

THE CDAC DIFFERENCE

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Message from Leashia

January is the time when many of us reassess our busy lives and think about what we want to accomplish or do to balance our lives during the next year. With that in mind, I have a New Year exercise for you! The Circle Goals Exercise. Unlike New Year's Resolutions that often get forgotten after two weeks, this can help you to change your life and bring it back into harmony and balance by providing a focus on priorities, with actionable steps.

Circle Goals Exercise: Draw a circle and divide it into 6 even pie-like slices. The equal pie slices are to remind you to give equal weight to each aspect of your life, if not in time at least in mental thought. In each slice, write an area or category of your life that you want to focus on for the next year. Examples might be: Financial, Health and Exercise, Creativity, Career, Friends and Family, Spirituality, Romantic



Relationship, Renovating the House, Writing a Book, etc.
Write 5 measurable and obtainable goals you can accomplish under each category. Be specific and make sure you can see results at the end of the year. For example, under Financial, you might write: Put all financial information online by June; or under Creativity, it might be: Take an art course from the local university this year. When you are finished, go back and pick one goal that is most important to accomplish this year from each category and write that down and put it somewhere as a reminder to look at occasionally. After 6 months, pull out your Circle Goals again and review it, but make no changes, then look at it again at the end of the year and reflect on all you have changed in your life. You may not get everything in your Circle done, but you can get so much more than you thought and you will have given priority to those things that you say are important, but never seem to have the time to do.

Leashia



The Meaning of The King Holiday

BY CORETTA SCOTT KING

Because of limited space, below are excerpts from Ms. King's article. The entire article can be found at <http://www.thekingcenter.org/meaning-king-holiday>



On this day we commemorate Dr. King's great dream of a vibrant, multiracial nation united in justice, peace and reconciliation; a nation that has a place at the table for children of every race and room at the inn for every needy child. We are called on this holiday, not merely to honor, but to celebrate the values of equality, tolerance and interracial sister and brotherhood he so compellingly expressed in his great dream for America.

Every King Holiday has been a national "teach-in" on the values of nonviolence, including unconditional love, tolerance, forgiveness and reconciliation, which are so desperately-needed to unify America. It is a day of intensive education and training in Martin's philosophy and methods of nonviolent social change and conflict-reconciliation. The holiday provides a unique opportunity to teach young people to fight evil, not people, to get in the habit of asking themselves, "what is the most loving way I can resolve this conflict?"

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question, he said, is "what are you doing for others?" he would quote Mark 9:35, the scripture in which Jesus of Nazareth tells James and John "...whosoever will be great among you shall be your servant; and whosoever among you will be the first shall be the servant of all." And when Martin talked about the end of his mortal life in one of his last sermons, on February 4, 1968 in the pulpit of Ebenezer Baptist Church, even then he lifted up the value of service as the hallmark of a full life. "I'd like somebody to mention on that day Martin Luther King, Jr. tried to give his life serving others," he said. "I want you to say on that day, that I did try in my life...to love and serve humanity.

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

Staff Highlight



Ashley Frobenius is the Santa Rosa RISE School Preventionist at S. S. Dixon Primary and S. S. Dixon Intermediate Schools.

Ashley Frobenius was born in Milton, Florida, and grew up in the community of Chumuckla, located approximately 45 minutes north of Pensacola.

She is married to her husband Christopher, and they have one son, Grant, a Great Dane named Beru, and a Dachshund named Scooby-Doo.

One of Ashley's favorite pastimes is spending time in her "craft shack" making things like monogrammed shirts and bags.

An unusual fact about Ashley is she has changed her major at least 4 times. Ashley stumbled across social work while working the front desk in adult psychiatry at Lakeview Center, Inc. She knew exactly what she wanted to major in after being exposed to how universal a degree in social work can be. It has taken her a lot of time and energy to finish college. She began her college career in 2006, and with a lot of breaks and struggles along the way, finally graduated from UWF in 2017. Ashley was the first person to graduate from college in her family.

After interning with CDAC last year, Ashley graduated from UWF in 2017 with an MSW. During her internship she was given the opportunity to facilitate groups and work individually with students. Ashley values the knowledge she has learned from her intern supervisor and all the other great staff at CDAC. She loves working with the children at her schools and strives to **make a difference** in their lives.



Michelle Kistler is the Santa Rosa RISE School Preventionist at Oriole Beach Elementary, Gulf Breeze Elementary, and Gulf Breeze Middle Schools.

Michelle graduated with a BA in Interdisciplinary Social Sciences in 2014 and with an MSW in 2017 from UWF. She is an active member of UWF's Alumni Association and enjoys most of the events.

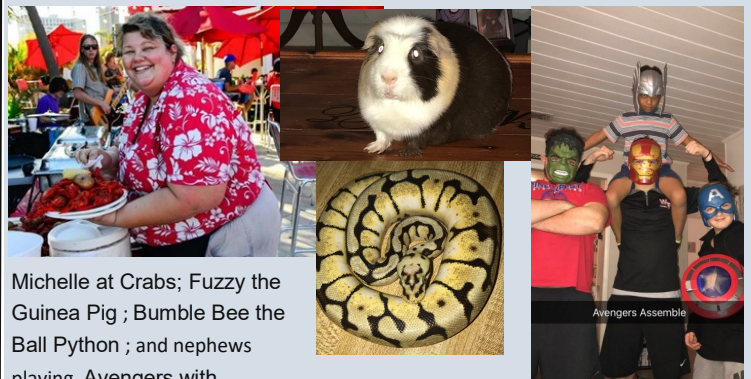
Michelle was born in Chicago, IL, and is a true Chicago Cubs fan. She and her older brother grew up in Pensacola after their parents moved here in 1989.

Michelle has one son, Christopher, who is 8-years-old. They enjoy all the festivals and parades of Pensacola together. She also enjoys having family dinners and game nights with her 3 nephews and 2 godsons. In the summertime, they are on the beach as often as possible, and Christopher is actively involved in soccer and basketball.

In addition to CDAC, Michelle is a server at Crabs We Got'em on beautiful Pensacola Beach. Michelle is a "pet mom" of a cute and cuddly guinea pig named Fuzzy and a not so cuddly ball python named Bumble Bee.

Michelle has some of the best friends a girl could ask for and spends most of her down time with them. She also has a small obsession with Ursula the Sea Witch and she cosplays her from time to time.

Michelle feels fortunate to have been an intern at CDAC last school year before her employment and has met some amazing people here. She looks forward to continuing her professional growth through CDAC.



Michelle at Crabs; Fuzzy the Guinea Pig ; Bumble Bee the Ball Python ; and nephews playing Avengers with Christopher.

Project Boost



Oakwood Terrace graduates of the **Incredible Years** Program that completed December, 2017.

Boost Program Expanding

Project Boost is now serving residents of **Pensacola Village** for the **Incredible Years** program at Woodland Heights Community Center. Currently, there are 6 children enrolled, and they are off to a great start!

CDAC's Parenting for Prevention Program:

Past, Present and Future . . .

By Medena Williams

More parents were served in the first half of this funding year than at any other time since the **Parenting for Prevention** programs began in 2005! With a total of 81 group participants and 17 individual participants, this area of service has been busy to say the least. Out of a total of 87 served, both individually and in groups, 72 completed their programs, which shows the consistency towards completion and success. Here's how those numbers break down:

- 3 Incredible Years groups offered in Santa Rosa (Milton)
- 3 Incredible Years Baby groups offered in Escambia
- 3 Incredible Years groups offered in Escambia
- 1 Incredible Years group offered @ Charis House
- 1 Active Parenting of Teens program offered @ Charis House

While these programs are offered to the community, most of our participants are referred through FFN in need of parenting for completing case plans for reunification of their children. Because of the challenges that accompany these clients, keeping groups moving forward can be difficult at times. However, as the group leader, I try to find creative ways to keep parents' attention and engaged. One dad who complained that "he had to be in the group because it was court ordered" ended up getting into the session about child-led play and really had a good time. He ended up appreciating the program at the end, despite the rough start. Small steps...and patience!

Groups are continuing to be offered into 2018 with one new IY group that just started last week and an IY baby group starting this week. A new IY group is in the planning stages to start in West Navarre Primary school with coordination from Santa Rosa RISE Preventionist, Mimi Bogan.

For more information about parenting programs, please contact Medena Williams @439-5626 or mwilliams@cdac.info.



The
**Incredible
Years**[®]



Parents, teachers, and children training series



CDAC Supporting Healthy Lifestyles Walking to Canada !



Lisa Poissant is still in the lead with 1,617,000 steps. She has made it to Louisville!

Right behind Lisa, heading to Indianapolis are:

Lyissa O'Connor, 1,601,368 steps

Sue Nast, 1,579,607 steps.

Charity Hamilton, 1,534,305 steps.

Dorothy Lewis, 1,470,124 steps.

Jennifer Alexander, 1,261,284 steps

Passed Nashville and almost to Louisville:

Monica Davis, 1,219,861 steps

Amberlyne Greco, 1,188,229 steps

Isoke DuPont, 1,023,836 steps

Passed Birmingham, on their way to Nashville:

Michelle Kistler, 894,945 steps

Chris Salter, 591,706 steps

Thomas Bradshaw, 587,598 steps

Pensacola to Birmingham	255 miles	510,000 steps	<u>(total)</u>
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 improves your breath.

It slows mental decline.

It lowers Alzheimer's risk

It helps you do more, longer.

It leads to a longer life.



Happy and Healthy 2018 !



Make 2018 your healthiest year yet !

PUT AN END TO MINDLESS EATING. Be aware of your snacking while watching a sports game or a great movie on TV — or, better yet, stop eating while watching TV.

NEVER EAT SNACKS STRAIGHT FROM THE PACKAGE. Plate every snack you eat to limit the portion.

SERVE YOURSELF ON SMALLER PLATES. Transitioning from a 9-inch plate to an 8-inch plate can make a sizeable difference in how many calories you consume.

TRY NEW FOODS. Our tastes change. Be open-minded and explore new tastes and textures of healthy foods. You might find that you like it!

DRINK MORE WATER. Drinking more water can actually help control your weight.

GET INTO A REGULAR EXERCISE ROUTINE. One of the keys to sticking to fitness resolutions and remaining motivated throughout the year is to **choose an activity you really like and is close to home or work.**

February Health Observances

February Month-Long 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 11-17, AACVPR Office, www.aacvpr.org
- **Random Acts of Kindness Week**, 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, www.hearttruth.gov OR American Heart Association, www.goredforwomen.org
- **National Girls & Women in Sports Day**, Feb 7, Women's Sports Foundation, www.womenssportsfoundation.org
- **World Thinking Day**, Feb 22, World Association of Girl Guides and Girl Scouts, www.worldthinkingday.org

Pensacola Happenings

WUWF Radio Live, Feb 1, 6 pm, (Doors open at 5 pm) Commerce Museum, downtown (\$10)

Glenn Miller Orchestra, Feb 2, 7-9 pm, Naval Aviation Museum, \$30

Michael Jackson: A THRILLING Tribute, Feb 2, 7 pm, Saenger Theatre

Mardi Gras:

- Krewe of Wrecks Kids and Kritters Parade, Feb 3, 2 pm (registration 1 pm), Casino Beach
- Annual Krewe of Lafitte Parade, Feb 9, 7 pm, Downtown, begins at Spring & Garden Streets
- Pensacola Grand Mardi Gras Parade, Feb 10, 2 pm, Downtown, begins at Spring & Garden Streets
- Krewe of Wrecks Mardi Gras Parade, Feb 11, 2 pm, Pensacola Beach
- Mardi Gras Fat Tuesday, Feb 13, 5 pm, Downtown Pensacola

Pensacola Symphony Orchestra presents: All You Need is Love: A Beatles Tribute, Feb 10, 7:30-9:30 pm, Saenger Theatre

Gallery Night, Feb 16, 5 pm, Downtown Pensacola

Harlem Globetrotters, Feb 19, 2:00 pm, Pensacola Bay Center

Local Run / Walk Events:

Pensacola Double Bridge Run, Feb 3, 7 am, Pensacola Sports, 101 W. Main Street

5th Annual I Pink I Can Run, Feb 24, 9 am, \$30, Flora-Bama Lounge

