

Chronicle

DECEMBER
2017

Happy Holidays! By Joseph P. Cowley, Ph.D., President

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

Bob Hope

At the holiday season, our thoughts turn gratefully to our employees who have made our success possible and extend our sincere thanks. *Peace to you!*

At this festive time of year we want to take a moment to thank you for all the many ways you make this team what it is. *Happy holidays!*

At this special time of year we want to take a moment to thank you for your dedication to our company. *Merry Christmas!*

At this special time of year we wish you abundance, happiness, and peace in 2018. *Feliz Navidad!*

Best wishes for a happy holiday season and our sincere appreciation for your loyalty throughout the year. *Happy New Year!*

BIRTHDAYS

- Jenny Ceurvorst 12/2
- Blake Buck 12/3
- Bryant Eiting 12/6
- Leah Morris 12/30

NEW HIRES

- Mica Frandsen
Gambling Counselor

2017 Family Wellness Court Angel Tree



Tis' the season for giving. Please support the angel tree for the Family Drug Wellness Court. There will be a small tree at Fairmount in the back room by the printers with tags on it. The information included on the tags will include age, sex, and something they need or want for Christmas. There will also be mommy and daddy tags. If you can't get down here to take a tag, then Shari Johnson can inter-office mail you one, just let her know. Suggested price is around twenty dollars. Please give the wrapped gifts with the tags on them to Shari Johnson, Outreach Specialist at Fairmount. If you can't get to Fairmount, a Family Wellness Court staff member can pick them up from your worksite. Gifts will be needed by Wednesday, December 13th so that they can be handed out on Friday, December 15th. Thank you so much for supporting this!

Shari Johnson—Outreach Specialist



Celebrate Safely by Kimberly Cooper, Prevention Specialist

In the prevention department we participate in national campaigns, such as National Red Ribbon Week, The Great American Smoke Out, and National Recovery month. These are just a few National campaigns CADS prevention department participates in to increase awareness within the community. There are a few national campaigns, one which establishes December as National Impaired Driving Prevention month. December is suited to this observation since so many traffic fatalities that involve impaired drivers increase significantly during Christmas and New Year's holiday period. National Impaired Driving Prevention month invites families, educators, health care providers, and community leaders to promote responsible decision-making and encourage young people to live free of drugs and alcohol. In the prevention department we provide drinking and driving classes along with counselors, educate with impairment goggles on college campuses, and attend health fairs. The prevention department would like to remind you to celebrate safely this holiday season!



TIC

TIC (Trauma Informed Care) TIP of the month

The holidays can be difficult for people who have experienced trauma. A way to encourage healing is to create new connections in the brain and body. Some helpful practices to suggest to clients include:

Create a new tradition. A brand new tradition that you can connect to, experience new joy, look forward to, and doesn't connect to your past.

Be Mindful of living in both past and present. Don't expect to "get over it" and instead live in it the best you can-if you "stay *with* yourself" you create a new stage for old memories and create self-empowerment.

Take a break. If you experience a trigger, remind yourself you are okay now. Stop the trigger by taking a break from it-this could be such as changing the conversation, listening to music you enjoy, going for a walk.

Based on this, what changes can you make?

TIP

December Training



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|-------------------------------------|--|---------------|--------------|------|
| 12/1/2017 | Daring Dialogues (Generic) | Josh Krauss | 215pm-430pm | FRMT |
| 12/8/2017 | Rosecrance Training (see supervisor for information regarding off-site training opportunity) | | 830am-1230pm | |
| INSERVICE DECEMBER 12/15/2017 | INSERVICE: Outside Referrals (Generic) | Angie Ramirez | 330pm-430pm | FRMT |

Start Planning Today for a Stress-free Holiday Season

While the holiday season brings joy and togetherness, it can also bring stress for many individuals and families. Top holiday stressors include staying on a budget, managing multiple commitments and finding the perfect gift. Fortunately, by getting organized and planning out what you can ahead of time, you can help reduce your holiday stress.

- **Write down any known commitments.** Does your child's school have a holiday concert? Are you planning on hosting a holiday dinner? Making a list of your commitments will help you plan your time and help you avoid double-booking yourself.
- **Create your budget now.** If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.
- **Start shopping early.** Do you already know what you want to get some people on your list? Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.

Though these tips won't prevent all of the holiday stress you may experience, they can definitely help reduce it. If you experience high holiday stress, try these [coping mechanisms](#) to get your stress under control.



*Administrative
Directive of the Month
Please review the revised
Gambling
Memorandum.*



*Personnel Policy of the
Month
Please review the Unity
Point Health policies
under Company.*

Benefit Workshops

Staff:

CADS employees can enroll to Unity Point Health benefits starting December 24, 2017 for a January 1, 2018 start date. This is an online enrollment process which you will have 30 days to complete, but in order to avoid double deductions, it is important to complete this process in the last week of December 2017. We are offering workshops at different times and locations if staff needs assistance in the online enrollment process. If you are completing this online yourself or attending a workshop below, please bring with you your direct deposit information, your personal identification information, and if you are enrolling any dependents their personal identification information (SSN, DOB, ETC.)

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|------------------------|------------------|--------------|
| December 26, Tuesday | 1pm – 3:30pm | Forest Grove |
| December 27, Wednesday | 9am – 10:30am | Rock Island |
| December 27, Wednesday | 1pm – 3:30pm | East Locust |
| December 28, Thursday | 9am – 11am | Country Oaks |
| December 29, Friday | 8:30am – 11:30am | Fairmount |

Center for Alcohol & Drug Services, Inc.

Please join us for our Annual Holiday Celebration on
Friday, December 8, 2017

East Locust Street
1519 East Locust Street
Davenport, Iowa

A hot buffet from Pizza Ranch will be served along
with lemonade, iced tea and dessert

Lunch will be served from 11:00am - 2:00pm

