

# The Chronicle

## Hear ye! By Joseph P. Cowley, Ph.D., President/CEO

**"It always seems impossible until it is done!"**

**Nelson Mandela"**

**"Hear ye Hear Ye Read all about it, it is official what we have known all along."**

Last month something very exciting happened that is cause for a celebration. Addiction medicine was formally recognized as a new subspecialty by the American Board of Medical Specialties (ABMS) under the American Board of Preventive Medicine (ABPM).

This recognizes addiction as a preventable and treatable disease, helping to shed the stigma of misunderstanding that has afflicted addiction for too long in the United States. Interestingly, it also provides a new career option for medical students, residents, and physicians interested in specializing in the treatment of addiction.

We in the field have known for a long time the positive impact the Prevention and Treatment have had in our community. Our primary purpose has been to help people from all walks of life to overcome their addictions. We all at the CENTER should be proud of the solid clinical care, and job we have been doing to meet our goals to provide as many resources to those who truly want to release themselves from the grip of addiction.

## Janet Rector celebrates 15 years!

Thank you, Janet, for the past 15 years of your life. From what I've observed, you've probably been as committed to us here at the CENTER as you have to your own personal goals. For the past 15 years, we've profited from your expertise; the time's past due for us to say a big, special thank you. Your special occasion on the horizon, as of August 27, 2001 you will have been part of the CENTER's family for 15 years this time and 2 years prior to leaving to be a stay at home mom—a productive part, I'll be quick to add. My, how time flies when you're having fun. You may not have noticed, but we at the CENTER have had much pleasure working with you for the last 17 years. You've been a real asset to our organization since you joined us. In those 17 years, you've contributed skill, time, ideas, energy, and loyalty.

We've noticed and appreciated all these contributions on our behalf. Your knowledge of the clinical world and quality improvements opportunities has contributed most directly to our successes during the past seven years. On several occasions your supervisors have commented they wished they had a dozen employees just like you—conscientious, dedicated, punctual, and skilled. You're the kind of employee who keeps us in business year after year. We try not to forget that. Your ability to identify the root cause and your determination to follow a problem through to resolution are exactly what we've needed around here. That insight and conscientiousness provide the framework for everything we do. We really appreciate the dedicated hours, the persistence, the attention to detail, and your usual cooperative attitude about anything we've assigned you in these past years. You've shown commitment to whatever the goal set in front of you. Your cheerful smile, your focused attention, and your uncanny way in dealing with difficult clients have contributed most directly to all our efforts in the organization.

### BIRTHDAYS

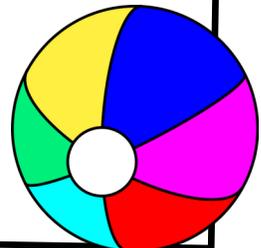
- Josh Hirst 8/1
- Dwayne Hodges 8/1
- Dawn Varadi 8/6
- Erin Phillips 8/12
- Amber Drollsbaugh 8/29
- Randy May 8/31

### ANNIVERSARIES

- Jodie Zhang 1yr
- Zandra Rodriguez 1yr
- Mary DeWilde 1yr
- Janet Rector 15yrs

### NEW HIRES

- Kayla Pearson  
Tech COAKS



## Staying Safe This Summer By Alexandra Rodriguez, Prev. Specialist

Safety is one of our top priorities here in Prevention, right along with having fun! During our Summer Outreach program, we have been practicing safety procedures to better protect our campers. We are also providing campers with knowledge about how to stay safe this summer. Before the Fourth of July holiday, some members of the Davenport Police Department stopped by to speak about the importance and role of police officers in our communities. This included a presentation of all of the tools that each officer carries on their safety belts. The officers also addressed the importance of making smart choices, especially online and on social media. Members of the police department were then kind enough to come in for a second time to discuss and answer questions about firework safety during the Fourth of July.

In continuation with our safety week, the younger and middle groups were paid a visit by Mikey the Medic from Genesis along with two paramedics. This visit also included a fun tour of the inside of an ambulance. Here, campers were able to see the medical equipment that paramedics use to help those that are in their care. Our mission as a Prevention Team is to provide our students with as much knowledge and practices that will help them continue to make safe choices!



## Spirit Wear Days

Thursday, August 4th  
**SUMMER OLYMPIC KICKOFF**  
 Wear something to represent your favorite sport

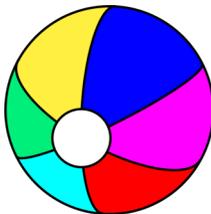
Wednesday, August 24th  
**BACK TO SCHOOL**  
 Wear your favorite character or alumni/school shirt

### Administrative Directive of the Month

**7100 Child Abuse Reporting  
 &  
 7110 Elderly Abuse Reporting**

**Please review with staff.**

## August Training Calendar



8/5/2016	INTERNAL ONLY Treatment Planning Criminal Thinking & Criminal Justice Population (Special Populations)	Nik Kerr	12pm-1pm	FRMT
8/12/2016	Counseling Resistant Clients (Counseling Theories & Techniques)	Jackie Gonzales	130pm- 345pm; 15 minute break	FRMT
8/19/2016	Last 6 months new hire/every 5 years; Mandatory Child Abuse/Dependent Adult Abuse Reporting	Aubrey	815am- 1030am	FRMT
8/19/2016	Chemical Dependency and the Family (Alcohol & Drug Specific/Special Populations)	Prevention Staff	245pm-5pm; 15 minute break	FRMT
8/26/2016	Chemical Dependency and the Family (Alcohol & Drug Specific/Special Populations)	Prevention Staff	245pm-5pm; 15 minute break	FRMT

## Healthy Recipe submitted by Mindy Lenhard

Summer Tomato, Onion & Cucumber Salad

### Ingredients

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium tomatoes, cut into 1/2-inch wedges
- 1 Vidalia, or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

### Instructions

#### Step 1

Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.

#### Step 2

Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.

#### Step 3

Just before serving, add herbs and toss again.

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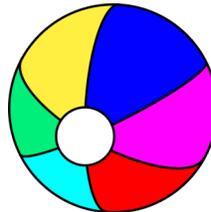
Ken Burris

**Personnel  
Policy of the  
Month**

**3305**

**Hours of Work**

**Please review  
with staff.**



# TIC

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

**Help clients from diverse cultural, racial, & ethnic groups build resilience through exploring use of characteristics that are often viewed as important.**

- Strong kinship bonds
- Respect for elders and the importance of extended family
- Spirituality and religious
- Value in friendships and warm personal relationships
- Expression of humor and creativity
- Instilling a sense of history, heritage, and historical traditions
- Community orientation, activities, and socialization
- Strong work ethic
- Philosophies and beliefs about life, suffering, and perseverance

***What changes can you make?***

# TIP



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the wellness specialists HealthCheck360°

No matter how old you are or how long you've used nicotine, quitting can help you live longer and be healthier.

## NICOTINE: THINK ABOUT QUITTING

Are you wanting to give up nicotine, but finding it difficult? Many ex-nicotine users say quitting was the hardest thing they have ever done. It's okay to have mixed feelings about quitting, but don't let that stop you. Find reasons to quit that are important to you.

### Why Quitting Is so Hard

Your addiction to nicotine, a substance found in all tobacco products, is why it's so hard to stop and why it is a big part of your life. Nicotine makes you feel calm, satisfied, alert and focused. However, the more nicotine you take in, the more you'll need in order to keep getting the same effects, and soon you won't even feel normal without it in your system.

### What You're Really Taking In

Your body gets more than just nicotine. There are more than 4,000 chemicals in some nicotine products. Some of the same chemicals are also in wood varnish, insect poison, arsenic, nail polish remover and rat poison. The ashes, tar, gases and other poisons in some of these products harm your body over time, damaging your heart and lungs. They also make it harder for you to fight infections and to taste and smell.

### Reasons for Quitting

There are many benefits for giving up nicotine; you will:

- Feel healthier.
- Have more energy, improved focus, increased sense of smell and taste—not to mention whiter teeth, fresher breath, easier breathing and less coughing.
- Lower your risk for cancer, heart attacks, strokes, early death, cataracts and skin wrinkling.
- Save money, and have more of it to spend.

- Not have to worry about when you'll be having your next fix, or what to do if you are going to a place where nicotine is not allowed.
- Set a better example for your children.
- Make your partner, friends, family, kids, grandchildren, co-workers and yourself proud.

Write down all the reasons why you want to quit. Keep your list where you'll see it often, such as where you keep your nicotine, in your wallet or purse, in the kitchen or your car. When reaching for nicotine, you will see your list and it can remind you why you want to stop.

It takes time to recover from nicotine addiction. It is not uncommon for people to make several attempts before they can quit for good. Think about when you use nicotine and why—keep track of this. Identifying your triggers can help you prepare to quit.



HealthCheck360°  
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