

Random Act By a Peer Specialist:

Part 11

by **Howard Diamond**

For one, Ruth had not many changes, due to being similar

Basically Ruth's subtle change into a new twelve month cycle seemed similarly eerie to the way her previous twelve had concluded. Although she has a different phone number and new type of answering machine, the mystery man found a way to still make prank calls and texts to Ruth. Each call is practically like the last one, which causes Ruth much discomfort and too much unnecessary stress. On Tuesday the twelfth of January, a few days from now, Ruth has her initial visit for the year with Jane, her therapist.

Back at the diner, Ruth continues to work about three days weekly, twelve to sixteen hours and more when she can. Over the months, she has developed and maintained a few friends plus she has several regular patrons that generally ask only for her. Often she walks up and down the blocks near the diner and beyond. Other times, especially days when not at the diner, she sits in the park or by the lakefront watching various fowl wade in the lake or birds flying around overhead. Apparently, Ruth does relaxation techniques, assorted exercises plus reads short books and magazines in an attempt to keep her calm most of the day.

In addition, Ruth has made connections with some of the people also living in Generations Housing. Occasionally, they get together outside of the residences, which included spending almost six days over Thanksgiving in a cabin at Pine Woods Lodge, which is approximately fifty miles away from Lake Town. Four young ladies just enjoying relaxing and recreation while being one with nature and animals. They sang along with the folk music and live performances, plus they hiked on various guided wilderness excursions. Two extra special events were the Thanksgiving Feast when they served mounds of turkey with a plethora of sides and desserts. At Saturday Night Barbecue, food included delicacies like hamburgers, hot dogs, chicken, corn, nut roasting and smores. All was elegantly prepared by the Pine Woods Lodge staff and everyone ate like there was no tomorrow. One big rule was posted everywhere plus was strictly enforced by all: *No alcohol or smoking was allowed on or in the vicinity of the lodge.*

Besides going to the lodge, when funds were available, Ruth and friends would go for a cheap lunch or dinner, in or near Lake Town. One favorite of the group was the Asian Buffet, which had Chinese, Japanese and other Asian Delights for eight dollars for lunch plus ten dollars for dinner. Friday and Saturday nights were a dollar more. Other haunts were the two Italian Restaurants, Vinny's Pizzeria, Pasta and More plus Mama Rinaldi. Also there is a good Mediterranean fair called Halal Palace which offers very spicy to extremely bland Islamic and Israeli delicacies from different cultures. Let's not forget the two diners including the one where Ruth is employed.

December through April, there was free entertainment at the library, three days a week sponsored by Town Hall. Once or twice a month, there will be live music performed at the one

