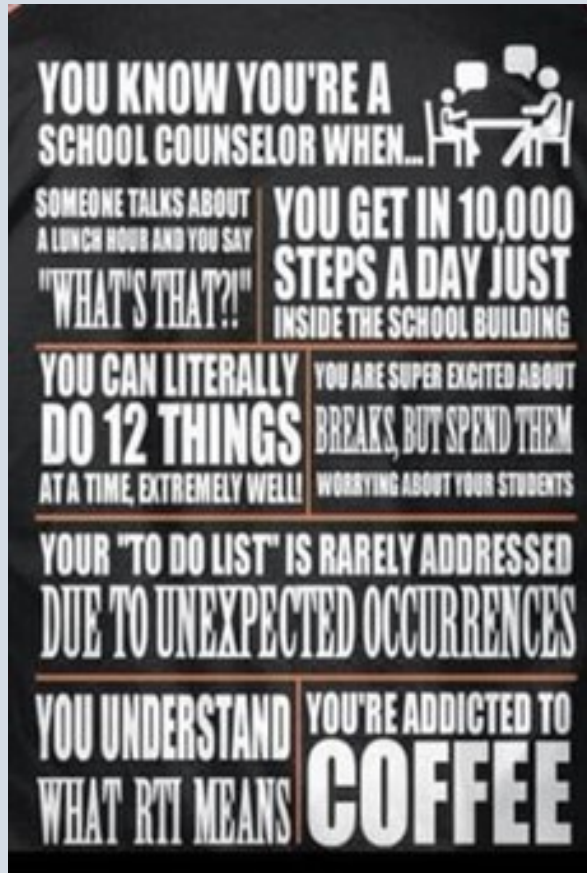


THE CDAC DIFFERENCE

JANUARY/FEBRUARY, 2019

VOL. 7 ISSUE 1



*Just a little work-related humor
Laughing while we
make a difference,
Leashia*

BLACK HISTORY MONTH



Bridget "Biddy" Mason, born a slave in Mississippi in 1818, achieved financial success that enabled her to support her extended family for generations despite the fact that she was illiterate.

Although born in Mississippi, Mason was owned by slaveholders in Georgia and South Carolina before she was returned to Mississippi. Her last owner, Robert Marion Smith, a Mississippi Mormon convert, followed the call of church leaders to settle in the West. Mason and her children joined other slaves on Smith's religious pilgrimage to establish a new Mormon community in what would become Salt Lake City, Utah. At the time, Utah was still part of Mexico.

(See the rest of the story on page two.)

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

Staff Highlight



Stacey Reeder joined CDAC in February, 2018, as the ECHO counselor at Jay and Central High Schools.

I was born in Wheat Ridge, Colorado, just outside of Denver. However, I did not live there long. My dad was a pastor, and we moved around quite a bit. I lived in upstate New York, central Florida, western Pennsylvania, and Ohio. I graduated high school from Findlay, Ohio, which is where I would call “home,” if I had to name a place. Knowing that I wanted to be a counselor from the get-go, I went to Anderson University to major in Social Work and minor in Psychology. From there, I entered the Advanced Standing program at Case Western Reserve University for my Master’s degree. Less than a month after I completed my graduate program in 2001, I married my husband, Brent, and we moved to Belpre Ohio, a little town across the river from Parkersburg, WV.



My husband and I have followed a similar pattern as my childhood, with moving around quite a bit. We primarily have lived in Ohio (3 different towns) and Illinois, prior to moving to Pace, FL in 2012. We had two daughters along the way, Lauren and Allie, who are now 13 and 11. With moving around as much as we did, it gave me an opportunity to experience many different jobs. I started off in Adolescent Substance Abuse, which was a real learning opportunity for me. From there, I worked as a Home-based therapist, doing Multisystemic Therapy (MST) with at-risk youth and their families. That’s when I became pregnant with my first child, which landed me in an office outpatient counseling position, working part-time. I continued to work part-time at my next position, which was for a group private practice specializing in Christian Counseling. After we moved again, I provided counseling part-time in a comprehensive medical facility. Then, we moved to Florida, where I eventually helped to start the Abundant Life Counseling Center through Woodbine Church in Pace. And, I am about to celebrate 1 year here at CDAC, working as a School Counselor at Jay and Central High Schools.

Outside of work, my husband and I are really involved in our church, and I enjoy running with my dog Goliath! I also love spending time at the beach (when it is warm), and on sunny days you are likely to catch me standing outside in the sun on my breaks!



Bridget “Biddy” Mason

In 1848, 30-year old Mason walked 1,700 miles behind a 300-wagon caravan that eventually arrived in the Holladay-Cottonwood area of the Salt Lake Valley. Along the route west, Mason’s responsibilities included setting up and breaking camp, cooking the meals, herding the cattle, and serving as a midwife as well as taking care of her three young daughters aged ten, four, and an infant.

In 1851, Smith and his family and slaves set out in a 150-wagon caravan for San Bernardino, California, to establish yet another Mormon community.

Along the trek, Mason met Charles and Elizabeth Flake Rowan, free blacks, who urged her to legally contest her slave status once she reached California, a free state. Mason received additional encouragement by free black friends whom she met in California, Robert and Minnie Owens.

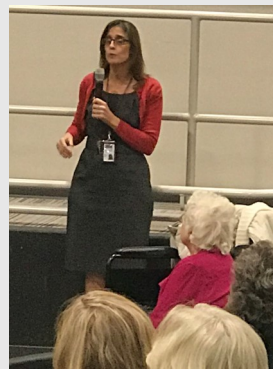
Mason and her family moved to Los Angeles where she worked as a midwife and nurse, saved her money and purchased land in the heart of what is now downtown Los Angeles. Mason organized the First A.M.E. Church, the oldest African American church in the city and became a real estate entrepreneur. She educated her children, and with her wealth, became a philanthropist to the entire Los Angeles community. Bridget “Biddy” Mason died in Los Angeles in 1891.



Community Prevention and Outreach Programs

CDAC's Prevention and Outreach team conducted a **Community Discussion** on January 24 at Olive Baptist Church on the **Impact of Opiates and Other Drugs on Families**. The focus of the discussion was to help families find resources and to answer their questions as it relates to raising children who have been impacted by the opioid crisis. A panel of experts was available to answer questions that included law enforcement, family law, Escambia County School District, Department of Children and Families, Families First Network, foster grandparents, and a brave community member who told her story. Approximately 12 agencies set up tables providing information on local resources and programs.

Over 80 people attended the event. There was active participation in discussion, and some attendees shared how substance abuse and addiction impacted their family, friends, and the community which contributed to the success of the discussion, bringing the reality that the drug crisis is affecting everyone.



This student not only achieved **A/B Honor Roll** on her last report card, and on her 3rd nine weeks progress report, she also **improved her Star Reading score 94 points** from the last time! She was presented this Citizenship Certificate for her efforts. Kim Brown also had 8 other students make the A/B Honor Roll.

Project Boost



Oakwood Terrace Incredible Years students are learning the alphabet. "F" is for "Future." Our Future is so bright we have to wear shades.

Woodland Heights Incredible Years students "singing the alphabet."



School Programs

Santa Rosa RISE

Kim Crow, Dawn Nicholson, UWF Social Work Intern, and Lana Kaufman participated in the first **One Team One Dream Family Expo** at Jay Elementary School. Kim and Dawn presented on “**Grandparents Raising Grandkids**” in order to provide added support and education to interested grandparents who are tasked with raising their grandchildren. Jay Elementary is hoping to offer a support group at the school for these grandparents, and SR RISE kicked off a great first night. Lana had parents dancing and relaxing with interactive activities in her “Managing Stress” presentation. Other presentations included “Overscheduling our Kids” and “Dealing with Childhood Trauma.”



ECHO

At Gulf Breeze High School, **Leann Knapp** and the school guidance counselor, Ashley Turner, presented to parents at the PTSO on **Helping Teens with Stress, Anxiety, Depression, Grief, and Self-Harm: What You Need to Know**. Nineteen parents and one administrator attended the presentation.

Leann was also awarded a \$250 PTSO Grant for supplies for the ECHO program.

Below are anonymous student comments Leann’s students made on the group evaluation forms at the end of first semester:

- *“My anxiety went away and everybody was just so positive, it made my day. I don’t let things get to me so much now.”*
- *“I learned to use breathing exercises to relieve my stress and anger.”*
- *“I don’t get as stressed or irritated anymore and if I do, then I have skills to help.”*
- *The Transitions group taught me budgeting. I made a budget to save for a vacation I am planning, and it got me thinking about my future and what I need to do to achieve my goals.”*
- *“I learned I am not as alone as I thought I was. I grew as a person in many ways. I am more forgiving and responsible now.”*
- *“The most important thing I learned was budgeting. Dealing with finances has always worried me, so learning about how to handle it made it a bit less scary!”*
- *“I am less shy, and I can talk more to new people.”*
- *“I got better at time management.”*
- *“I learned that it is okay to open up and be vulnerable because it will benefit me, and my anger issues have gone down a lot.”*
- *“I have learned better ways to handle feelings rather than by hurting myself. My confidence has gone up, and I have learned to not let things bother me so much.”*
- *“The positive thinking skills is helping me love myself more and more every day, and I try to be positive now.”*
- *“I am less anxious, more thoughtful, and I have more hope.”*





February Birthday

Sarah Cunningham Feb 10
Judy Savage Feb 18
Ardetta McDougal Feb 19

March Birthday

Carol Phillips Mar 6
Monica Davis Mar 13



February Anniversary

Angela Jackson Feb 8, 2016 3 years
Katelyn English Feb 14, 2018 1 year
Stacey Reeder Feb 14, 2018 1 year

March Anniversary

Thomas Chen Mar 4, 2013 6 years
Carol Phillips Mar 15, 2018 1 year



We welcome to our CDAC family

Michelle Clifford - SR RISE School Counselor at S. S. Dixon Primary and S. S. Dixon Inter. Schools

Ceciley Crowley - SR RISE School Counselor at Rhodes Elementary School

Cecily Moore - ECHO School Counselor at Escambia High School

Olga Porter - SR RISE School Counselor at Pea Ridge and Bagdad Elementary Schools

Kawanza Spencer - SR RISE Substitute School Counselor at King Middle School

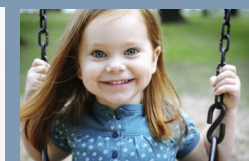
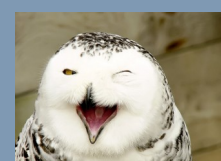
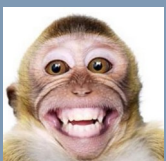
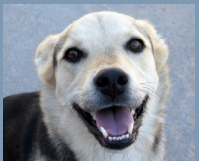
Barbara Walker - ECHO and SR RISE School Counselor at Gulf Breeze High and Gulf Breeze Middle

Ellie Henriquez - UWF Intern with Community Prevention

Katie Howard - UWF Intern with the Outreach / CE Programs

Cela McPherson - UWF Intern with RISE at Ransom Middle School

Feeling stressed? Smile. Smiling can help to lower your heart rate and calm you down.





CDAC Supporting Healthy Lifestyles



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

Our two high-steppers for January were **Amberlyne Greco with 339,741 steps** and **Dorothy Lewis with 336,850 steps** — that is **5.5 and 5.4 miles per day**.

Amberlyne has reached **Sanford, FL**, filming location of the movie "My Girl."

***Amberlyne Greco**, 1,953,236 steps
Passed **DeLand**, on their way to Sanford:

***Sue Nast**, 1,832,488 steps

***Dorothy Lewis**, 1,823,402 steps
Passed **Jacksonville**, on her way to Savannah:

***Angela Jackson**, 1,773,539 steps

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

***Charity Hamilton**, 1,495,911 steps

***Cathy Henderson**, 1,478,892 steps

***Jennifer Crouse**, 1,410,635 steps

***Monica Davis**, 1,396,145 steps

***Chris Salter**, 1,386,130 steps

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

***Michelle Kistler**, 1,197,572 steps

***Isoke DuPont** 965,683 steps

Passed **Millbrook**, on his way to Juliette:

***Thomas Bradshaw**, 659,449 steps

Surprising benefit of walking:

It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints - especially the knees and hips, which are most susceptible to osteoarthritis - by lubricating them and strengthening the muscles that support them.

Pensacola to Millbrook, AL		460,000 steps
Millbrook, AL 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
DeLand to Sanford	46,000 steps	1,824,000 steps
Sanford to Tampa	216,000 steps	2,040,000 steps

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

Heart Healthy Recipe

Southwest Slow Cooker Chicken

2 tsp chili powder

1 tsp cumin

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp paprika

1/2 tsp black pepper

1/4 tsp oregano

1/4 - 1/2 tsp cayenne pepper (optional)

1 lb boneless, skinless chicken breasts

14.5 oz canned, no-salt-added, diced tomatoes (undrained)

1, 3-oz canned green chilies

1 cup low-sodium chicken broth

Stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper. Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with fork and sprinkle other half of seasoning mixture over chicken. Pour tomatoes, chilies and chicken broth over the chicken. Cover and cook over low setting for 8-10 hours or high for 3-4 hours. Chicken may break apart easily with fork.



LOVE YOUR HEART

Get active

Eat well

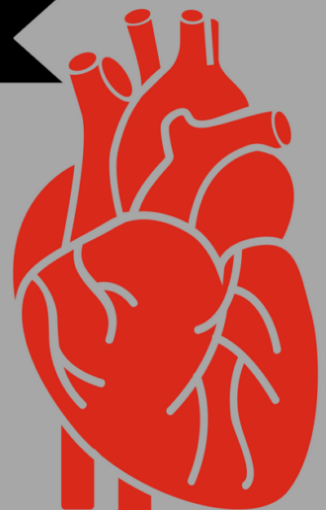
Control cholesterol

Manage blood pressure

Reduce blood sugar

Lose weight

Quit smoking



AMERICAN HEART MONTH



Recipe tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat in a whole-wheat tortilla or bun.



Pensacola Happenings

Palafax Market, Martin Luther King, Jr. Plaza, downtown, every Saturday, 9:00 a.m. - 2:00 p.m.

Pensacola Ice Flyers at Pensacola Bay Center, Mar 8, 9, 15, 16, 22, 23

Pensacola Symphony at the Saenger

- Mar 9 - Mahler, Symphony No. 6 (tickets \$23+)
- Mar 15-17 - Florencia in the Amazon

Pensacon 2019, Feb 22 - 24, Pensacola Bay Center

Mardi Gras

- Mar 1 - Annual Krewe of Lafitte Mardi Gras Parade, 7:00 p.m., Downtown
- Mar 2 - Pensacola Grand Mardi Gras Parade, 2:00 p.m., Downtown
- Mar 3 - Krewe of Wrecks Mardi Gras Parade, 2:00 p.m., Avendida 10, Pensacola Beach

The Gulf Coast Renaissance Faire & Pirate Festival, March 2, 10 am-6 pm, Santa Rosa Fairgrounds, 8604 Bobby Brown Rd, Milton

WSRE PBS KIDS & Family Day at Gulfarium Marine Adventure Park, March 2, 10 am - 2 pm, Gulfarium Adventure Park

WUWF Radio Live, Museum of Commerce, Thursday, Mar 7, doors open at 5 p.m.; show begins at 6 p.m., \$10

WSRE Public Square Ersula Knox Odom, March 5, 7 - 9 pm, WSRE Jean & Paul Amos Performance Studio, PSC, FREE

10th Annual Smokin' in the Square (Barbeque Cookoff), March 15, 12:00 pm, Community Maritime Park

Gulf Breeze Celebrates 25th Annual Arts Festival, March 23-24, Sat 9-5; Sun 10-4, Gulf Breeze High School

Local Run / Walk Events:

McGuire's Prediction Run, 5K, McGuire's Irish Pub, Mar 9, 9 a.m. - 12 p.m.

Bunny Hop 5K & Fun Run 2019, The Wharf, Orange Beach, Mar 23



Mardi Gras in Mobile is the oldest annual Carnival celebration in the United States, having started in 1703. This was fifteen years before New Orleans was founded. With Mobile being the first capital of French Louisiana (1702), the festival began as a French Catholic tradition. Mardi Gras was part of preparation for Ash Wednesday and the beginning of Lent.

New Orleans was established in 1718 by the same French-Canadian explorer (Jean Baptiste Le Moyne Sieur de Bienville) who earlier landed in Mobile. By the 1730s, Mardi Gras was celebrated openly in New Orleans, but not with the parades we know today. By the late 1830s, New Orleans held street processions of maskers with carriages and horseback riders to celebrate Mardi Gras.

February Health Observances

February One-Month Observances

- **American Heart Month**, American Heart Association, www.americanheart.org
- **National Cancer Prevention Month**, American Institute for Cancer Research, www.aicr.org
- **National Children's Dental Health Month**, American Dental Association, www.ada.org
- **National Condom Month**, American Sexual Health Association, www.ashasexualhealth.org
- **Wise Health Consumer Month**, American Institute for Preventive Medicine, www.healthylife.com

February One-Week Observances

- **National Cardiac Rehabilitation Week, Feb 10-16**, AACVPR Office, www.aacvpr.org
- **Random Acts of Kindness Week, Feb 10-16**, Random Acts of Kindness Foundation, www.randomactsofkindness.org

February One-Day Observances

- **National Wear Red Day, Feb 2**, The Heart Truth - a National Awareness Campaign for Women About Heart Disease, National Heart, Lung, and Blood Institute, www.hearttruth.gov or www.goredforwomen.org
- **World Thinking Day, Feb 22**, World Association of Girl Guides and Girl Scouts, www.worldthinkingday.org

March Health Observances

March One-Month Observances

- **National Professional Social Work Month**, National Association of Social Workers, www.socialworkers.org
- **American Red Cross Month**, American Red Cross, www.redcross.org
- **National Nutrition Month**, Academy of Nutrition and Dietetics, www.eatright.org
- **Workplace Eye Health and Safety Month**, Prevent Blindness America, www.preventblindness.org

March One-Week Observances

- **National School Breakfast Week, Mar 4-8**, School Nutrition Association, www.schoolnutrition.org
- **National Poison Prevention Week, Mar 17-23**, Poison Prevention Council, www.poisonprevention.org

March One-Day Observances

- **Kick Butts Day, Mar 20**, Campaign for Tobacco-Free Kids, www.kickbuttsday.org
- **National Native HIV/AIDS Awareness Day, Mar 20**, www.hiv.gov/events/awareness-days
- **American Diabetes Alert Day, Mar 26**, American Diabetes Association, www.diabetes.org

