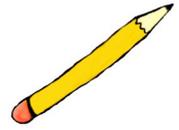


The Chronicle



BIRTHDAYS:

- Jon McClendon
- Amber Kisner
- Tim Ludolph
- Jade McWilliams
- Kathy Coleman
- George LeBlanc
- Jackie Gonzalez
- Donna Miller
- Michelle Blanks

ANNIVERSARIES:

- Cyd Gaddis 25 years

NEW HIRES:

- Camille Cooper
Outreach Spec ELOC
- Jodie Zhang
Counselor ELOC
- Jyme Stevens
Prev Spec ELOC
- Alexandra Rodriguez
Prev Spec ELOC
- Mary DeWilde
Prev Spec ELOC



SEPTEMBER

2015

Integrity by Joseph P. Cowley, Ph.D., President/CEO

"It is critical to remember that your work has a direct effect on other people's lives. Other people must trust that you are going to do the right thing for them."

Ann O'Donnell, DO

Integrity is part of the CENTER's core values. To me, integrity and respect go hand and hand.

The most impactful lessons of our experiences seldom are learned in a controlled environment.

Life is learning laboratory in its own right, and increasingly, each of our own experiences and training have shaped our approach to our conduct and developing into the kind of people we would all like to see in the community. Whenever and wherever, the CENTER staff always has been ready, willing and exceptionally able to join the work of making our recovering community better. It is more than just fulfilling a mission to enrich the lives of our clients; these contributions also speak to a core commitment to integrity.

Founded in June 2014 by Leadership team, Integrity and the other four "I"'s were developed as part of our full- service approach to help all employees understand our desire and need to make sure we strengthen and build the confidence of our services with our clients and their families. Our mission is to provide the highest level of service for complicated treatment services, particularly family restoration and trust. Integrity was established on the belief that hard work and dedication to principles can make a difference both to the success of our treatment recovery business and to the revitalization of people with addictions and their families.

The CENTER is building a legacy and we are proud to contribute our part to the rich fabric and history of the Quad City Community. We are especially proud of the team of workers who have shown such a commitment and pride in the work completed to date. We respect and understand the needs of clients, and are happy to focus on their needs. To understand the scope, mission and vision of our organization you have to understand that we are a very passionate organization that works to help some of the most underserved members of our community to address their use or addiction issues. We believe that there is an art and science of protecting and improving the health of the people in our community through education, promotion of healthy lifestyles and research on wellness and disease prevention. At the heart of substance abuse education treatment is the CENTER's commitment to innovative programming. We serve across population levels, communities, and social economic status. The CENTER uses an asset inventory- based method emphasizing reliance to promote health and reduce risk. With the integrity of our mission and vision, we are educating the community that our services are not just about intervention of problems that occur but the use of multiple approaches including information sharing, inclusion, individual respect, research, public policy, advocacy, clinical and system changes. Our organization is made up of multiple work settings in which we collaborate with other public health professionals, government agencies, and advocacy to agencies that seek improvement, reforms and policies that result in positive outcomes for clients and their families at the CENTER for services. We have to combine both services and quality improvement to ensure prompt delivery and proper attention to budget concerns. At the CENTER we pride ourselves on the details and the ability to communicate the proper steps to a successful recovery, while paying special attention to our INTEGRITY!

Cyd Gaddis Reaches 25 Years!

Cyd joined the CENTER's team 25 years ago as an Office Assistant at the Rock Island Office. In 1993 she accepted a promotion to the Business Office as an A/R Assistant. Since then, Cyd has played an important role in the growth of not only the billing side of things, but in meeting the ever growing needs of our clients. Cyd has displayed compassion for our clients and has often gone above and beyond to help them work through their financial barriers so that they could focus on getting well.



Cyd has served on multiple committees over the years and is often first in line to volunteer her services in any way to help the CENTER and our clients. Her initiative and organizational skills have been vital in many projects. Cyd has also been instrumental in training new counselors the importance of proper documentation of insurance calls. Her assistance to staff in understanding managed care has helped to prevent revenue loss to the CENTER so that we can continue to provide the services that so many in our community so desperately need.

Please join us in expressing our gratitude to Cyd Gaddis for her dedication to the CENTER and to the recovery of the clients we serve. Congratulations Cyd!

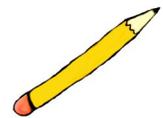
Spirit Days:
Friday 09/04
FOOTBALL
SEASON-
Football Team
Apparel
Friday 09/07
RECOVERY
MONTH-wear
the most red



TIC (Trauma Informed Care) TIP of the month

Maximize client collaboration & sharing power- become more familiar with community resources. For example, have you "liked" SEAP or United Way Facebook page?

What changes can you make?



Administrative
Directive of the
Month
1220
Notification of
Program
Supervisors
Please review
with staff.

September Training

9/11/2015	CPR		9am-1130am
9/18/2015	Mental Health First Aid Session I (CTT)	Dawn Knutson	230pm-430pm

FDA Bans Artificial Trans Fats by 2018

The Food and Drug Administration (FDA) has announced that artificial trans fats are no longer Generally Recognized as Safe (GRAS) and is requiring that they be phased out of the food supply by 2018.

While trans fat does occur naturally in some meat and dairy products, many processed foods, such as crackers, coffee creamer and margarine, contain artificial trans fats. Artificial trans fats are created in partially hydrogenated oils (PHOs), which are oils that have been infused with hydrogen. This process keeps the oils solid at room temperature, and is used to maintain flavor and increase the shelf life of processed foods. Intake of trans fat has been shown to cause various health problems, including high cholesterol and coronary heart disease.

Recipe of the Month

From Randy May, Counselor—FRMT

Sweet Potato Hamburger Hash

Total Time: 40-50 minutes

Ingredients:

- Balsamic Marinade
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- ½ cup dried basil flakes
- 2 cloves garlic, minced (or ¼ teaspoon garlic powder)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Hash

- 1 package baby bella mushrooms, sliced
- 1 pound ground beef
- 1 sweet potato, shredded like hashbrowns
- 1 zucchini, diced
- 1 onion, coarsely chopped
- 1 red bell pepper, sliced into strips
- 1 teaspoon basil flakes
- Salt and pepper to taste



Directions:

- Whisk all marinade ingredients together in a bowl and set aside.
- Toss mushrooms with marinade and let them marinate in a bowl or plastic bag for about 30 minutes.
- Season meat with salt, pepper and basil flakes.
- Arrange ingredients in the center of your tin foil sheet. Place meat on the bottom, followed by thicker vegetables and marinated mushrooms with the lightest vegetables at the top.
- Drizzle with any remaining marinade, fold foil into a tent pack (see sidebar on previous page) and place on hot coals of the fire.
- Cook until meat is browned and veggies are softened, about 20–30 minutes. If you are using an oven, bake at 350°F for 20–25 minutes.

TIP: To make this dish vegetarian, leave out the meat and double the mushrooms.

Get the Nutrition Facts

As you and your family strive to eat healthier, you should be aware of what is in the food you consume. The best way to know what is in the food products you buy is to read the nutrition facts on food labels.

The following information on labels will help you understand how much is in a portion and how this compares to recommended intake:

- Serving size – The serving size lists the recommended amount to be eaten by a single person. The rest of the nutrition facts are based on this amount.
- Calories and calories from fat – these numbers tell you how many calories are in each serving and where they're coming from.
- Percent daily values – Based on the recommended consumption of 2,000 calories a day, this value indicates how the food product compares to recommended amounts.

When reading ingredients on a product label, keep in mind that ingredients are listed in descending order: ingredients with the greatest amount will be listed first, followed by ingredients used in lesser amounts.

Food Label Breakdown



**Personnel
Policy of the
Month
3215
Paid Time Off
Please review
with staff.**

Strengthen Your Core with Plank Exercises

Core muscles are one of the most active muscle groups in the body. Whether you are typing, putting on your shoes, vacuuming or playing basketball, you are engaging your core muscles in some capacity. Because you use core muscles for so many activities, it is important to keep them strong and flexible. There are several specific benefits to maintaining a healthy core:

- Strong back muscles. Many people suffer from debilitating low-back pain. A strong core can relieve the lower back from extra strain and pressure.
- Improved balance and stability. A strong core stabilizes your whole body, increasing your range of motion and decreasing your risk of falling.
- Good posture. Often overlooked, posture is an important factor in overall health. By standing tall, your core muscles can minimize wear on the spine and allow you to breathe more deeply.

Core fitness should be factored into any exercise plan. The plank pose is a popular and effective exercise that is great no matter what your fitness goals are.

To try the plank, get into a pushup position. Bend your elbows so your forearms are resting on the floor directly underneath your shoulders. Focus on creating a straight line with your body from head to toe, and try to hold the pose for as long as you can (if this is too challenging at first, you can try bending your knees). Many people struggle to hold a plank pose for 30 seconds on their first attempt, but, with regular practice, you should be able to hold the position for longer intervals. A good goal if you're just getting started is to work up to a two-minute plank.

Once you are able to hold this position for two minutes, you can move on to more advanced versions of the plank pose, such as lifting an arm or leg, or resting your forearms on an exercise ball.



The CADS Alumni Associations' 19th Annual
SEPTEMBER FEST

Join in the fun and fellowship as we celebrate National Recovery Month. All are welcome to enjoy the food, music, and games for the kids, and the kids at heart. (A \$5 Donation is requested)

September 19th, 2015

At

12160 South Utah Ave in Davenport

Noon-Opening Ceremony

1:00pm BINGO/ "Old Timers Meeting"

1:00-2:30 Children's Games

2:30 Freeze Dance

3:00pm Food served

5:00pm AA Meeting

7pm Grounds must be clear of all visitors

****Additional Events Pending****

Special Thanks to this Year's Sponsors/Donators:



GOLICK'S

MEAT

MARKET

