

Cornerstone Quarterly

December 2017

Cornerstone Honors Ray Wilson as 2018 Humanitarian

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"We only have what we give." Author Isabel Allende reminds us how rewarding it is to give of ourselves, and most of us would likely agree. But others really live it. They act on it, and by doing so make a positive difference in the lives of others. At Cornerstone we've recognized each year since 1976 those who exemplify giving in our community, with the Humanitarian Award bestowed annually at the Dancing with Local Stars Night of Celebration fundraiser. The award not only recognizes those who distinguish themselves by their work in service to others, but means to heighten awareness of the importance of working together to strengthen community. On February 2, 2018 Cornerstone will be delighted to honor Ray Wilson with this award.

Ray Wilson is a doer. He believes in positive change, and in being what he calls "progressive, no matter what you're doing." He knows there will always be obstacles but vows, "Don't let the little pebbles stop the big rock from rolling." His wife Gloria adds, "He's definitely a big picture guy!" Ray has applied his mantra to countless efforts at giving back to this community. As past President of the Quincy Concert Band, founding member of the Cancer Crush Committee, involvement in First Tee and Quincy Arts Center, organizing trivia nights to benefit QHS sports, providing a home for Quincy Gems players, making Balloon Glow happen for QU's Homecoming, or rescuing their twelfth dog, Ray is drawn to the *why*, the mission. Then, through long-established relationships with the like-minded, goes about getting things done. Even an impromptu neighborhood Halloween party means there'll be the Fire Department, Police and the QHS band to entertain.

One event has especially endeared Ray to Quincy kids and parents. Through the Breakfast Optimist Club, Ray has directed Quincy's Soapbox Derby, the country's second largest, for the past seven years. Starting three years ago they added a race for kids with special needs, called Superkids with Special Abilities. The Superkids event happens Friday night before the Derby, and is an opportunity to have them do exactly what the Saturday kids do.

It's the same thrilling ride, down the same derby hill, wearing the same shirt, racing for the same medals and trophies. Saturday Derby kids serve as Buddy Drivers in specially made Buddy Cars, and both kids end up loving the experience. It all started when a dear Optimist volunteer had a grandson who was arriving at the right age, but because of his Autism, wouldn't be able to race. Determined to fix this, the Superkids event was born. It took a couple years to overcome some doubters, but finally the big rock was rolling. Ray is quick to praise the Optimist members who make the cars, and other partners. "You couldn't cut a plaque into enough pieces for everyone who helps," he says. "People don't know they have a heart for a thing until they do it once. They say the kids need help but really it helps them."



Soapbox Derby director Ray Wilson and Superkids, from left, Jack Crickard, Kendall Strieker, Kalub Strieker and Michael Cornett

Tips on How to Get the Most Out of Counseling

People often wonder what to expect when they come to counseling. They are not sure what to expect of the counselor or how to prepare. Our goal is to help you in the most effective, efficient manner possible, so here are a few tips to help you get the most out of your experience with Cornerstone.

Let's start with you:

- Create your own goals and objectives.
- Work on those goals between sessions.
- Apply the ideas between sessions.
- Know that you are the expert in your life.
- What *you* contribute to the session is what's most important.
- Talk with your counselor about how you think the session is going.

Now the counselor:

- Is like a coach.
- Will help you reach your goals without violating your core beliefs.
- Believes you will see some improvement in the first few sessions.
- Has faith in your ability to change.
- Believes in building upon your strengths.
- Believes your relationship with your counselor is very important to your ability to change.

We will use assessment tools to guide these conversations and monitor progress along the way. Through our proven treatment method, we will strive to build a trusting relationship, rooted in respect for you. Please call us at 217-222-8254 if you'd like to schedule a counseling appointment. We look forward to helping you!

Celebrity Bartenders Serve for Cornerstone



Celebrity Bartenders April Azotea and Donna Smith

**We thank our
sponsors!**



Registration for Dancing with Local Stars Now Open

Registration for the 2018 All Star eighth edition of Dancing with Local Stars opened the first week of December. Don't miss the opportunity to see our fabulous dancers who are ready to entertain all of us.

Make your reservations soon to take advantage of discounted pricing. Early reservation for tickets at \$65 ends on January 4. On or after January 5, tickets will be \$80.

Sign up online at www.cornerstone-quincy.org/dwls or call the office at 217.222.8254 for information or assistance. Can't wait to see you there!



Please join us for Cornerstone's
NIGHT OF CELEBRATION
To Honor Our
Humanitarian Award Winner

Ray Wilson

6:00 pm Social

7:00 pm Dinner

The Ambiance 5225 Kochs Lane

\$65.00 per ticket if paid by January 4th

\$80.00 on or after January 5th

Cash Bar

Purchase tickets at cornerstone-quincy.org/dwls
or call 217-222-8254





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Merry Christmas!
You matter.

www.cornerstone-quincy.org

*Our Mission:
Helping people meet life's
challenges by providing the
skills, support and hope
needed for effective fulfilling
lives.*

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