

# THE CDAC DIFFERENCE

DECEMBER, 2017

VOL. 5 ISSUE 9

*The lights are shining brightly and the hustle and bustle of the holiday season is upon us. As you prepare for what is a busy time of year be sure to take some time for yourself and reflect on all the wonderful things you have accomplished this past year. Enjoy the warmth of every moment with your family and friends and carry that warmth with you into the New Year.*

*For 2018, I wish that you have a superb January, a dazzling February, a peaceful March, an anxiety free April, a sensational May, and Joy that keeps going from June to November, and then round off with an upbeat December.*

*Wishing you healthy, peaceful and joyful New Year as we continue to "Make a Difference".*

*Leashia*

  
when  
you  
CHOOSE  
joy  
You feel good  
& when you feel  
good, YOU do good  
& when YOU do good  
it Reminds others  
of what joy feels like  
& it just   
might inspire  
them to do  
the same.

## 2017 Annual Board and Staff Meeting



Patsy Barrington,  
Board President



Ed Ellis, resigning Board member, was recognized for serving CDAC and the Board of Directors for over 19 years.



CDAC's 2017 Spirit of Prevention award was presented to Mr. Leroy Williams.

2017 Project Graduation donors were recognized.



***CDAC— Supporting Positive Lifestyles and Choices for Families and Communities through Prevention and Intervention***

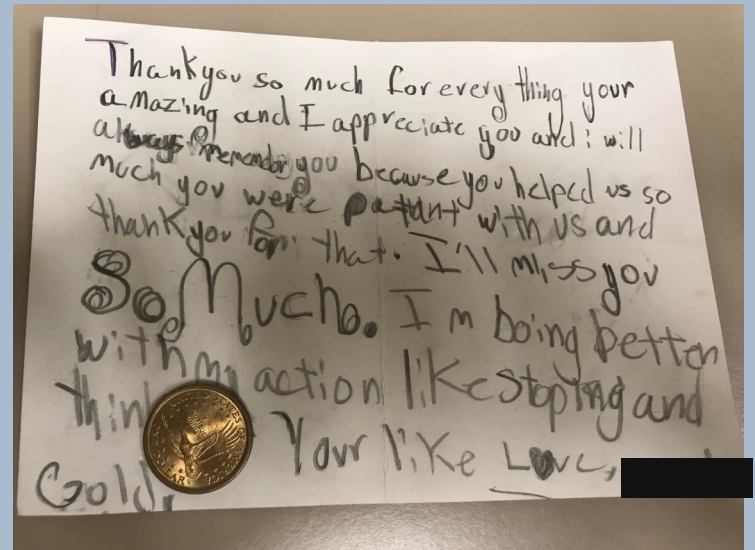
## Project Boost



Jennifer Glass, WFIS Case Manager, joined the Project Boost Incredible Years class at Oakwood to guide the students in making Christmas ornaments using finger paint.

## CDAC Making a Difference

A note from a student in the **Santa Rosa RISE** Program to Michelle Kistler::



## WFIS Celebrating Reunification of Families

Sondra Gingerich, **WFIS** Case Manager in Santa Rosa County,



is celebrating three families who were reunified with their children in time for Christmas. One family told Sondra they are *“grateful for all the support provided by WFIS and that this is the BEST Christmas present ever.”*

More pictures from the 2017 Annual Board and Staff Meeting, Skopelos at New World Landing, December 6, 2017.





## CDAC Supporting Healthy Lifestyles



### Walking to Canada !

*Lisa Poissant has passed Louisville and is on her way to Indianapolis!*

Lisa Poissant has logged 1,400,000 steps.

**Seven people have passed Nashville:**

Lyissa O'Connor, 1,227,818 steps

Sue Nast, 1,222,888 steps.

Charity Hamilton, 1,191,542 steps.

Dorothy Lewis, 1,148,519 steps.

Monica Davis, 986,562 steps

Jennifer Alexander, 926,812 steps

Isoke DuPont, 908,067 steps

**Passed Birmingham, on their way to Nashville:**

Patti Beebe, 744,875 steps

Michelle Kistler, 675,187 steps

Lauren Reeves, 592,230

**Almost to Birmingham**

Thomas Bradshaw, 454,369 steps

Chris Salter, 422,308 steps

Pensacola to Birmingham	255 miles	510,000 steps	(total)
Birmingham to Nashville	193 miles	386,000 steps	896,000
Nashville to Louisville	174 miles	348,000 steps	1,244,000
Louisville to Indianapolis	288 miles	576,000 steps	1,820,000
Indianapolis to Lansing	250 miles	500,000 steps	2,320,000
Lansing to Sault Ste Marie, ON	290 miles	580,000 steps	2,900,000

*Everyone is welcome to join any time.*

**More Benefits of Walking . . .**

It strengthens your bones.

It enhances your circulation.

It reduces your risk of tripping and falling.

It improves blood glucose levels.

Lessens the pain of conditions like arthritis and fibromyalgia.



**Holiday frenzy . . . Holiday crowds . . . Crazy . . . Hectic . . .  
Can't get it all done !**

**Tips to keep the "Happy" in your Holidays**

**Ease your stress** by simplifying and prioritizing your holiday task list. Relinquish traditions that drain your time, money or energy, and find new ways to celebrate or start new, more feasible traditions.

**Eat healthy and find time to exercise.** Don't allow the holidays to serve as an excuse for abandoning healthy lifestyle habits.

**Get enough sleep.** During the holidays when stress levels are heightened, adequate sleep becomes even more important. Insufficient amounts of sleep during the holidays can lead to feelings of depression, can lower our ability to handle stress, can impair our memory and concentration, can increase our appetites, and can lead to risky medical issues, including hypertension and heart disease.

**Avoid overspending.** Make a realistic holiday financial budget and stick to it. Only spend cash or debit.

**Do Nothing.** Make sure to schedule down time for yourself. Commit to a limited number of holiday events and activities. Scheduling quiet time between events helps you recuperate and rest.

Dealing with Holiday Stress



# Notes of Gratitude



I want to thank all my amazing CDAC family for your support and well wishes for me before, during and after my recent surgery. You guys helped me prepare and get through the surgery with flying colors! I also want to say thank you for the beautiful flowers that were sent to my house while I was on leave. They meant so much. You guys are the best!

Love, Lisa Viquelia

Lauren, Heather, & Brianna,

We are sad to see you three go! You have done great work with your schools, and we know they are sad to see you go as well. You will all be missed, and we wish you well in your future endeavors.

Stephanie, Leann & Sue



Thank you Leashia, Sue, Stephanie, Leann, Santa Rosa RISE, Escambia RISE, ECHO, Charity, Becky, and everyone else that I have had the joy of calling a colleague these last three years. I am so grateful that I've had a chance to make CDAC my home and so thankful for the kindness you have all shown to me.

Heather Moller



We sadly say "goodbye" to three of our school staff who are moving on to new adventures:

*Heather Moller*

*Brianna Pagano*

*Lauren Reeves*

Good luck, ladies. We wish you the best. You will be missed!



### January Anniversary

Betty Jo Gilmore	Jan 5, 2004	14 years
Ardetta McDougal	Jan 1, 2011	7 years



### January Birthdays

Leann Knapp	Jan 02
Kathleen Guy	Jan 09
Pam O'Brien	Jan 14
Leashia Scrivner	Jan 31

**Change your thoughts and you change your world.**

Norman Vincent Peale



The holidays are a great opportunity to enjoy time with family and friends, celebrate life, be grateful, and reflect on what's important. Holidays are also a time to appreciate the gift of health. *Here are some holiday tips to support your efforts for health and safety this season from the Center for Disease Control.*

## **Wash your hands often.**

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

## **Stay warm.**

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

## **Manage stress.**

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Make sure to get proper sleep.

## **Travel safely.**

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt, and always buckle your child.

## **Be smoke-free.**

Avoid smoking and breathing other people's smoke.

## **Get check-ups and vaccinations.**

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings.

## **Watch the kids.**

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly.

## **Prevent injuries.**

Injuries can happen anywhere. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home.

## **Handle and prepare food safely.**

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

## **Eat healthy, and be active.**

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

## January Health Observances

### January Month-Long Observances

- **Cervical Health Awareness Month**, National Cervical Cancer Coalition, [www.nccc-online.org](http://www.nccc-online.org)
- **National Birth Defects Prevention Month**, March of Dimes Birth Defects Foundation, [www.marchofdimes.com](http://www.marchofdimes.com)
- **National Blood Donor Month**, American Association of Blood Banks, [www.aabb.org](http://www.aabb.org)

### January One-Week Observances

- **National Drugs and Alcohol Facts Week**, Jan 22-28, NIDA for Teens, <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

### January One-Day Observances

- **King Day of Service**, Jan 15, Corporation for National and Community Service, [www.mlkday.gov](http://www.mlkday.gov)

## Pensacola Happenings

**Palafox Market**, weekly every Saturday, 8 am - 2 pm, Martin Luther King Plaza, downtown

**WUWF Radio Live**, Jan 4, 6 pm, Commerce Museum, downtown (\$10)

**Pensacola's Mardi Gras Kick Off**, Jan 5, 5 pm, Downtown Pensacola

**Black Jacket Symphony presents: Tom Petty's Damn the Torpedoes**, Jan 6, 8 pm, Saenger Theatre

**Pensacola Beach Run / Half Marathon / 10/K, 5K**, Jan 13, Pensacola Beach

**Pensacola Symphony Orchestra presents: Beethoven & Blue Jeans**, Jan 13, 7:30 pm, Saenger Theatre

**WUWF presents: Capitol Steps**, Jan 19, 7:30 pm, Saenger Theatre

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### *It's not too late to enjoy some of the **December Happenings** around Pensacola.*

**Santa's Photo Party**, weekly on Fri, Sat, Sun thru December 24, Downtown

**Ballet Pensacola's The Nutcracker**, Dec 15, 16, 17, Saenger

**Gallery Night**, Dec 15, Downtown

**New Year's Eve Fireworks**, Dec 31, Pensacola Beach Chamber of Commerce

**Pensacola Symphony Orchestra Presents Celebrate the New Year**, Dec 31, 7-9 pm, Saenger

Physical fitness is not only one of the most important keys to a healthy body,  
it is the basis of dynamic and creative intellectual activity.

*John F. Kennedy*