

# THE CDAC DIFFERENCE

JULY/AUGUST 2019

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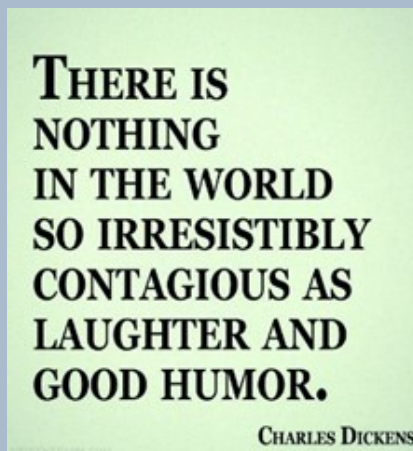
## *Message from Leashia*

I recently listened to a radio program about laughter that was very interesting and entertaining. I found myself laughing out loud alone in my car as I listened to giggling children and newscasters laughing uncontrollably on the air. It made me think about how important laughter and humor are in my life. I come from a family of jokesters, married a man who has made me laugh for over 40 years, and rely on the great sense of humor from the folks at CDAC that gets us through the day. Make sure that you include laughter and humor in your life also since the benefits of laughter and humor include:

<b>Physical health benefits</b>	<b>Mental health benefits</b>	<b>Social benefits</b>
<ul style="list-style-type: none"><li>• Boosts immunity</li><li>• Lowers stress hormones</li><li>• Decreases pain</li><li>• Relaxes your muscles</li><li>• Prevents heart disease</li></ul>	<ul style="list-style-type: none"><li>• Adds joy and zest to life</li><li>• Eases anxiety and tension</li><li>• Relieves stress</li><li>• Improves mood</li><li>• Strengthens resilience</li></ul>	<ul style="list-style-type: none"><li>• Strengthens relationships</li><li>• Attracts others to us</li><li>• Enhances teamwork</li><li>• Helps defuse conflict</li><li>• Promotes group bonding</li></ul>

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to seek out humor and laughter, as you might with exercising, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything. Here are a few ways to get started:

**Smile \*\* Count your blessings \*\* When you hear laughter, move toward it  
\*\* Spend time with fun, playful people \*\* and Bring humor into conversations.**



*Leashia*

## Board and Staff Luncheon June 5, 2019 Pensacola Yacht Club



Dr. Patsy Barrington ends a two-year term as Board President.



CAPT Stephen Davis, PPD, completed a three-year term as a Board Director.



CDAC Board members. Front row: Patsy Barrington; Marci Shemaria; Leashia Scrivner, CEO; Cecil Lanier, Chel Rodriguez, Andrea Hamilton, Courtney Cook. Back row: Burton Chesterfield, Andrew Raines, Matthew Newcomer



## WFIS Making a Difference

### WFIS Staff Surpass Their 18/19 Goals

Goals for the annual number of hours for both Wellness and Case Management were met. It was close for the Wellness hours, but when you tell a Case Manager “it can’t be done,” they show up and prove you wrong! As a team, the staff needed 2200 Wellness hours for the year and actually **earned 2203.15**. The team needed 15,600 Case Management hours and **earned 15,691.70** hours.

Each Case Manager has an individual year-end goal for both Case Management hours and Wellness hours. The Wellness hours tend to be a challenge, but this year, the following people **exceeded their annual wellness hours**:

**Kendra Bozard, Betty Jo Gilmore, Jennifer Glass, Angela Jackson, and Brittany Whitman**



Each Case Manager also has an annual number of Case Management hours they are required to get each year. The following Case Managers **met or exceeded their 18/19 Case Management hours**:

**Kendra Bozard, Brittany Durlauf, Andrea Flynn, Betty Jo Gilmore, Jennifer Glass, Felicia Leslie, and Hayley McCain**

\* \* \* \* \*

As CDAC’s Care Coordinator, **Deborah Foster** spends a good portion of her time, over half of her working hours, working closely with DCF and other providers. Those providers regularly speak positive feedback about the work Deborah does helping identify clients with substance use concerns and how best to serve them. DCF, FFN, and our treatment providers have all said many wonderful things about the contributions Deborah brings to the clients.

**We appreciate Deborah and all she does!**

**Judy Savage** and **Carol Phillips**, CDAC’s Certified Recovery Peer Specialists, also ended the year on a high note having provided **620.50 hours of individual services** to clients — almost double the required 373 hours. Judy and Carol also totaled **1,576.25 hours of group services** to clients — surpassing the required 910 group hours for the year. Again, we regularly receive positive feedback about the work Judy and Carol do for the clients.

**We are so thankful to them both!**



**National Night Out** is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.

CDAC has been a part of our local **National Night Out** events for **over 20 years**. This year, there are two local events on **Tuesday, August 6, 2019**. The Santa Rosa County NNO will be held at the Milton Community Center at 5629 Byrom Street from 5:00 to 8:00 p.m. The Escambia County NNO will be held at Legion Field, 1302 W. Gregory Street, Pensacola, from 5:30 to 7:30 p.m.

FREE school supplies, Resource Information, and kids’ activities are offered at each event.

Community partners, along with CDAC, are the Pensacola Police Department, Escambia County Sheriff’s Office, the Milton Police Department, and the Department of Health - Santa Rosa.

## Community Prevention and Outreach

### *Making a Difference*

Linda Wilson and Denise Manassa facilitated CDAC's sixth Community Discussion on Thursday, June 6, at Olive Baptist Church. The topic of discussion was **Treatment and Recovery**. Panel members included: Dr. Reeves, Addiction Specialist; A. J. Robey, Most Excellent Way Community Member; Jody Shoop, Waterfront Mission; Dustin Perry, Lakeview Center, Inc.; Susan Harper, Florida Springs; Owen Jacobs, ALR Sober Living Home; Amber, a community member; Autumn McAllister, Lakeview Center, Inc.; Chaplain Dan Hamel, Lakeview Center.



### Parenting for Prevention *Making a Difference*

The **Incredible Years** parenting group continues through the summer. For parents of children 2 - 8 years of age, the topics covered include Play, Praise, Setting Limits with Commands, and Discipline Strategies. The groups are open to the community and are free of charge. Referrals are accepted on the CDAC website, [cdac.info/send-referral](http://cdac.info/send-referral).

The **Circle of Security** parenting group is for parents of infants to 3 years of age. With a focus on attachment and bonding, this program addresses the needs for parents to be Bigger, Stronger, Kinder, and Wise while addressing their own past abuse or trauma that pertains to parenting their own infants and toddlers. The first Circle of Security group was successfully completed with seven participants.

A big **THANK YOU** to CDAC Board member **Andrea Hamilton** for her enthusiastic co-facilitation, along with **Dr. Debbie Goldberg**, of the first Circle of Security parenting group. The parents enjoyed both the program information as well as the group support and are now asking, "What's next?"



Medena Williams, Dr. Debbie Goldberg, and Andrea Hamilton.



Members of the first Circle of Security graduating class. Seven participants successfully completed the group.



### July Anniversary

Sue Nast	July 01, 1994	<b>25 years</b>
Dorothy Lewis	July 21, 1998	<b>21 years</b>
Linda Wilson	July 13, 2006	13 years
Sondra Gingerich	July 1, 2006	9 years
Charity Hamilton	July 13, 2015	4 years

### August Anniversary

Leashia Scrivner	August 22, 1994	<b>25 years</b>
Leann Knapp	August 24, 1995	<b>24 years</b>
Kimberly Brown	August 01, 2001	18 years
Jennifer Crouse	August 01, 2010	9 years
Kathleen Guy	August 11, 2014	5 years
Lana Kaufman	August 15, 2014	5 years
Kim Crow	August 10, 2015	4 years
Erin Post	August 17, 2015	4 years
Becky Garthwaite	August 07, 2017	2 years
Michelle Kistler	August 07, 2017	2 years
Felicia Leslie	August 07, 2017	2 years
Katie Harrington	August 22, 2017	2 years
Reese Holt	August 01, 2018	1 year
Stephanie Kane	August 01, 2018	1 year
Kyra Steinnecker	August 01, 2018	1 year



### July Birthday

Kim Crow	July 04
Ceciley Crowley	July 06
Jennifer Luchak	July 10
Sondra Gingerich	July 13
Dorothy Lewis	July 25
Hayley McCain	July 29
Patti Beebe	July 29

### August Birthday

Sue Nast	August 04
Felicia Leslie	August 10
Olga Porter	August 10
Chris Salter	August 29



*We are very happy to welcome*

**Zach Benn**

*to the Admin Team as CDAC's new*

**Data Analyst.**

**THE MORE YOU CELEBRATE YOUR LIFE,  
THE MORE THERE IS IN LIFE TO CELEBRATE.  
Oprah Winfrey**



## CDAC

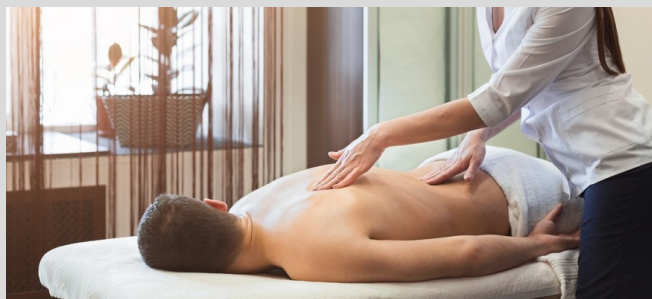
### Supporting Healthy Lifestyles

If you look at the July Health Observances on the following page, you will see that July 14-20 was **Everybody Deserves a Massage Week**. I like to get massages, but I don't go often enough. Everyone does deserve a massage. There are health benefits to massages, but despite the benefits, massages aren't meant as a replacement for regular medical care. Ask your doctor before using massage for any health condition.

#### Health Benefits of Massage

(from a Mayo Clinic article and Reader's Digest Best Health)

- ◆ **It eases back and other muscle pain.** More than one study has shown the effectiveness of massage therapy for back pain. Massage increases and improves circulation.
- ◆ **It can reduce headache.** Some studies suggest that massage therapy can reduce the number of migraines a person has.
- ◆ **It improves sleep.** "Massage promotes relaxation and sleep in those undergoing chemo or radiation therapy," says Lisa Marie de Miranda, registered massage therapist and kinesiologist at Paleolife Massage Therapy.
- ◆ **It soothes anxiety and depression.** A study published in the *Journal of the American Academy of Child and Adolescent Psychiatry* found that patients who were depressed and anxious were much more relaxed and happy, and had reduced stress levels after massage. A Mayo Clinic article stated that a review of 17 clinical trials found that massage therapy may help reduce depression. But for generalized anxiety disorder, it was not more effective than providing a calming environment and deep breathing exercises.
- ◆ **It boosts immunity.** A 2010 study published in the *Journal of Alternative and Complementary Medicine* found that massage boosts patients' white blood cell count, which plays a large role in defending the body from disease. Additionally, it also "improves immune function for individuals with HIV," says de Miranda.
- ◆ **It can reduce cancer symptoms or side effects.** Used as a complement to traditional, Western medicine, massage can promote relaxation and reduce cancer symptoms or side effects of treatment. It may help reduce pain, swelling, fatigue, nausea, or depression, for example, or improve the function of your immune system. However, there are specific areas that a massage therapist should avoid in a cancer patient, as well as times when massage should be avoided altogether.
- ◆ **It helps reduce Osteoarthritis pain.** In the first clinical trial looking at the effectiveness of Swedish massage for knee osteoarthritis, participants who received a one-hour massage either one or two times a week had improvements in pain, stiffness, and function.
- ◆ **It counteracts all that sitting you do.** Massage therapy counteracts the imbalance (postural stress) caused from sitting.



**Massage** is not just a luxury. It's a way to a healthier, happier life.

## July Health Observances

### Month-Long Observances

- **National Minority Mental Health Awareness Month**, [www.nami.org](http://www.nami.org)
- **UV Safety Month**, American Academy of Ophthalmology, [www.aao.org](http://www.aao.org)

### One-Week Observances

- **Every Body Deserves a Massage Week**, July 14-20, Associated Bodywork & Massage Professionals, [www.abmp.com](http://www.abmp.com),

### One-Day Observances

- **World Hepatitis Day**, July 28, [www.worldhepatitisday.org](http://www.worldhepatitisday.org)

## August Health Observances

### Month-Long Observances

- **National Immunization Awareness Month**, Center for Disease Control & Prevention [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
- **Children's Eye Health and Safety Month**, American Academy of Ophthalmology, [www.aao.org](http://www.aao.org)

### One-Week Observances

- **National Health Center Week**, August 5-11, National Association of Community Health Centers, [www.healthcenterweek.org](http://www.healthcenterweek.org)

### One-Day Observances

- **National Night Out**, August 6, National Association of Town Watch, [natw.org](http://natw.org),
- **Children's Health Day**, August 18, <https://healthcenterweek.org/childrens-health/>
- **Opioid Misuse Prevention Day**, August 30, Advocacy Opioid-AMA Alliance, [www.amaalliance.org](http://www.amaalliance.org)

## TIPS FOR A HEALTHY SUMMER

1. **Protect your skin.** ♦ Wear sunscreen lotion with a high SPF. Reapply every two hours. ♦ Wear lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature. ♦ Protect your face and head by wearing a wide-brimmed hat.
2. **Stay hydrated.** ♦ Drink plenty of water and natural juices, even if you don't feel thirsty. Drink it throughout the day! ♦ Avoid sodas or juices high in sugar.
3. **Be good to your eyes.** ♦ Wear sunglasses that block at least 99% of ultraviolet A and B rays. ♦ Wear protective eyewear when playing sports or doing yard work.
4. **Eat right and stay healthy.** ♦ Avoid foods that are high in protein because they increase metabolic heat. ♦ Summer is a great time for fresh produce. Visit our local farmer's market for fresh and healthy options.
5. **Be active; Stay cool.** ♦ Exercise in the morning or evening or inside an air-conditioned building. ♦ Go swimming. ♦ Take care to avoid summer-related illnesses such as heat rash, heat exhaustion, heatstroke, varying degrees of sunburns, and sun poisoning





## Pensacola Happenings

**Bands on the Beach**, every Tuesday, 7-9 p.m., Gulfside Pavilion at Casino Beach  
July 23 - Memory Lane • July 30 - Tyler Mac • Aug 6 - Cristi Dee's BAD JUJU  
Aug 13 - Slight Return Band • Aug 20 - Crosstown • Aug 27 - Class X



**Blue Angels Practice**, Naval Aviation Museum viewing area, 11:30 a.m.  
July 6 • August 7, 8, 9, 13, 14, 20

**Palafox Market**, every Saturday, Martin Luther King Plaza, 9 a.m. - 2 p.m.

**Wahoos home games**, July 22-26 (vs Mobile), Aug 1-5 (vs Birmingham), Aug 13-17 (vs Chattanooga), Aug 23-27 (vs Jackson)



**Blues on the Bay**, Community Maritime Park, 301 W. Main Street, 6:00 p.m.

July 21 - CrossTown • July 28 - Bay Bridge Band • Aug 11 - Cat Daddy Blues Band and Adam Holt  
Aug 18 - The Modern Eldorados

**Movies in the Park**, Community Maritime Park, 7:50 p.m., FREE

July 19 - Avengers: Infinity War, PG-13 • Aug 9 - How to Train Your Dragon: The Hidden World, PG

**Auto Racing - 5 Flags Speedway**, Races start at 8:00 p.m.

July 19 - Blizzard 3 & Pro Trucks, Sportsmen and Pure Stocks, Tickets \$15  
Aug 2 - Demo Derby, Modifieds, Outlaws and Sportsmen, Tickets \$5  
Aug 16 - Pro Late Models, Outlaws, Pro Trucks, and Pure Stocks, Tickets \$15  
Aug 31 - Big Rig Trucks, Bandit Series



**August 1 - Radio Live**, Museum of Commerce, Doors open at 5 p.m.; Show starts at 6 p.m.,  
Tickets \$10; Performers: Lynn Drury, Gove Scrivenor, Abigail Dowd

**Gallery Night in Downtown Pensacola**, (third Friday evening of each month) July 19 • August 16

**August 31 - September 1 - 2019 4th Annual Gulf Coast Summer Fest - Jazz Edition**,  
Pensacola Community Maritime Park; Tickets sold through Ticketmaster; One-Day Pass,  
\$75; Two-Day Pass, \$130

