

The Chronicle

The Center for Alcohol
& Drug Services, Inc.

FEBRUARY
2017

Humor May be the Best Medicine

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

I feel the best when I am happy. Anonymous

I thought I would write this month about how with humor we can help heal ourselves. Informative speeches don't always have to be heavy handed and serious but can be written in such a way that teaches as well as entertains.

I had to spend a week or two on antibiotics last year. A minor ear infection turned into some major problems for my sinus system. I was fairly frustrated one night.

As I thought about it, and I was sure that my condition might only become more serious. About the time I began to wonder if I would get better, my best friend stopped by. He was, quite literally, a class clown. He always had a great joke on the tip of his tongue. He was the mascot at the football games because his antics were so funny. Even now I can't help but smile when I think about him.

Two hours after he left, I felt great. I had no pain when I woke up the next morning, and that evening, all of my test results were positive. A miracle? Actually, yes. Study after study has indicated that humor has interesting healing powers.

One way that humor can help to heal is that it literally changes our outlook on life. As we laugh, we have trouble seeing life's difficulties the same way. Suddenly, our problems don't seem quite as bad. Humor allows one to distance him/herself from a painful physical or medical situation while also acknowledging that he or she is in such a situation.

This change in perspective is a powerful healing force. Distancing yourself from a distressing situation allows you to view certain circumstances from a more objective perspective, and this can help you extract powerful emotions that focus on your pain or sorrow. In doing this, you do not reject the painful circumstances surrounding you, but acknowledge the reality of your situation - the good with the bad.

Recent mental health studies have shown that laughter can stimulate areas of the brain that release endorphins, helping us to see our situation more clearly.

The benefits of humor, though, aren't all mental. Humor triggers laughter. According to physiological studies, the laughter, in turn, stimulates our cardiovascular systems by increasing the rate at which the heart beats and contracting the muscles. In fact, one study suggested that laughing one hundred times per day is the equivalent of spending ten minutes on a rowing machine.

The healing power of humor is wide-ranging in scope and situation. Though medically, the interesting healing powers of humor are still being studied by many scientists, humor clearly heals the spirit - a part of every one of us which is often neglected by medicine and science.

Seeing the humor in our painful or emotional situations can free us from the chains we have built around ourselves, helping us to recognize that life is more than anger or pain or sorrow, but that it is full of humor and the contagious sound of laughter.

BIRTHDAYS

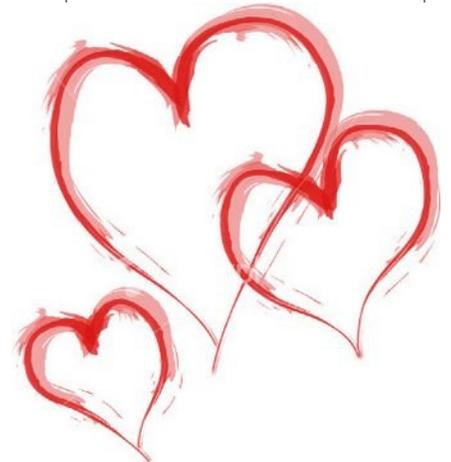
- Kurt Streicher 2/17
- Rachel Hart 2/24
- Veronica Fisher 2/26
- Zandra Rodriguez 2/27

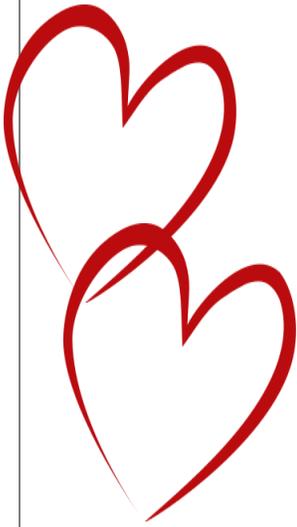
ANNIVERSARIES

- Alex Riordan 1yr
- Kerri Carpenter 1yr
- Charles Contreras 1yr
- Amber Drollsbaugh 1yr
- Aubree Payne 1yr

NEW HIRES

- Heather Hogbin
Program Mgr
- Carlena Meekins
Nurse COAKS
- Megan Mills
Counselor





After School Outreach Pays it Forward

By: Zandra Rodriguez

One of After School Outreach participants' favorite days are when they are paid a visit by United Way's Operation Read volunteers. Operation Read is a program where gracious volunteers from all over the Quad Cities come in and read a story to students, and then participate in a fun and supplemental craft following the story. This month, the Operation Read volunteers provided a unique twist to their craft activity. Following the educational story of Johnny Appleseed, the volunteers gave our Outreach students a craft that they would be able to utilize in these cold winter months. Participants were able to choose their own fleece scarf and decorate it with colorful beads. Some of the patterns that the children could choose from included the University of Iowa logo, the Chicago Bears logo, superheroes, sock monkeys, and cute & stylish patterns. Not only did participants receive a scarf, but they were also given a second scarf to take home, only this scarf was to serve a different purpose. Students were encouraged to "pay it forward" and give this second scarf to someone they may know that is in need of one this winter. We are very appreciative to our Operation Read volunteers for not only giving our participants a much needed gift this during this season, but also a valuable lesson that they will carry with them through every step of life!



Administrative Directive of the Month

4120 Pregnant Women & Women with Children

Please review with staff.

February Training

2/3/2017	INSERVICE-Releases & Confidentiality (Ethics)	Krystle & Angie	1pm-2pm	FRMT
2/10/2017	CPR	Gary Bennett	830am	FRMT
2/17/2017	Understanding Steps 4,5,6,7 (Alcohol & Drug Specific)	Al Stouffer	930am-1230pm; 15 minute break	FRMT
2/24/2017	Last 6 months new hire/every 5 years; Mandatory Child Abuse/Dependent Adult Abuse Reporting	Aubrey Cartwright	830am-1045am	FRMT

TIC

TIC (Trauma Informed Care) TIP of the month

As victims of trauma, individuals may experience emotional stress-such as intense grief, acute anger, sudden fear. Long-term emotional stress shortens lifespans by increasing the risk of heart disease. To support February Heart Health month, help clients take care of their "emotional heart" and "physical heart". How you do this varies depending on your position at CADS. However, we all can help in some way.

What changes can you make?

TIP

Wednesday, February 01

SUPERBOWL

**Wear your football team shirt or colors
(any school or professional)**

Thursday, February 16

CHILDREN OF ALCOHOLICS AWARE- NESS WEEK

**Wear your favorite superhero t-shirt or
the superhero's colors**

*Personnel Policy
of the Month*

*3240
Family Medical
Leave*

*Please review
with staff.*

Easy and Healthy Valentine Treat

Frozen Organic Greek Yogurt Covered Strawberries

Ingredients

Organic greek vanilla yogurt*
Organic fresh ripe strawberries

Directions

Slice strawberries in half. Spoon Greek yogurt onto a shallow dish and dip the strawberries in the yogurt. Place dipped strawberries in a plastic container lined with parchment paper and freeze.

