

AUGUST
2015

Center for Alcohol & Drug Services, Inc.



The Chronicle

Birthdays:

- Josh Hirst 8/1
- Dawn Varadi 8/6
- Erin Phillips 8/12
- Danielle Simmons 8/12
- LaShunda McKinney 8/29
- Evelyn Reynolds 8/31
- Randy May 8/31

Anniversaries:

- Jennifer Wallace 1yr
- Veronika Nelson 1yr
- Jennifer Johnson 1yr
- Angie Ramirez 10yrs
- Krystle Krauss 10yrs

New Hires

- Danielle Simmons
Counselor COAKS
- Tim Ludolph
Tech COAKS
- Moniqua Hancock
Tech COAKS
- Triston Harry
Counselor FRMT

In Memory—Jan Barnard by Joseph P. Cowley, Ph.D., President/CEO

Even after all this time, The Sun never says to the earth, “You Owe Me” Look what happens with a love like that. It Lights the Whole Sky.

By Hafiz

What is generosity? Generosity is an activity that can change the world. It works like magic on one person at a time: then, almost effortlessly, its beautiful multiplying force animates families, friends, communities, cultures, and the world at large. Generosity requires action. Generosity is a practice. And as with anything we practice, we get better at it over time. Generous actions have impact on the recipients, but they also change the lives of the generous in remarkable ways.

Generosity is often confused with giving. There are many ways to give. We all have something to give—our time, our caring and caretaking, a kind word, a smile, encouragement, material gifts of all kinds. But all giving does not necessarily fit my definition of generosity. You can give with the expectation of receiving acclaim for your gift. You can give to create a certain outcome that will benefit you personally. You can give in order to be in the company of people who will be impressed by your ability to give. And you can give for a generous place in your heart that propels you forward to provide what is needed, with little concern for applause and recognition for yourself. Generosity is often quite bold, ignoring the advice of friends and family and moving forward with courage and conviction. Generosity is willing to take risks. In fact, risks have little constraints on a generous heart.

Generosity invites us to put ourselves in another’s shoe, see and feel the existence of a pressing need, realize that it is within our power to help. And then act in whatever way we can. It’s really as simple as that.

On June 10, 2015, we lost one of the most generous people who worked for the CENTER. Jan Barnard had a smile that was infectious and a warm welcome to many, especially those needing encouragement and hope. As I have outlined earlier in this article generosity can be defined in many different ways. Jan mastered the definitions and her generosity became part of her soul. Now she is generously giving back from heaven.





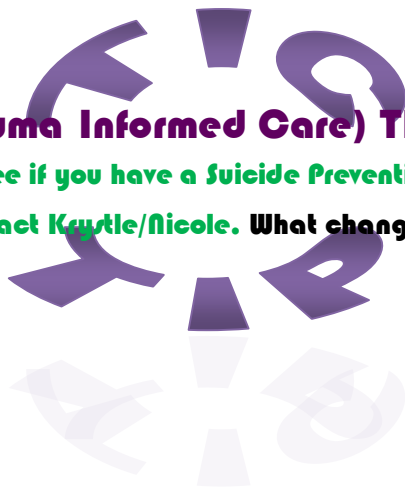
Prevention News - Children Are Developing Skills

by Stacy Rohwer, Prevention Specialist

The CADS summer outreach program is a multifaceted program that teaches the whole child; social, emotional, and physical and at the same time help expose students and families to positive outings going on in their back yard.. Our goal is to help our participants develop skills that increase the likelihood that they'll have healthy and fun options for how they spend their free time. During recreational and enrichment activities, they are learning life-long skills that will improve their chances of avoiding unhealthy behaviors. Our 'Too Good for Drugs' curriculum teaches and provides time to practice various skills sets that empower the kids to say 'No' to drugs and tobacco. Additionally, whether we are swimming, hiking, or even participating in one of our evidence based programs, our ultimate goal is to help our participants build assets that will allow our youth to prosper and stay drug free.



TIC (Trauma Informed Care) TIP of the month
Check to see if you have a Suicide Prevention lifeline magnet.
If not, contact Krystle/Nicole. What changes can you make?



Administrative Directive of the Month
4102 Admission Protocol for Court Mandated Referrals
Please review with staff.

August Trainings

8/14/2015	Motivational Interviewing (Counseling Theories & Techniques)	Aubrey	815am-1130am	FRMT	25
8/28/2015	Motivational Interviewing (Counseling Theories & Techniques)	Aubrey	130pm-445pm	FRMT	25



Shop the Farmers Market

Nothing is more frustrating than fruit or veggies going bad before you are able to eat them. Produce purchased in supermarkets is usually harvested long before it is found on grocery store shelves; in fact, it is estimated that produce travels an average of 1,500 miles from its source before reaching our homes. Because of this, many fruits and vegetables aren't at peak freshness and need to be eaten within a few days of purchase. Your local farmers market can help bridge the gap from farm to table.

There are several benefits to buying locally sourced food: you support local farmers, you can buy in-season produce and your perishable food items will last much longer because they come fresh from the farm. During the summer months, farmers markets offer a rainbow of delicious and healthy options to choose from; sweet corn, bell peppers and eggplant are all in season during the summer months and can most likely be found in plentiful supply at your local farmers market.

There is often such a variety at farmers markets that you can always find something you've never tried before. Aren't sure how to prepare your newly discovered fruits and veggies? Just ask! Many vendors are passionate about the food they produce and are often more than happy to offer preparation tips and tasty recipes for you to try.

Farmers markets aren't just for produce. You can also find locally sourced eggs, meat, jams and baked goods at farmers markets. Flowers, crafts and jewelry are popular items as well. In addition, farmers markets are a great way to connect with your community; you can get to know your local farmers, catch up with friends and spend time with your family.

Now that summer is here, check out your local farmers market. Buying local is a great way for you to eat healthier and save money.



Outdoor Summer Activities

There are plenty of reasons to get outside and enjoy the sunshine this summer. Spending time outdoors can increase energy, improve your mood and burn calories. Just remember to wear sunscreen and stay hydrated!

Below are some fun outdoor activities to get you moving:

- **Swimming:** This full-body workout burns about 476 calories per hour.
- **Hiking:** Burn around 442 calories per hour while spending quality time outdoors.
- **Biking:** This low-impact activity burns about 476 calories per hour and strengthens your legs.
- **Volleyball:** You can burn around 544 calories per hour playing this beach sport.

Personnel Policy of the Month

3355 Termination & 3085 Resignation Notification

Please review with staff on updates to policies.

Pesticides and Produce

Many popular fruits and vegetables are grown with the use of pesticides, but some types of produce contain more pesticide residue than others. While you should rinse all produce with water before eating, consider spending more time washing the fruits and veggies below, as they have been found to have the highest levels of pesticide residue.

PRODUCE WITH THE MOST PESTICIDES



1. APPLES



2. PEACHES



3. NECTARINES



4. STRAWBERRIES



Visit the EAP website and Cyber Couch!



The Cyber Couch is the place to go for tips on self improvement.

The Cyber Couch also offers:

- News features
- Tests and Quizzes
- Medication Information
- A psychological self-help book
- A list of helpful telephone numbers
- AND MUCH MORE...

Go to www.geneseiap.com

Click on Cyber Couch
Click on the Disclaimer
Username – companyname
Password – genesis



www.geneseiap.com

Healthy Recipe Submission from Nicole McCabe

Kale Chips

Ingredients:

6 stems of fresh kale, washed and completely dried

1 tbsp. olive oil

Flavor add-ins to choose from (a pinch or two, depending on preference):

Kosher salt

Black pepper

Minced garlic

Basil

Any other herbs or season you prefer

Preheat oven to 300 degrees. Line a large cookie sheet with parchment or wax paper.

Rip stems off pieces of kale, trying to make sure all pieces are of uniform size.

Place pieces of kale into a large bowl. Drizzle with oil and add any combination of season you like. Rub the oil and season over all of the kale with your hands.

Bake for 20-30 minutes. Keep a close eye on them so they don't burn.

Cool and store in an airtight container.



*Please congratulate
Krystle Krauss, Director
of Treatment Services
and Angie Ramirez,
Program Manager on
10 years of services!*