

THE CDAC DIFFERENCE

DECEMBER, 2018

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Make a December

***I*mpart love**

***F*oster kindness**

***F*orgive others**

***E*xpect joy**

***R*enew friendships**

***E*xperience the moment**

***N*urture family**

***C*reate new opportunities**

***E*njoy the holidays!**

Leashia



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

CDAC's Annual Board and Staff Luncheon December 5, 2018 Pensacola Yacht Club



Judge Mary Polson was presented CDAC's 2018 **Spirit of Prevention Award**. Judge Polson has been a leader for those in the child welfare system and is highly respected by the professionals who work with her on a daily basis. For several years, she has been an asset to the dependency court/child welfare system and encourages and supports parents not only in, but also outside of the courtroom.

For example, Judge Polson attended the WFIS Celebration of Success in May, 2018, and stood up to speak on behalf of a parent she worked with who was being recognized for her success in recovery. Judge Polson's compassion and support demonstrate her commitment to promoting positive lifestyle choices for the families she serves as well as the community overall.



Patsy Barrington, Board President, welcomes guests.



Leashia Scrivner, CEO, and Kendra Bozard, WFIS Program Coordinator, announce the recipient of the 2018 Spirit of Prevention Award - Judge Mary Polson.



Denise Manassa, Director of Community Prevention, recognizes the 2018 Project Graduation donors:

- Escambia County Sheriff's Office
- Santa Rosa County Sheriff's Office
- Studer Foundation
- Synovus Bank



Board members Cecil Lanier, Kelly Richards, Chel Rodriguez, Patsy Barrington, CDAC CEO, Leashia Scrivner, and Burton Chesterfield



CDAC Supporting Healthy Lifestyles



CDAC's Walking Club is making progress through our **Hollywood Walk of Fame**.

The following walkers have made it past **Savannah, Georgia** and are on their way to Jacksonville:

- * Angela Jackson, 1,335,381 steps
- * Cathy Henderson, 1,299,991 steps
- * Amberlyne Greco, 1,279,522 steps
- * Sue Nast, 1,228,052 steps

Passed **Juliette** on their way to Savannah:

- * Charity Hamilton, 1,164,456 steps
- * Dorothy Lewis, 1,159,004 steps
- * Monica Davis, 1,002,360 steps
- * Jennifer Crouse, 916,480 steps
- * Michelle Kistler, 913,036 steps
- * Chris Salter, 910,796 steps

Passed **Millbrook** on their way to Juliette:

- * Stacey Reeder, 846,961 steps
- * Isoke DuPont 712,796 steps
- * Thomas Bradshaw, 517,470 steps

Surprising benefit of walking:

It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Pensacola to Destin	94,000 steps	Total
Destin to Millbrook, AL	366,000 steps	460,000 steps
Millbrook to Juliette, GA	436,000 steps	896,000 steps
Juliette to Savannah	380,000 steps	1,276,000 steps
Savannah to Jacksonville	282,000 steps	1,558,000 steps
Jacksonville to DeLand	220,000 steps	1,778,000 steps

A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood.

Stacey Reeder, ECHO School Counselor at Jay High School and Central High School, participated in the Safe House Half Marathon on November 3rd in Pensacola. This was her first ever Half Marathon! She chose to run in this race because it was raising money to support safe houses that provide opportunities to rescue, restore, and reintegrate victims of sex trafficking.



Congratulations

January Health Observances

January One-Month Observances

- **Cervical Health Awareness Month**, National Cervical Cancer Coalition, www.nccc-online.org
- **National Birth Defects Prevention Month**, March of Dimes Birth Defects Foundation, www.marchofdimes.com or Center for Disease Control & Prevention, www.cdc.gov
- **National Blood Donor Month**, American Association of Blood Banks, www.aabb.org
- **National Glaucoma Awareness Month**, Glaucoma Research Foundation, www.glaucoma.org

January One-Week Observances

- **National Certified Nurse Anesthetists Week, Jan 20-27**, American Association of Nurse Anesthetists, www.aana.com

January One-Day Observances

- **King Day of Service** (Martin Luther King Day), **Jan 21**, Corporation for National and Community Service, www.mlkday.gov



Pensacola Happenings

Blue Wahoos New Years on the Bay, Dec 31, 6:30 pm - 8:00 pm, Blue Wahoos Stadium, Hancock Whitney Club, \$75 adult / \$20 child

Pelican Drop, Dec 31, 6:00 pm - 8:00 pm, Blue Wahoos Stadium, FREE admission

New Year's Eve Fireworks, Dec 31, Santa Rosa Island Authority, Quiet Water Beach Boardwalk, Midnight

Pensacola Symphony Orchestra Presents: Celebrate the New Year!, Dec 31, Saenger Theatre, 7:00 pm - 9:00 pm, Tickets start at \$23

Polar Bear Dip, Jan 1, 12 pm - 3 pm, Flora-Bama Lounge

Polar Bear Plunge, Jan 1, 2:00 p.m., Pensacola Beach

Pensacola Ice Flyers, Jan 4, 5, 25, 26, 27, Pensacola Bay Center

Mardi Gras Market, Jan 5, 9:00 am - 2:00 p.m., Martin Luther King Jr Plaza, Free Admission

Pensacola Mardi Gras Kick Off, Jan 5, 5:00 p.m., Downtown Pensacola

Pensacola Beach 10k, 5k, Half Marathon, Jan 12, 8:00 am, Pensacola Beach (walkers welcome)

Pensacola Symphony Orchestra Presents Beethoven & Blue Jeans, Jan 19, 7:30 pm - 9:30 pm, Saenger Theatre, Tickets start at \$23

Historic Pensacola Trolley Tours, January - March, Pensacola Visitor Information Center, 10 am - 2 pm, \$18