each parent and child interacted in a special playroom with a therapist observing from behind a one-way mirror. The parent, usually the mother, was fitted with a headset so the therapist could direct their play. The focus in treatment is on rewarding good actions which – unlike punishment – does drive change for these children.

“It is extraordinarily difficult to lovingly parent a child who doesn’t care about harming you or even enjoys it.”

Improvements achieved through the therapy were striking: 58% of the children with primary traits whose families completed treatment no longer met clinical criteria for CU traits 3 months after the study ended. Researchers also tailored treatment to individuals so that the programming is challenging enough to maintain interest but not so challenging as to be frustrating.

In pilot research, it improved recognition of all emotions but particularly sadness and fear, for which CU kids have the greatest deficits. *-Scientific American July/August 2025*

MOOD and Thyroid Q&A

Save yourself the Goodgle search: We’ve got the answers to your top questions about mental health issues and thyroid disease right here.

Can hypothyroidism mimic bipolar disorder? *While research has looked into hypothyroidism and bipolar disorder, there is no significant association between the two conditions. However, some people with hypothyroidism experience moodiness or mood swings, but this is different from clinically diagnosed bipolar disorder, which is a serious mental health issue that should not be considered simple “moodiness”.*

Can hypothyroidism make you feel crazy? *It depends on how you define “crazy.” Hypothyroidism is associated with psychiatric symptoms like depression, anxiety, and cognitive issues. For example, hypothyroidism may cause forgetfulness, slowed thinking, or moodiness. This could make you feel “out of it” or not yourself.*

What mental illness is hypothyroidism often mistaken for? *Symptoms of depression, such as low mood and lack of interest in relationships or activities you usually enjoy, are common among people with hypothyroidism. Therefore, hypothyroidism is often mistaken for depression. A healthcare provider can distinguish between the two conditions by testing for thyroid hormone levels. If the results come back abnormal, then thyroid issues are likely the underlying cause of the depressive symptoms. However, if the tests come back and thyroid hormone levels are normal, your healthcare provider may suggest further assessment, including tests for depression.*

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