



The Chronicle

BIRTHDAYS

- Amber Moyer 9/2
- Jon McClendon 9/2
- Amber Kisner 9/3
- Matt Sampson 9/10
- Jackie Gonzalez 9/14
- Donna Miller 9/15
- Denise Gardner 9/16
- Michelle Veasey 9/25

ANNIVERSARIES

- Rachel Hart 1yr
- Tameka Wilson 1yr
- Matt Sampson 1yr

NEW HIRES

- Amanda Crouse
Nurse COAKS
- Ariana Pickett
Counselor TBD
- Joe Boone
Tech COAKS
- Todd Morris
Counselor TBD
- Ginger Hahn
Counselor TBD
- Levi Pfeiffer
Counselor TBD
- Jason Otten
Prev Spec ELOC

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

“Your body will be around a lot longer than that material possession that you are thinking of purchasing. So invest in yourself.”

Author unknown.

Physical wellness involves aspects of life that are necessary to keep yourself in the best possible condition. Peak physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Basic components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

Physical wellness is also concerned with accepting and developing a personal plan for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Understanding the relationship between your body's physical health and mental health is crucial in order to develop a balanced physical wellness. When you take the route to physical wellness you will learn to understand how your body performs physically and are able to connect it to how you feel mentally. Physical wellness encourages principles of good health and knowledge, which affect behavior patterns that lead to a healthy lifestyle. Below are a few suggestions for you to practice to maintain an optimal level of physical wellness.

Engage in physical activity every day for 30 minutes. You may break up your daily 30 minutes into 10 minutes bouts.

Use stairs instead of the elevator or escalator and walk whenever possible.

Learn to recognize warning signs when your body begins feeling ill.

Eat a variety of healthy foods and control your meal portions.

Maintain a regular sleep schedule and get between 7-9 hours of sleep each night.

Wednesday, September 7th

FOOTBALL KICKOFF

Wear favorite football team or colors

Wednesday, September 21st

RECOVERY MONTH AWARENESS

Wear CADS t-shirt or business casual RED



DOL Changes

As a reminder to the email that was sent by Joseph P. Cowley, Ph.D. on Monday, August 8, 2016, the Department of Labor has made changes to their requirements for non-exempt/exempt staff effective December 1, 2016. The CENTER will incorporate those new requests on or before December 1, 2016. As a result many staff considered exempt (salary) will now move to non-exempt (hourly) status. In preparation for those changes, staff should ensure they are following all polices and procedures regarding non-exempt hourly employment. Please refer to the following policies:

- 3205 Payment of Overtime
- 3305 Hours of Work
- 3306 Attendance
- 3311 Cellular Phone Usage

This includes abiding by the rules of when to take your scheduled lunch, and not engaging in work activities during the designated lunch such as answering work-related phone calls and reviewing work-related emails.

Any questions regarding the above polices or the upcoming DOL changes, please contact Human Resources.

Training Calendar

9/1/2016	Prevention Ethics (Category: Prevention Ethics)	Janet Rector	815am-345pm (various)	ELO
9/9/2016	Counseling Resistant Clients (Counseling Theories & Techniques)	Jackie Gonzales	815am-1030am; 15 minute break	FRMT
9/16/2016	INTERNAL ONLY- ASAM & CSRs practical application (Counseling Theories and Techniques)	Angie & Leah	12pm-1pm	FRMT
9/23/2016	MAT (Category: Alcohol & Drug Specific)	Donna Miller, Leah Morris, Jon McClendon	830am-1130am; 15 minute break	FRMT
F 9/30/2016	Demonstrating Ethics (Category: Ethics)	Joe Cowley, Janet Rector	830am-1145am; 15 minute break	ELO
9/30/2016	MAT (Category: Alcohol & Drug Specific)	Donna Miller, Leah Morris, Jon McClendon	130pm-430pm; 15 minute break	FRMT

As part of Recovery Month please review Administrative Directive 4104 Suicide Prevention Protocol.

Exercising the Body and Brain

Studies have shown a strong relationship between the health of the body and the health of the brain. Exercise revs up complex processes inside the brain that can deter depression, help you stay calm and keep your mind sharp.

Exercise Boosts Mental Fitness

The brain has approximately 86 billion neurons designed to give orders to the rest of the body through chemical messengers called neurotransmitters. Studies show that deficiencies of two of these neurotransmitters (glutamate and gamma-aminobutyric acid, or GABA), can lead to mood disorders such as depression. However, moderate exercise can increase the amounts of the two neurotransmitters, contributing to increased mental fitness.

Exercise Decreases Stress

When you're stressed, your brain secretes the "fight or flight" hormone, cortisol. Elevated cortisol levels can create a constant and unnecessary feeling of stress. But, if you exercise, you expose your body to "controlled stress," which helps regulate your brain's stress response, keeping you more calm.

Exercise Slows the Brain's Aging Process

Your brain ages just like the rest of your body, but exercise can help the brain handle natural, age-related deterioration without taking a toll on your memory. Older adults who exercise have larger brain volumes than those who don't. Plus, the brain's hippocampus (which is responsible for memory and learning) is larger in people who are active. Exercising won't make you smarter, per se, but it will help you remember things better as you age.



**Personnel
Policy of the
Month**

3380

**Substance
Abuse Policy**

**Please review
with staff.**

TIC

**TIC (Trauma Informed Care) TIP
of the month**

Every September, **SAMHSA** sponsors **Recovery Month** to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. Discuss with your team how you can provide recognition to clients who are taking steps towards recovery at your sites.

What changes can you make?

TIP

Center for Alcohol & Drug
Services, Inc.



THE NEW BEGINNINGS ARTSHOW

OCTOBER 22ND, 2016
11 AM TO 4 PM
AT THE GOLDEN LEAF
2902 E Kimberly Rd # 1, Davenport, IA

You're invited to come to the first ARTSHOW presented by
the Center for Alcohol & Drug Services, Inc!

- Local Artists
- Local Food Vendors
- Silent Auction @ 11AM to 2:30PM
- Live Auction @ 1PM
- Contribute to Community Art
- Family-friendly



For more information please contact:

Alexandria Riordan
(563) 332 - 8974

ARiordan@cad-s-ia.com

Healthy Recipe from Alizabeth Fiorini

Baked Honey Mustard Chicken

Ingredients:

+6 skinless, boneless chicken
breast halves

+salt and pepper to taste

+1/2 cup honey

+1/2 cup prepared mustard

+1 teaspoon dried basil

+1 teaspoon paprika

+1/2 teaspoon dried parsley

Directions

1. Preheat oven to 350 degrees F
(175 degrees C).

2. Sprinkle chicken breasts
with salt and pepper to taste,
and place in a lightly greased
9x13 inch baking dish. In a
small bowl, combine the hon-
ey, mustard, basil, paprika, and
parsley. Mix well. Pour 1/2 of
this mixture over the chicken,
and brush to cover.

3. Bake in the preheated oven
for 30 minutes. Turn chicken
pieces over and brush with the
remaining 1/2 of the honey
mustard mixture. Bake for an
additional 10 to 15 minutes, or
until chicken is no longer pink
and juices run clear. Let cool
10 minutes before serving.

