

# The Chronicle



CENTER FOR ALCOHOL & DRUG SERVICES, INC.

## MARCH 2016

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

*"I am of certain convinced that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel."*

— Florence Nightingale

Spring time remains deeply symbolic as a time not only of new birth, but struggles for freedom from what we perceive as our issues to be, new hope and new possibilities. Very often our lives can be perceived to be full of problems or chaos. But when we stop to be in the moment, because that is all we really have is that moment, and enjoy the people before us, we gain a renewed hope.

I have been spending some extensive time in the DETOX unit with our fantastic nursing staff. As we are in a transition between the Director of Health Services, I have been reminded that we are given a large responsibility and task to help others enter recovery. I have to say I am impressed with the dedication of many of our nursing staff. The HOPE that I have witnessed them passing on to the clients in their care has been very impressive to me and has touched me. I have looked at the commitment and compassion that these nursing staff have shown and have a better understanding of their choice of vocation. But then I have to ask for many was it a choice or a calling?

Making major life changes can be both daunting and rewarding. If potentially harboring the desire to get healthy, it's likely our clients have tried, but discomfort with change sets in. The prospect of changing habits can be particularly discouraging for this reason; it can seem impossible and can be discouraging to attempt to make life changes alone, without support. However, with the right support and care, change is possible. The Nursing staff is ensuring the safety and comfort essential in transitioning through the detoxification process. It's not abnormal to feel conflicted about giving up substance use, even when recognizing its causing problems in our client's lives. Once many of our clients have made a commitment to change substance use habits and behaviors and have chosen to quit, taking the personal time necessary to step away from routine and focus on personal health and well-being, the CENTER's Detox is available to offer our community the highest quality of care available.

So as I sat down to write this newsletter and reflected on my time with this amazing team of nursing staff we have I thought what a better way is there to talk about re-birth or renewal.

THANK'S to our dedicated nursing staff!!!

### NEW HIRES

- ALEX RIORDAN  
HR ASST
- AUBREE PAYNE  
COUNSELOR TBD
- AMBER DROLLSBAUGH  
COUNSELOR TBD
- KERRI CARPENTER  
COUNSELOR TBD
- CHARLES CONTRERAS  
TECH COAKS

### ANNIVERSARIES

- HEIDI LAHEINE 1 YR
- ERIN PHILLIPS 1 YR

### BIRTHDAYS

- HEIDI LAHEINE 3/3
- KOFFI ATTISSO 3/6
- PHARRIS JONES 3/12
- ANTON TAYLOR 3/14
- SEAN HAYEK 3/14
- SHERRY MCGHEE 3/14
- ANITRA MURRAY 3/15
- DANYA GARROW 3/18
- HILARY BABU 3/20
- JANET RECTOR 3/21
- NICOLE MCCABE 3/24
- ADRIAN BLACKWELL 3/30
- AMY DAU 3/30
- THOM HAVERCAMP 3/31





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## Through with Chew! by Camille Cooper, Prevention Specialist

Last month's concentration for the CADS prevention department was the "Through with Chew" national campaign. This campaign is part of the tobacco free movement, but focuses on educating individuals of the dangers associated with the use of smokeless tobacco. Our prevention team members each developed educational activities, games, and opportunities for their respective student groups to debunk myths about smokeless tobacco products. The schools we are involved in with these programs include Wood Intermediate, Bettendorf Middle School, Sudlow Intermediate, Central High School, JFK, and Williams Intermediate.

Students at Wood Intermediate's DFYIT club had the opportunity to "make their own spit". This activity used harmless food products blended together to represent five of the poisonous ingredients found in chewing tobacco spit. This lesson provided an interactive visual for the students about the unpleasant and dangerous ingredients in chew. After learning about these ingredients and viewing the final concoction, students spent the remainder of the meeting playing "Chew Jeopardy".

DFYIT students from Sudlow Intermediate participated in a "Chew Food, not Tobacco" activity. This DFYIT lesson focused on the importance of staying healthy. Students had healthy snacks to munch on while learning about the negative health effects of using smokeless tobacco.

Our other student group that organized tobacco awareness activities last month is called Shades of Success. This group, funded through the Scott County Health Dept. grant, is formed through collaboration between CADS and the staff and students from Central High School. This grant is focused specifically on the education of the dangers associated with tobacco use among adolescents. They formulated the beginnings of a school-wide, student led social media campaign about the harms and risks of tobacco products. Their campaign was kicked off during "Through with Chew" week and started with a pledge day where student members handed out pledge forms to fellow classmates. The purpose of these forms was to encourage staying tobacco free as well as gather participation for their social media even that will take place later this school year.

Overall, our prevention department had a busy, but fun and productive month! We look forward to constantly developing new and interesting activities for educating our students.

### ADMINISTRATIVE DIRECTIVE OF THE MONTH

4230 CONTINUED STAY REVIEW

PLEASE REVIEW WITH STAFF.

**TIC (Trauma Informed Care) TIP of the month**  
Those experiencing 4 or more ACES compared to 0 are 1.5 times more likely to smoke.  
March 16, 2016 is National Kick Butts Day.  
Assist clients with smoking cessation information.  
*What changes can you make?*

# TIC

# TIP

## March Trainings



3/4/2015	Difficult clients & resistance part 1 (Counseling Theories & Techniques)	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT
3/11/2016	DISC (Counseling Theories & Techniques)	Joshua Krauss	830am-1130am; 15 minute break	FRMT
3/18/2016	Difficult clients & resistance part 2 (Counseling Theories & Techniques)	Nicole McCabe & Daniella Harris	12pm-1pm	FRMT



## The Importance of Good Posture

Good posture affects both your physical body as well as your emotional and mental well-being. Having good posture has many benefits. By positioning the body correctly while sitting and standing, there is even pressure on the spine, its muscles and ligaments. Having good posture can reduce physical stress on the body. Poor posture can wreak havoc on a person's body, causing back and neck pain, muscle fatigue, digestive issues and even breathing problems.



To avoid the dangers associated with poor posture while sitting, make sure your computer monitor is at eye level to avoid straining your neck by constantly looking down. In addition, avoid holding a phone on your shoulder throughout the day. Instead, use a hands-free device like a headset or one with Bluetooth capabilities. Taking the time to stretch and strengthen core muscles can also help correct muscular imbalances.

Keep in mind the basics of good posture during work and play for a healthy body and reduced risk of injury. By taking steps now to be conscious of your posture, you can decrease your chances of developing joint pain and improve your overall well-being.



PERSONNEL  
POLICY OF THE  
MONTH

3215  
PAID TIME OFF

PLEASE REVIEW  
WITH STAFF

## Preventing Foodborne Illnesses

Each year, approximately 1 in 6 Americans get sick from food poisoning. Food-borne illnesses can cause a variety of symptoms. For small children, older adults, and people with weakened immune systems, symptoms can be severe and even life-threatening.

You can prevent most food-borne illnesses when you know and use proper ways to handle, store, and prepare food. For instance, avoid eating raw or spoiled meats and eggs by checking expiration dates before purchasing and preparing food. Wash your hands, cutting boards and knives with antibacterial soap and hot water after handling raw meat, seafood or eggs. Never serve meat on the same plate it was placed on when it was raw. Use a food thermometer to make sure meat is cooked to a safe temperature.

In addition, avoid thawing food at room temperature; instead, defrost foods in the refrigerator and do not refreeze food once it's been fully thawed. Wash fruits and vegetables thoroughly before eating in order to prevent foodborne illness.

## Spirit Wear Days

Tuesday, March 01

MARCH MADNESS KICKOFF

Represent your favorite basketball team (any school or professional)  
Jeans permitted

Thursday, March 17

GO GREEN

Wear business casual GREEN  
Jeans permitted



## Recipe of the Month submitted by Debbie Paulsen

### Emerald Beef Stir Fry

#### Ingredients

- 1/4 cup mirin
- 1/4 cup orange juice
- 1/4 cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1/4 teaspoon red pepper flakes
- 1/4 cup water
- 2 tablespoons canola oil
- 8 ounces beef round tip steak, sliced 1/4-inch thick
- 3 cloves garlic, minced
- 2 cups fresh snow peas (6 ounces)
- 1 large bunch broccoli (1 1/4 pounds) trimmed and cut into small florets
- 1 bunch asparagus (1 pound), trimmed and sliced on diagonal into 2-inch pieces
- 2 cups (8 ounces) frozen shelled edamame
- 1 1/2 teaspoons cornstarch dissolved in 1/4 cup warm water
- 1 teaspoon sesame oil

#### Directions

Combine mirin or white wine, orange juice, soy sauce, rice vinegar, red pepper flakes and water in a small bowl.

In a large wok or very large (14-inch) saute pan, heat 1 tablespoon of oil over medium-high heat. Add the beef and cook, stirring, until just browned, about 2 minutes. Transfer the beef to a plate. Heat the remaining tablespoon of oil over medium heat and cook garlic until fragrant, about 30 seconds. Add snow peas, broccoli, asparagus and edamame, raise heat to medium-high, and cook for 3 minutes until vegetables are slightly softened. Add the mirin-soy mixture and cook, stirring, until edamame are cooked and asparagus is crisp-tender, about 4 minutes. Add the beef and dissolved cornstarch and stir to incorporate. Cook until mixture thickens slightly and beef is heated through, an additional 2 minutes. Drizzle with sesame oil and serve.

Per Serving:

(1 serving equals 2 cups stir-fry and 3 tablespoons sauce)

Calories 400; Total Fat 15 g; (Sat Fat 2 g, Mono Fat 6 g, Poly Fat 3 g) ; Protein 29 g; Carb 34 g; Fiber 11 g; Cholesterol 32 mg; Sodium 625 mg

Excellent source of: Protein, Fiber, Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin K, Iron, Phosphorus, Zinc

Good source of: Thiamin, Riboflavin, Niacin, Folate, Calcium, Magnesium, Manganese, Potassium, Selenium

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