

The Chronicle



BIRTHDAYS

- JoAnna Islam 2/10
- Brandy Avants 2/13
- Kurt Streicher 2/17
- Abbey Steinle 2/22
- Rachel Hart 2/24
- Zandra Rodriguez 2/27

NEW HIRES

- Nancy Gibson
Office Asst FRMT
- Nicole Green
Technician COAKS

“Let’s Get Physical”...Olivia Newton John

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

Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (routine checkups, a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness. Traveling can be exhausting! I flew to Washington D.C. for a conference in the month of October. Once there, I enjoyed the trees, sunshine, and, of course, the lectures I attended, but the trip itself was less than amazing. Shuttle bus fumes, heavy luggage (I know nothing about traveling light), crowds, security—these are all necessary evils while traveling by plane. And a road trip poses challenges of its own. Whatever your mode of transportation, here’s how to keep sane and strong when you’re going over the river and through the woods. Below are my tips on traveling without unraveling

Be prepared. Yup, the Boy Scouts have it right. Pre-trip prep is key. You want to start your trip on the best foot. Think like a marathoner who keeps a good routine the week of his race, and the night before, too! Do your best to keep a normal schedule of eating, sleeping, and exercise ahead of time. And avoid stressful last-minute packing. I used to stay up to the wee hours of the morning, allowing for only one or two hours of shut-eye before waking for the next day’s flight. I used to tell myself “Oh, you can sleep on the plane” but then I never actually did (even if I had a U-shaped pillow!) To avoid pulling an all-nighter, I now pull my suitcase down from the attic about a week ahead of time and as I fold laundry, I put it in the suitcase instead of my dresser. Before you know it, I’m practically packed, with time to spare!

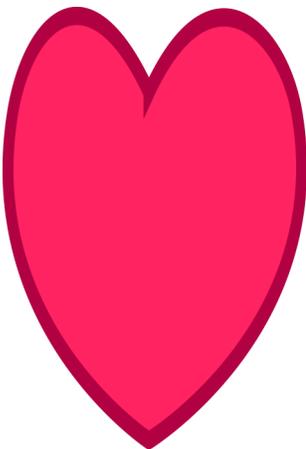
Move it! On Everest, they say that you start to die the minute you stop moving. Make this your philosophy for living and traveling, too! At the airport, take the stairs in lieu of the moving walkway and escalator. When driving, take pit stops with a purpose. I used to pride myself in going for hours and hours without stopping, with the end goal of arriving at the destination as quickly as possible. Now I know that it’s not good for the body to be in one position for too long, so I make stops, even if it means I get to point B a little later than originally planned. Stops give our bodies a chance to stretch and get the blood circulating again, and the fresh air makes us more alert once we get back behind the wheel. If you have small children in tow, you will need to stop frequently anyway. Embrace it! Make it even more fun by bringing squirt guns, a Frisbee, jump rope or football.

Take a stand! The Bible says that the love of money is the root of all evil. I see a parallel in sitting. Excessive sitting has been linked with all sorts of problems: mental health issues, heart disease and even early death. So the last thing you should do is sit in the waiting area, when sitting is going to be required for the duration of most flights. Stand while waiting, since there is room and time to do so. My dad is over 91 years old and when he visits our home, while most of us are sitting around the living room, he remains on his feet. It keeps him engaged in our conversation and ready to break into a dance should the occasion arise. Did I mention that he is as sharp as a tack? Standing is key to mental and physical wellness. Take this hint and you may just be the last one standing!

Step up. If you want to take your standing to the next level, do some light stretching or even strength training (if you dare.) You might get a few strange looks, but you might also inspire someone to join you!

Pack provisions. At all costs, avoid that I’m-famished-must-eat-now-oh-well-guess-I’ll-settle-for-Charlie’s-chicken-and-hope-for-the-best moment. No time for packing anything besides your suitcase? Grab an apple or orange before you leave the house. If you think ahead, make baggies of nuts, dried fruit, or beef jerky. Anything you pack will spare you the expense of airport prices, in addition to nourishing you beyond what a bag of chips can offer.

Time with family and friends is one of the best gifts you can share. Keep that objective in mind. It just might help you manage the trip back home!





Prevention News from Mary DeWilde, Prevention Specialist

Inspiring Change in the Community

East Locust Street is excited to present a great, new opportunity for Scott County youth to become stakeholders in their community! We have taken on a new grant that allows us to develop and support a Youth Development Bureau. The Youth Development Bureau is designed to increase youth development skills, leadership skills, and character development in Intermediate and High School age youth. We will also provide opportunities for members to practice those skills in meaningful ways in Scott County, Iowa communities. The Youth Development Bureau is comprised of a minimum of 15 participants in Intermediate or High School who are willing to commit to at least one semester of membership from January 2016 to May 2016. We will meet twice a month (biweekly), throughout this term to discuss and explore a topic related to alcohol, tobacco, or other drugs that they feel is important and needs addressed in their community. Bureau members will also learn the steps of the Strategic Prevention Framework process to guide their plan for the community.

The first Youth Development Bureau meeting will be held on Thursday, February 11th from 4:00 to 5:30 PM at the East Locust Street location. At this meeting Bureau members will decide on a topic related to alcohol, tobacco, or other drugs affecting the community that the youth want to change. We will also determine future meeting times that work best with members' schedules.

The Youth Development Bureau is a great opportunity for area youth to become stakeholders in their community and foster positive relationships throughout Scott County! Being a part of the Bureau will allow students to earn community service hours for school, and bolster their college applications and resumes as well! It is a unique opportunity for area youth to truly have a voice and make a difference in Scott County. We are looking forward to getting the Bureau off the ground and taking a hard look at some of this issues that are impacting our community. If you know any youth who may be interested in participating in the Youth Development Bureau please contact Prevention Specialist, Mary DeWilde or Program Manager, Kennon Neal at East Locust Street!



February Training

2/5/2016	Documentation & Case Management part 1 (Counseling Theories & Techniques)	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT
2/12/2016	Utilizing Outlook (Generic)	Mindy Lenhard	3pm-430pm	FRMT
2/19/2016	Documentation & Case Management part 2 (Counseling Theories & Techniques)	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT
2/19/2016	Community Resources (Generic)	various (organized w/ Aubrey Cartwright lead)	830am-1130am; 15 minute break	FRMT
2/26/2016	Last 6 months new hire/every 5 years; Mandatory Child Abuse/Dependent Adult Abuse Reporting	Aubrey Cartwright	815am-1030am	FRMT

Administrative Directive of the Month

6020 HIV Disclosure

Please review with staff.

TIC

TIC (Trauma Informed Care) TIP of the month

Encourage client empowerment by reminding clients of our suggestion boxes at each facility.

TIP



Buy In Season and Save

Suffering from sticker shock on the cost of fresh fruits and vegetables? Instead of skipping these nutritional items, buy produce when it is in season and much cheaper.

The following common fruits and veggies are currently in season: Citrus fruits (such as grapefruits, lemons and oranges), bananas, kale, leeks, mushrooms, onions, pears, potatoes, rutabagas, turnips and winter squash (such as butternut and acorn).



Staying Hydrated in the Winter Months

While staying hydrated is important year-round, it's especially difficult in the winter months. Cold weather can make your skin dry and flaky, and can make drinking water seem like a chore. Follow these tips for staying hydrated this winter:

- Make your water taste better – Try infusing it with fresh fruit (lemon slices, berries, cucumber slices, etc.) and keeping a full pitcher handy in the fridge.
- Eat plenty of fruits and veggies - Apples are made up of about 84 percent water, while tomatoes are 94 percent water
- Mix up cold, hot and room temperature drinks – Try having a cup of hot tea in the morning, drinking ice water with meals and placing a water bottle next to your bed for middle-of-the-night cravings.
- Take water with you – it is easy to stop at a soda machine when you're out and about, but taking water bottles with you (in your purse, car, etc.) may help you avoid giving in to sugary drinks.

Personnel Policy of the Month

3390

Technology Policy

Please review with staff.

Misc. Tidbits

Fairmount celebrated National Compliment Day (January 24th) the week prior by sharing appreciation of the wonderful value team members bring.

Spirit Wear Days

- Friday, February 05 SUPERBOWL Wear your favorite football team apparel.
- Thursday, February 11 BE MY VALENTINE Wear business casual PINK or RED - jeans permitted too.





GENESIS

Employee Assistance Program

Need someone to talk to?

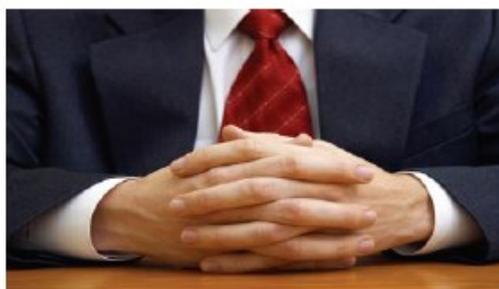
Take advantage of your EAP

It's free

It's confidential

It's a job benefit

It's available for you, your spouse and your dependents.



Genesis Health System's Employee Assistance Program (EAP) can help! We provide free, confidential professional counseling to help you, or someone in your immediate family, resolve personal problems including:

- Marital/relationship
- Emotional/stress
- Alcohol/drug abuse
- Family illness
- Family conflict
- Financial
- Legal
- Job/personal stress
- Addictions

Take advantage of your EAP.

Davenport
(563) 386-4004

DeWitt
(563) 659-3449

Muscatine
(563) 264-2725

Toll-Free Number
(800) 475-1641

Bettendorf
(563) 421-3660

Clinton
(563) 242-9097

Rock Island
(309) 786-0492