

**Center for  
Alcohol & Drug  
Services, Inc.**

# The Chronicle

**MARCH**

**2017**

## BIRTHDAYS

- Todd Morris 3/2
- Koffi Attisso 3/6
- Sharon Camp 3/7
- Jackie Gonzalez 3/14
- Sean Hayek 3/14
- Anitra Murray 3/15
- Danya Garrow 3/18
- Hilary Babu 3/20
- Janet Rector 3/21
- Nicole McCabe 3/24
- Amanda Crouse 3/25
- Adrian Blackwell 3/30
- Amy Dau 3/30
- Thom Havercamp 3/31

## ANNIVERSARIES

- Carol Gerard 25 years

## NEW HIRES

- Daniel Beguelin  
Counselor TBD
- Sharon Camp  
Tech COAKS
- Dalonna Holt  
Tech COAKS
- Cynthia Gryp  
Tech COAKS
- Mikka Mills  
Counselor TBD
- Jenny Ceurvorst  
Office Asst RIO

## Together For Good!

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

This is an important moment in the history of The CENTER. We have embarked on our Excellence In Action Pillars.

- **Ethics & Integrity**
- **Fairness & Respect**
- **Hope**
- **A Welcoming Environment**
- **Confidentiality and Privacy Commitment**
- **Service Recovery**



We will still talk about all that we will be, but we are justifiably proud of what we are. We are proud-but we are never satisfied.

In 2011, during our strategic planning process we developed our Agenda for Distinction, a three year strategic plan for the CENTER, as it foresaw rapid changes in "the demographics and globalization of integrated healthcare." A series of deeply collaborative community conversations resulted in the Agenda which, is rooted in our deep recovery history and embodies our mission to actively engage the passion and emotion of our hearts with the discipline provided by intellect, reason and science based curriculum.

Just as the Together for Good and Excellence In Action are grounded in our core values, leadership, community, awareness, integrity and service speaks precisely to what the CENTER adds to the healthcare landscape. Our future victories will be built on the solid and broad foundation of achievements to date.

The Together for Good, Excellence In Action Campaign will help us continue to fulfill the promise that the CENTER is striving to attain in all service areas, with the support of our extremely close-knit community. I'm proud to be part of this community and proud to share wonderful stories of recovery with you.

## Spirit Wear Info

Wednesday, March 01

MARCH MADNESS KICKOFF

**Represent your favorite basketball team (any school or professional)**

Thursday, March 16

PROBLEM GAMBLING AWARENESS MONTH

**Wear blue**

## SPECIAL SPIRIT WEAR DAYS UPDATE

*Family Resources Human Trafficking Awareness/ Prevention Program and King's Harvest both received financial donations.*

*Thank you for your support.*

# Prevention and Information Sharing

Do you know who invented the first potato chip? Or who patented the Super Soaker? If not, maybe you should ask one of our many fabulous Outreach participants. They could tell you George Crum invented the first potato chip, but never sought to patent it. And Lonnie Johnson went into the history books as patenting the Super Soaker. During our After School Outreach Program this past month our participants celebrated Black History Month. Each day staff would share discuss a new notable member of society. Students would then get to color an image of the individual. Afterwards students were encouraged to write down the name of the person being shared and research them further at home. If students came back with new information they would be rewarded with an incentive. You can see the mural we created by using the information shared about each individual the selected art to go along with it.



Another fun endeavor that took place in February was the Quad City Youth Conference. This is a two-day conference where junior high and high school students from both Iowa and Illinois attend break-out sessions covering topics ranging from teen suicide to gender stereotypes to the dangers of alcohol and other drugs. Prevention staff attended both days, and led groups in learning about the dangers of abuse and misuse of prescription drugs. Students shared that they enjoyed learning things that they were not aware of before, and participated in a game and solved case studies using this new information.



Prevention staff are looking forward to another month of sharing information within the agency, and out in the community.

- Prevention Staff

**Administrative Directive  
of the Month  
Gambling Program Memorandum  
Please review with staff.**

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

Research suggests that gambling related violence does occur, and often manifests in domestic violence incidents. Estimates have shown over 60% of problem gamblers reported perpetrating and/or being victims of intimate partner violence (IPV) in the past year. Among women seeking treatment in an emergency room, the likelihood of experience IPV increased dramatically when a partner struggled with addiction.

- For those with a partner who had a drinking problem- IPV 6x more likely
- For those with a partner who had gambling problem- IPV 10.5x more likely
- For those with a partner who had both problems-IPV 50x more likely

*Based on this knowledge, how does this relate to your position at CADS.  
What changes can you make?*

**TIP**

## March Training

|           |   |               |                               |      |
|-----------|---|---------------|-------------------------------|------|
| 3/10/2017 | CPR (let Donna know if you are attending)                       | Gary Bennett  | 830am                         | FRMT |
| 3/17/2017 | INSERVICE-Human Trafficking (Special Populations)               | Hailey Teague | 1pm-2pm                       | FRMT |
| 3/24/2017 | Having Compassion; Managing Fatigue; Avoiding Burnout (Generic) | Joshua Krauss | 830am-1130am; 15 minute break | FRMT |
| 3/31/2017 | Understanding Steps 8,9 (Alcohol & Drug Specific)               | Al Stouffer   | 930am-1230pm; 15 minute break | FRMT |



## Carol Gerard: Reflecting on 25 Years of Employment With the CENTER

Carol Gerard started her career with the CENTER on a memorable day, March 18th, 25 years ago at Linwood Center in Davenport as a Tech. Her responsibilities included making breakfast, performing chores, conducting groups and lectures, and transporting clients to the YMCA for exercise. She worked there for three years before transferring to the Forest Grove location, which was the residential program for adolescents. Carol stated that she always wanted to work with kids and substance abuse. "If we can get them young, then the chance is always there," referring to the capability of steering them away from substance use and abuse at an early age. She later transitioned to adult inpatient rehabilitation at Country Oaks, which Carol admitted felt odd, to have to tell a 60 year old man to make his bed. Carol later became a Counselor Assistant and swiftly transitioned to Counselor, working ten years, between Fairmount, Circle of Hope, and East Locust.



Carol admits it has never been about the money, just the clients we serve, as she transitioned back to Country Oaks as a Tech, where she has been for the past three years.

"We are working for the clients and must like who you are working with. You never know who you may be serving, a neighbor, a Deere executive, or even a board member."

Carol cares about the longevity of the CENTER and the clients whom we serve. "I do hope that we get a lot of people who are dedicated, here for the long haul, understanding it's not about the money. There are bad times, yes, that's where you depend on your co-workers. When work becomes work, then you need to re-evaluate yourself."

Through the good times and the bad times, Carol always shows gratitude towards her coworkers. "We always say thank you to each other at the end of the day."



Carol has been through many transitions in her 25 years with the CENTER, and has developed much wisdom from her time as an employee with the CENTER. Carol explains that no one can directly influence the outcome of the day but you. "Nothing changes if nothing changes. I am the change." Moreover, while the concept of change can be difficult for many of us, Carol just seems to use it as energy to keep motivated and to keep providing the necessary care to the clients we serve. There has been many changes throughout the 25 years with the CENTER, and Carol has been pleased to be apart of all of them.

Lets hope one thing doesn't change, the caring, gratitude, punctuality, and dedication which Carol has exhibited over the years. Carol, we thank you for all that you have done, all that you do, and all that you will continue to do. Yes indeed, you are the Change!

Written by: Adrian Blackwell, Director of Facilities



Personnel Policy of the Month  
3230  
Outside Employment  
Please review with staff.

# Healthy Recipe Submitted by Mindy Lenhard

## Italian Wedding Soup



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Think of this as a first-rate chicken soup with mini-meatballs and loads of flavor.

- PREP TIME **25<sup>M</sup>**
- COOK TIME **30<sup>M</sup>**
- TOTAL TIME **55<sup>M</sup>**

### NUTRITIONAL INFORMATION

Makes: 12 servings

Serving size: 1 cup with 3-4 mini meatballs

- **Calories 153**
- **Calories from Fat 19%**
- **Fat 3g**
- **Saturated fat 1g**
- **Cholesterol 40mg**
- **Sodium 433mg**
- **Carbohydrates 17g**
- **Dietary fiber 2g**
- **Sugars 2g**
- **Protein 14g**

### INGREDIENTS

- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 cup diced carrots
- 1 tablespoon minced garlic
- 8 cups fat-free chicken broth
- 1 1/2 cups beef broth
- 1 teaspoon dried oregano leaves
- 1 cup orzo pasta
- 6 cups fresh baby spinach
- 1 pound ground sirloin
- 1 egg
- 1 egg white
- 2 tablespoons chopped parsley
- 1 teaspoon minced garlic
- 1/4 cup Italian bread crumbs
- 3 tablespoons grated Parmesan cheese
- salt and pepper to taste

### INSTRUCTIONS

Combine the last 8 ingredients in a bowl and shape meat mixture into 1-inch diameter meatballs.

In large nonstick pot coated with nonstick cooking spray, sauté onion, celery, carrots and garlic until tender, 7 minutes.

Add both broths and oregano. Add orzo. Bring to boil, reduce heat, and cook 5 minutes.

Add mini meatballs, and continue cooking 8 minutes or until meatballs are done. Add spinach, cooking a few more minutes until wilted. Season to taste.

For more recipes go to [Holly Clegg Recipes](http://www.hollyclegg.com).

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