

**Center for  
Alcohol & Drug  
Services, Inc.**

# The Chronicle

**APRIL**

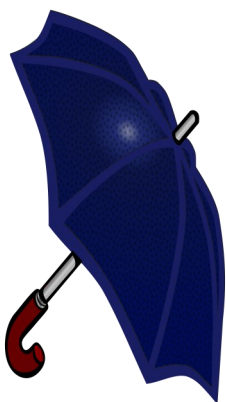
**2016**

## **BIRTHDAYS:**

- Kershanna Harris 4/14
- Nik Kerr 4/14
- Ralph Hall 4/23
- Tayea Foulks 4/25
- Nicole Green 4/26
- Becky Mueller 4/26

## **ANNIVERSARIES:**

- Dana Barnard 25yrs
- Randy May 1yr



## **Wellness** by Joseph P. Cowley, Ph.D., President/CEO

***“The difference between the impossible and the possible lies in a person’s determination.” -Tommy Lasorda***

**Wellness** is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. The model used by our wellness committee includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions act and interact in a way that contributes to our own quality of life.

**Social Wellness** refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

### **The Path to Social Wellness**

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.

### **Are you engaged in the process of social wellness?**

- Do I plan time to be with my family and friends?
- Do I enjoy the time I spend with others?
- Are my relationships with others positive and rewarding?
- Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your social wellness.

## **Dana Barnard reaches 25 years!**

This year marks a significant achievement in Dana Barnard's career as he celebrates 25 years of working at the CENTER. Having worked in several different programs over the years he has interacted with many of our clients and assisted them in their own recovery journey. Dana is often requested by clients who either know of him from personal experience or have been referred by another client to him. His ability to build rapport with people is unparalleled and he is always willing to go the extra mile to help somebody be successful. The empathy and care he shows for his clients cannot be taught, and speaks volumes for his personal character. Dana is an invaluable member of our team who is appreciated and respected by all, both clients and fellow staff members alike. Please offer Dana congratulations on this milestone of 25 years at the CENTER!

# Kick Butts Day by Mary DeWilde, Prevention Specialist

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Each year, over 1,000 events take place in schools and communities across the United States in observance of this national campaign. Among those participating in events was the group Shades of Success. Shades of Success is a registered ISTEP chapter and meets under the Youth Tobacco Prevention grant at Central High School. Members of Shades of Success do activities to support each of the national campaigns against tobacco.



This year for Kick Butts Day, which was on March 16th, the Shades of Success members did an activity called "Read between the Lies." They stepped outside the walls of Central High School so their message could reach even more people, and spelled out "Smoking Stinks" in the fence surrounding the student parking lot. The message was visible for anyone driving down Harrison, as well as anyone leaving Central High School. The students enjoyed planning and executing this activity and are looking forward to their final national campaign of the school year, World No Tobacco Day, which will take place at the end of May.

**Administrative Directive of the Month**  
**4250 Referral to Outside Resources**  
 Please review with staff.

## Other Misc Items:

### SPIRIT WEAR DAYS

While participation is voluntary, it is requested that you provide a minimum of \$1 donation.

Friday, April 01

### BASEBALL TIME

Represent your favorite baseball team

Friday, April 15

### CHILD ABUSE PREVENTION

Wear your favorite character shirt to represent kids

### TIC TIP

April is Sexual Assault Awareness and Child Abuse Prevention Month.

Become familiar with local resources (for children and sexual assault victims) to assist clients with these identified needs.

### RDA Grant

Our Country Oaks Facility Industrial Washer and Dryer replacements were funded through a generous grant given by the Riverboat Development Authority in the 2015 fall cycle.

### SCRA Grant

Replacement chairs for all of our sites were funded through a generous grant given by the Scott County Regional Authority in the 2015 fall cycle.

## April Trainings



4/1/2016	Cultural competence & group culture part	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT
4/1/2016	DISC (Counseling Theories &	Joshua Krauss	130pm-430pm; 15 minute break	FRMT
4/8/2016	Preserving Relationships	Genesis EAP	12pm-1pm	FRMT
4/15/2016	Cultural competence & group culture part	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT
4/22/2016	Talking to Teens (Special	Genesis EAP	12pm-1pm	FRMT



## Zika: What You Should Know

A relatively new virus is prompting worldwide concern because of how quickly it is spreading across the globe. Also alarming is its connection to microcephaly, a neurological birth disorder. Transmitted by the aggressive *Aedes aegypti* mosquito, the Zika virus is rare because it can infect the fetuses of pregnant women who have the virus.

Symptoms of Zika are generally mild and include headaches, fever, rash and sometimes conjunctivitis (pink eye). Most people don't even realize that they have been infected by the virus, which is why it is such a concern for pregnant women.

The Zika virus has spread to more than 20 countries since May of 2015. The Centers for Disease Control and Prevention (CDC) is warning pregnant women against travel to any affected areas. Furthermore, health officials in several of those countries are telling female citizens to avoid becoming pregnant, in some cases, for up to two years. Several states have confirmed the virus in individuals who traveled to areas where the virus is circulating.

Researchers are working to create a Zika vaccine. Until then, the best method of prevention is to avoid travel to areas with active infestations. If you do travel to one of these areas, be sure to wear mosquito repellent and thick clothing that covers as much of your body as possible. Unlike most mosquitos, the type that carries Zika is most active during the daytime hours until dusk, and it also prefers to be indoors. This makes it very important to use screen doors and windows and to stay in air-conditioned hotels when possible.



## Rescue Old Produce

The bananas on the counter have turned brown, the apples are no longer crisp and the tomatoes have definitely seen better days. You might be tempted to just throw old, shriveled fruits and vegetables in the trash or compost bin, but pause before you do. Even when they're past their prime, many fruits and veggies can still be put to nutritious use. In some cases, older fruit and veggies might even be better. For these delicious dishes, you won't need any tools that you don't already have sitting in your kitchen.

**Applesauce** – Applesauce is made by cooking chopped apples in a small amount of water on the stovetop. Simmer and mash apples with a potato masher until they reach desired chunkiness. You can add strawberries, pears or other fruits for different flavors, as well as cinnamon or a splash of vanilla.

**Breads** – Bananas, apples and zucchini are just a few of the fruits and vegetables that can be incorporated into bread or cake recipes. Grate or mash and add to a more traditional recipe, or search for a recipe that is built around a particular fruit. Shredded apple and zucchini are also great pancake additions.

**Pies** – Traditionally, pies can be made with any type of filling inside a pastry. Use a pre-made or homemade crust and mix together a fruit filling with those soft apples, berries or other fruits. Check out a cookbook for more ideas.

**Smoothies** – For a cold, nutritious treat, blend a variety of fruits and vegetables into smithereens. Any type of fruit or vegetable can be thrown into the blender and churned into a cold treat. Alter the ratio of different fruits, and try adding milk, yogurt, ice, vanilla or honey to change up the flavors.

Personnel Policy of the Month  
3306 Attendance  
Please review with staff.



# Legal Referral Source

**Free phone consultation to assist with personal legal matters such as:**

- Family Law
- Housing and Real Estate
- Creditor Concerns
- Consumer Rights
- Criminal
- Contracts

## **How it works:**

- Quad City employees call 386-4004; all others please call 800-475-1641.
- This call to the Genesis EAP will determine that legal needs are your only concern; financial and emotional needs may be involved.
- If needed, you will receive a free call from an attorney via telephone who can offer guidance and answer questions.
- The attorney via phone is available when you are, even after your normal workday.
- If desired, you will be referred to local participating attorneys, and the first 30 minutes of your face-to-face meeting with the attorney are free.
- Participating network attorneys offer a 25% discount from standard billing rate.
- There is no limit or duration to the phone service per authorization.



Some issues may require more in-depth counseling from an attorney.

This service excludes any labor law or employer/employee issues.

**Authorization is required.**  
Call us at **800/475-1641** for more information.



[www.geneseap.com](http://www.geneseap.com)