



The Chronicle

Center for Alcohol & Drug Services, Inc.



CARF ACCREDITATION!!!

By Joseph P. Cowley, Ph.D., President/CEO

I am in awe of the staff we have working at the CENTER and the compassion, dedication, empathy, and commitment to our clients is unmatched. During our preparations for our CARF survey I had the opportunity to witness how the care provided by the staff was manifested into strong listening skills and being a resource to any family member who choose to participate in the treatment recovery process. Even more importantly the staff being a supportive presence to the individuals to alleviate their fear and anxiety.

I share this because as a caring person I strive to embrace a strengths perspective and the belief that one's problems and adversities do not define them. We speak of the resiliency of the human spirit and how people have the ability to change, not allowing their past to define them. We are asked by our Code of ethics to embrace diversity, be culturally competent and to challenge our own biases and stereotypes.

CARF provides accreditation services worldwide at the request of health and human service providers. Whether you are seeking rehabilitation for a disability, treatment for addiction and substance abuse, home and community services, retirement living, or other health and human services, you can have confidence in your choice. Providers that meet the standards that CARF has established, demonstrate their commitment to being among the best available.

The Staff at the CENTER have allowed me to have opportunities to grow and learn from their incredible abilities to help others to grow and develop and to better themselves. I am blessed to know our staff, who have helped me to grow, expand my beliefs', and have reaffirmed my core values that we are not defined by the choices we make but we are defined by how we choose to improve our lives. I hope you all have a wonderful holiday season, and thank you for your ongoing support of our clientele to have hope for the future.

“It’s Just a Paradigm Shift”

-Al Stouffer – 32 years of employment

Al Stouffer has 32 years at the CENTER this year. During his time he has seen many CHANGES. Changes include going from an agency that worked on a budget of \$500,000 dollars per year to a multimillion dollar budget, from 38 employees to 105 plus employees, and to an agency that serves over 2000 clients per year. During the course of his career, he has experienced peers that are dedicated to helping people change and helping the organization grow. Al has always expressed that he is proud to be a member of the CENTER's team, and is dedicated to continuing assisting clients in meeting their needs. Al has watched the CENTER become a leader in the community in developing relationships that lead to bettering the community as a whole. “Life with the CENTER has improved my life as I am more aware of my own strengths and abilities and my needs”, Al Stouffer. As the CENTER continues to grow as a team, Al hopes to pass on to others the happiness that he has experienced with this organization, and have faith that others will experience the growth that is available through working with the clients that we work with.

Regards, Joseph P. Cowley, Ph.D., President/CEO



DECEMBER

2015

BIRTHDAYS

- Bryant Eiting 12/6
- Blake Buck 12/9
- Cartise Jones 12/21
- Jennifer Peters 12/22
- Leah Morris 12/30



ANNIVERSARIES

- Brandy Avants 1yr
- Cartise Jones 1yr
- Jon McClendon 1yr
- Sherry McGhee 10yrs



NEW HIRES

- Hilary Babu
Counselor TBD

Prevention on a National Level

By Camille Cooper, Outreach Specialist



While CADS is focused on meeting the needs and working to better the lives of individuals in the Quad City Area specifically, here in the Prevention Department we make participating in various national campaigns a priority as well. For example, Red Ribbon Week was October 23rd through the 31st. Red Ribbon week is the time of the year spent remembering and honoring the sacrifice and work of DEA agent Enrique Camarena by pledging to live drug, alcohol, and violence free.

Our prevention team participated in this campaign by going to different community partners such as Hope at the Brick House (formally known as Lydia Home) and reading “Red Ribbon: A Story of Hope” to children. Our After School Outreach Students thoroughly enjoyed this book too as we performed an interactive puppet show to tell the story.

We also had each of our five DFYIT clubs plan Red Ribbon week events at their respective schools to raise awareness and encourage students to pledge. Some of the themes we came up with were “Walk Away from Drugs”, “Shine like a Star, Don’t Let Drugs Dim You”, “Scare Drugs Away”, and “Keep Your Hands Off Drugs”.

Other national campaigns we participate in throughout the year include The Great American Smoke Out, Kick Butts Day, and Alcohol Awareness Month. We really enjoy planning and participating in these events. The kids we work with are provided with the opportunity to be involved in a national campaign as well as plan something fun at their own schools.

*Administrative Directive of
the Month
4220
Treatment Progress
Please review with staff.*

Spirit Wear!



Through SPIRIT WEAR & additional generous donations, we were able to provide a Thanksgiving meal bag to a family from each CADS site.

Each bag included non-perishable food items & a HyVee voucher for a free turkey. Thank you for your support.

SPIRIT WEAR DAYS

Wednesday, December 23

HOLIDAZZLE

Wear something festive (jeans permitted too)

Wednesday, December 30

HOLIDAZZLE 2

Wear something festive (jeans permitted too)



DECEMBER TRAINING

12/4/2015	DUI (Alcohol & Drug Specific)	Kerri Hulsebus	815am-1115am; 15 minute break
12/4/2015	Dimension 3 concerns part 1&2 (Counseling Theories & Techniques)	Nicole McCabe & Daniella Harris	12pm-215pm

Simple Tips to Reduce Food Waste

According to the United Nations, Americans throw away 40 percent of their food. Considering rising food prices, food waste is an expensive habit. According to the American Chemistry Council, the average American throws away \$640 of wasted food every year.

Food waste also has a serious impact on the environment. According to the United Nations, food waste makes up 20 percent of landfill space in the United States, and it's estimated that 28 percent of the world's agricultural land is used to grow food that will never be eaten. That's why the United Nations began a new campaign to cut worldwide food waste in half by 2030.

Do your part to reduce food waste. Help save money and protect the environment by following these simple tips:

- **Plan Ahead:** Before heading to the grocery store, plan your meals for the entire week and make a list of everything you need. Stick to your list and avoid impulse purchases.
- **Take Stock:** Keep track of the food currently sitting on your kitchen shelves or in the refrigerator, and incorporate ingredients that are getting close to their expiration dates into your weekly meal plans.
- **Eat Leftovers:** This is one of the simplest and most effective ways to reduce wasted food and save money. Pack leftovers into a work lunch for the next day, or freeze them to be eaten at a later date.
- **Store Properly:** Store grains in airtight containers, and make sure lettuce and salad greens have been washed and dried to avoid becoming prematurely soggy.
- **Donate:** Give nonperishable food items you don't plan on using to a local charity or food kitchen. This ensures that foods get used before their expiration dates, and it will help others in need.

Pack a Work Lunch to Stay Healthy and Save Money

Eating out can be a quick and easy lunchtime solution during busy workdays, but that convenience comes at a cost. Many fast food options are low in nutrients and high in empty calories. Luckily, a little planning goes a long way, and you don't need to spend a lot of extra time planning and packing healthy lunches for work.

A salad or sandwich can be prepared in just a few minutes the night before. When preparing a salad, be sure to pack the dressing separately so the lettuce doesn't get soggy! To make a healthy and filling sandwich, use hearty whole grain bread, and focus on combining a variety of vegetables with lean protein. And don't forget to bring a snack, such as an apple, in case you become hungry later.

TIC

TIC (Trauma Informed Care) TIP of the month

Transform the language we use-

In a true trauma-informed environment, we serve as "supporters" and "partners in care."

We use language that is respectful, courteous and compassionate.

TIP



Personnel Policy of the Month

3210

Holidays

Please review with staff.

Build a Better Sandwich

Healthy sandwiches

don't have to be bland. To build a better sandwich, skip the mayo, which packs 94 calories per tablespoon, and use a healthier spread in its place. Here are some delicious and creative sandwich spreads to try.

Avocado Spread



1 Tbsp. = 29 calories

Dijon Mustard



1 Tbsp. = 15 calories

Olive Tapenade



1 Tbsp. = 25 calories



Center for Alcohol & Drug Services, Inc.

Invites you to the Annual Holiday Celebration on

Friday, December 18, 2015

Thunder Bay

6511 Brady St, Davenport, IA 52806

Lunch will be served buffet style from 11:00am - 1:30pm



*The CENTER will also be recognizing Al Stouffer's retirement
after 32 year of service*

Al - You will be missed



Recipe of the Month

From Julia Spitzmiller

Ingredients

- 12 ounces petite sirloin filets
- 8 1/2 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon kosher salt, divided
- Cooking spray
- 2 teaspoons white wine vinegar
- 1 teaspoon honey
- 3 cups torn Boston lettuce leaves (about 1 head)
- 1 (12-ounce) radicchio head, cut into 1-inch pieces
- 2 nectarines, each cut into 8 wedges
- 2.5 ounces crumbled blue cheese (about 1/2 cup)

Preparation

1. Preheat a grill or grill pan over medium-high heat.
2. Coat the steak with 1 teaspoon oil. Sprinkle with 1/8 teaspoon salt. Add steak to grill rack or pan coated with cooking spray; grill steak 3 minutes on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices; sprinkle with 1/8 teaspoon salt.
3. While steak rests, combine vinegar, honey, remaining 1/4 teaspoon salt, and remaining 2 1/2 tablespoons oil in a large bowl, stirring with a whisk. Add lettuce and radicchio; toss to coat. Add nectarines; sprinkle with cheese. Serve steak over salad.



Yield:

Serves 4 (serving size: about 1 1/2 cups salad and 3 ounces steak)

Total time: 24 Minutes Recipe Time

Hands-on: 24 Minutes

Total: 24 Minutes

Nutritional Information

Calories 310

Fat 18.8 g

Satfat 5.9 g

Monofat 10.7 g

Polyfat 1.3 g

Protein 25 g

Carbohydrate 12 g

Fiber 2 g

Cholesterol 64 mg

Iron 3 mg

Sodium 534 mg

Calcium 122 mg