

# The Chronicle



## BIRTHDAYS

- Michelle Danielson 6/3
- Cyd Gaddis 6/4
- Charles Contreras 6/8
- Tameka Wilson 6/15
- Jodie Zhang 6/16
- Annalyse Gratzek 6/19
- Enrique Escamilla 6/21
- Daniella Harris 6/23
- Dawn Hunter 6/24
- Aubrey Cartwright 6/26

## Anniversaries

- Taya Foulks 1yr
- Jennifer Peters 1yr

## New Hires

- Gaylon Payne  
Counselor TBD



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

### Definition

Intellectual wellness involves utilizing learning resources to expand knowledge, improve skills and experience life more fully. Intellectual wellness refers to active participation in scholastic, cultural, and community activities. It also involves assimilating what is learned in the classroom with life experience. Valuing and nurturing creativity, curiosity and lifelong learning are part of intellectual wellness. Intellectually well people are open to new ideas, think critically and seek out new challenges. People who develop intellectual wellness are more likely to maintain good cognitive function as they age.

The challenge to the different units is to experiment and engage your colleagues in an intellectual activity: **Are you engaged in the process of intellectual wellness?**

- Are you open to new ideas?
- Do you seek personal growth by learning new skills?
- Do you search for lifelong learning opportunities and stimulating mental activities?
- Do you look for ways to use your untapped creativity?

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

### Practices that enhance intellectual wellness include:

- Obtaining good study and time management skills.
- Learning to trust your ability to make good decisions.
- Challenging yourself or others to see more than one side of an issue.
- Recognizing and valuing learning as a life-long process.
- Develop creativity and resourcefulness.
- Practicing discernment when taking in information from TV, the internet, newspapers, others, etc.
- Take advantage of the vast array of intellectually stimulating classes and activities.
- Keeping abreast of current events, issues and ideas.
- Reading.
- Developing new skills such as learning a language, how to play an instrument or engage in a new hobby.
- Learning to manage your finances.

# Summer Outreach 2016 by Camille Cooper, Prevention Specialist



Students spend all school year looking forward to their last days of school and getting their summer started. The summer months are warm and carefree and best of all, the students are free from being in school all day long. Here at E. Locust Street, the prevention staff has been hard at work planning an activity-packed calendar for this year's group of Summer Outreach participants. Our kids will show up on June 6th to kick off the program and it will run all the way through August 12th. Each day the summer program will consist of enrichment time (math, reading, writing activities), a Too Good for Drugs lesson, and field trips or group activities in the afternoon. We have made sure to include the "classic" field trips and activities that students look forward to each year such as attending the movies, going swimming, and exploring at Maquoketa Caves.

Not only will our students be able to enjoy some of the same activities and trips they have enjoyed in the past, they also will get to experience several new outings this year as well! We have planned themed weeks for the duration of the summer program. For example, we have a safety week during the last week of June. This week includes presentations from Davenport Police Officers about stranger danger and firework safety as well as a visit from Mikey the Medic with an on-site ambulance tour and a presentation from the Mississippi Valley Blood Center. We will also have a Mad Scientist Themed week where students will get to participate in carrying out a variety of fun science experiments and end the week by setting off volcanoes they made. Another exciting day will be a part of our Health and Fitness themed week. Students will wrap up the week's activities with our very own CADS Olympics! Staff have come up with many challenges and relays for kids to compete in and be active all afternoon. We have also made an effort to focus on introducing the kids to different activities and places to visit that are right here in our own backyard such as touring our local University, St. Ambrose, and spending the day at Nahant Marsh.

This fun-filled calendar will start on June 6th when all of our wonderful participants will be arriving. We are excited to teach, learn, build relationships, and have fun all summer long!

**Administrative  
Directive of the  
Month  
4210  
Treatment  
Planning  
Please review  
with staff.**

## Misc Items:

**TIC TIP:** Free tickets (through eventbrite.com) to showing of Paper Tigers: Thursday June 9th 630pm @ Putnam Museum). Paper Tigers looks at the effects of trauma on the youth of Walla Walla, Washington, and how one community transformed its culture to respond. Lincoln High School is a successful example of how an entire system can change to better respond to childhood trauma. After four years, suspensions dropped 90 percent, expulsions dropped to zero and graduation rates increased five times.

### SPIRIT WEAR DAYS

**Friday, June 24**

EMPLOYEE APPRECIATION

Wear something that represents you (eg. themed shirt)

**Monday, June 27th**

CADS APPRECIATION MONTH

Wear CADS shirt then jeans permitted too

**Happy Father's Day to all the dads!**

## Training Calendar



6/3/2016	Treatment of Mental Health & Substance Use disorders (CEU Category A: Alcohol & Drug Specific or Counseling Theories/Techniques)	Dr. Mabee	830am-1130am; 15 minute break	FRMT
6/17/2016	Gambling disorder, screening, and treatment (CEU Category A: Special Populations or Problem Gambling Specific)	Nicolas Foss	9:45am-12pm	FRMT
6/17/2016	Gambling disorder, screening, and treatment (CEU Category A: Special Populations or Problem Gambling Specific)	Nicolas Foss	1:15pm-3:30pm	FRMT
6/24/2016	Treatment of Mental Health & Substance Use disorders (CEU Category A: Alcohol & Drug Specific or Counseling Theories/Techniques)	Dr. Mabee	130pm-430pm; 15 minute break	FRMT

## Loneliness Considered a Public Health Problem

Scientists have identified significant links between illness and loneliness, making it a serious public health problem. The damage inflicted on the body by loneliness may be comparable to the effects of smoking, diabetes and obesity.

Researchers have known for years that lonely people are at a greater risk for metastatic cancer, heart attacks, Alzheimer’s and other illnesses. But they haven’t understood why until recently, when they discovered how the immune system responds in lonely people. What they found was that social isolation increased the activity of genes responsible for inflammation while it decreased the activity of genes that produce antibodies that fight infection.

These abnormalities were discovered in white blood cells called monocytes—one of the body’s first lines of defense against infection. When monocytes are immature, they cause inflammation and reduce antibody protection. Coincidentally, these immature monocytes are abundant in lonely people.

Evolution may be partially to blame. Scientists suggest that this link may be the result of the brain’s attempt to encourage socialization and cooperation as activities necessary for survival—causing us pain when we’re lonely the same way we experience pain when we’re hungry. The constant fear of this pain can make lonely people feel threatened, so they sometimes act negatively toward others. This makes it difficult for lonely people to make and maintain relationships and increases their chances of becoming ill.



## Avoiding Spring Allergies

Allergy season is already upon us in certain parts of the United States, and unseasonably warm weather is partially at fault. Weather patterns related to El Nino have caused plants to bloom earlier than normal, and the combination of blooming flowers, pollen in the air and warmer temperatures is a nightmare for allergy sufferers.

Keep the following tips in mind if you are affected by seasonal allergies when spring arrives in your area:

- Take off your shoes as soon as you get home and leave them by the door. This will reduce the number of pollutants inside your home.
- Take a shower before you go to bed. This helps you avoid taking mold or pollen to bed with you.
- Avoid going outdoors when the pollen count is high, which is typically during hot, dry and windy days.
- Do some spring cleaning. Dust accumulated indoors over the course of the winter can sometimes be worse than outdoor allergies.

## Healthy Recipe submitted by Janet Rector

### Five INGREDIENT Lemon Asparagus Chicken

- 1 lb. boneless skinless chicken breasts
- ¼ cup flour
- 1 teaspoon lemon pepper seasoning
- 1-2 cups chopped asparagus
- 2 lemons, sliced

### INSTRUCTIONS

1. **Chicken:** Pound or cut each piece until ¾ of an inch thick. Toss each Chicken breast lightly in flour to coat. Melt the 2 T butter or oil in a large skillet over medium high heat; saute for 3-5 minutes on each side, sprinkling with the lemon pepper directly in the pan. Transfer to a plate.
2. **Asparagus and Lemons:** Add the chopped asparagus to the pan. Saute for a few minutes until bright green and tender crisp. Remove and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side to caramelize. Add butter if needed.
3. **Assembly:** Layer all the ingredients back into the skillet - asparagus, chicken, and lemon slices on top.
4. **Sauce:** melt additional 2 T butter and 2T honey in the hot pan after caramelizing the lemons and poured it over the chicken. (optional)



## Personnel Policy of the Month

3330

### Personal Appearance

**Please review with staff.**

## Employee Appreciation Day Reminder!



When: Friday, June 10, 2016

Where: Fairmount

Time: 11:00 A.M. -1:30 P.M.

Golicks will be catering again this year  
so please come hungry!

Please come and enjoy!

