

THE CDAC DIFFERENCE

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Message from Leashia

Thanksgiving is coming up and is the time of year when we think of gratitude and all the things we are thankful for. Last week my husband shared that his yoga class had focused on gratitude and asked me, “What am I grateful for?” As I reflected on the positive things in my life, I realized how much I have and how good it made me feel. I decided to do a little research on this and as it turns out, there is scientific proof that being grateful is good for you.

Gratitude is an emotion expressing appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness. As a social emotion, gratitude strengthens relationships. Its roots run deep in evolutionary history—arising from the survival value of helping others and being helped in return. Studies show that there are specific areas of the brain that are involved in experiencing and expressing gratitude.

Gratitude is a spontaneous feeling but, increasingly, research demonstrates its value as a practice - that is, making conscious efforts to count one’s blessings. Studies show that people can deliberately cultivate gratitude - and there important social and personal benefits to doing so. Psychologists find that, over time, feeling grateful boosts happiness and fosters both physical and psychological health. Further, the beneficial effects snowball over time. Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude. The emotion literally pays itself forward. So my message to you is to *make a difference* for yourself and others by

Living with Gratitude.

- G* Giving without expectation
- R* Receiving with thanks
- A* Always looking for the gift
- T* Taking nothing for granted
- I* Initiating random acts of kindness
- T* Treating all as equals
- U* Understanding the needs of others
- D* Developing humility
- E* Experiencing true joy!



Leashia

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

Board Member Highlight

Marci Shemaria

I was born in Worcester, Massachusetts. I am the oldest of three with a younger sister and brother. I have been married almost 27 years to my husband, Alan. We have one son, Philip, and one daughter, Cara. We also have three four-legged babies, Vinnie, Feebee, and Bella, Chihuahua mixes.

I am Jewish and very active in my Synagogue, B'Nai Israel. I am a very soft person, but most people think I am tough. I guess I have a hard exterior, but break that shell and I am a Cadbury Egg inside.

I graduated from Troy State in 1988 with an M.S. in Counseling & Human Development. In 1990 I earned my CAP (Certified Addiction Professional) and ICADC by the International Certification & Reciprocity Consortium. Other credentials include LMHC (Licensed Mental Health Counselor), SAP (Substance Abuse Professional by DOT standards) NCC (National Certified Counselor by NBCC) and CISM (Certified Critical Incident Stress Management).

In 2003 I opened a Private Practice, Adult, Children & Family Counseling, LLC. I work with a vast array of clients and client issues to include Addiction, PTSD, Sexual Abuse, Physical Abuse, Adult, Children, Adolescent, Marital and Family. I am certified as a Domestic Violence Evaluator and have led Batterer's Intervention/Domestic Violence Groups at Favor House. I also worked as the therapist for the Santa Rosa County Juvenile Drug Court program. I have been a presenter for numerous workshops dealing with issues such as Chemical Dependency, Co-Dependency, Sexual Abuse, Addictions, Stress Management, Balance, Family Issues, etc.

I served in the USAF from 1981 to 1988 and worked in Occupational Therapy. I completed my Associates Degree and became a Certified Occupational Therapy Assistant. While in the Air Force, I completed my Associates, Bachelors, and Masters degrees. I received the United States Air Force Commendation Medal for saving the life of a 14-month old child by administering emergency medical care until Paramedics arrived.

Other jobs I have held include

- Director of Treatment and Case Management at Escambia Bay Marine Institute (EBMI)
- LMHC/Clinical Program Director at the Henry & Rilla White Foundation at Escambia River Outward Bound
- Clinical/Program Manager at CompCare/Health Ease
- Alcohol/Substance Abuse Program Manager at Bridgeway Center, Fort Walton Beach
- Program Therapist/Adult Partial Hospitalization Program, Rivendall of Pensacola
- Director/Intensive Outpatient Program and Director/Partial Hospitalization Program, Twelve Oaks, Navarre
- Outpatient Substance Abuse Therapist, Lakeview Center, Pensacola



Marci Shemaria joined CDAC's Board of Directors in July,

Stress Management Tip: Seek support. When we feel overloaded, overwhelmed, or overworked, or just feeling down or blue it helps to get some support. Support includes using a mentor, advisor, counselor, therapist, friend, family, coach, support groups, workshops and seminars, church groups, spiritual connections, soft music, etc. Reaching out when in need is key toward taking charge of our life. We can't do it alone!

School Programs Making a Difference

Santa Rosa RISE Programs

Angie Spiller, Santa Rosa RISE Counselor at **Gulf Breeze Elementary School** and **Gulf Breeze Middle School** has noticed some positive outcomes for her students.

At Gulf Breeze Elementary, she has worked with a 5th grader experiencing stress and anxious feelings following multiple surgeries. The student was having trouble sleeping in his own room. Angie and the student worked on **relaxation techniques, incorporating progressive muscle relaxation, instrumental music, and deep breathing**. The student recently reported feeling proud that he is sleeping in his own room again.

At Gulf Breeze Middle, three of Angie's students reported that their grades improved after learning about **various learning styles** and using the skills taught to **manage their class work**. They are now working toward making all As and Bs for the next grading period.

Michelle Kistler, Santa Rosa RISE Counselor at **Oriole Beach Elementary School**, had **nine** of her students honored as "**Most Improved**" in their class for the first nine weeks! Michelle's students have been learning about **building friendships, study skills, and staying focused and respectful** in the classroom. The students also practiced **healthy stress management** to improve their performance on tests and class presentations.





Christina Ferguson, Santa Rosa RISE Counselor at **Hobbs Middle School**, shared this picture from one of her students. The student was awarded **2nd place** for her colorful pumpkin artwork based on a book. Can you guess who is the popular character?

Becky Garthwaite, Santa Rosa RISE Counselor at **Holley Navarre Intermediate School**, led a group activity with her students making Veteran's Day Cards and **discussing gratitude as a coping skill**. It was a great topic since gratitude can be used with many challenges, both inside & outside of school. It was used for **stress, self-esteem, grief, separation from parents, grounding, and test anxiety**. Becky noticed the biggest impact on students experiencing separation from their parents. The reasons for the separation varied among students, but the gratitude technique was extremely helpful.



Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that **gratitude effectively increases happiness and reduces depression**.

Community Prevention - Project Boost Making a Difference

Last month's newsletter featured the Incredible Years kids at Oakwood Terrace. This month, meet the kids from **Woodland Heights**. Dorothy, Ardetta, and Kim say these kids are awesome. They are good helpers, and are so welcoming to everyone that comes in or leaves the room. Most of the time, the children are good listeners and follow directions pretty well. They enjoyed celebrating the Halloween festivities.





There are no staff anniversaries in December

January Anniversary

Betty Jo Gilmore	Jan. 05, 2004	16 years
Ardetta McDougal	Jan. 01, 2011	9 years
Samantha Koehler	Jan. 04, 2018	2 years
Judy Savage	Jan. 08, 2018	2 years
Ceciley Crowley	Jan. 07, 2019	1 year
Michelle Clifford	Jan. 07, 2019	1 year
Olga Porter	Jan. 07, 2019	1 year
Kathryn Howard	Jan. 08, 2019	1 year
Barbara Walker	Jan. 15, 2019	1 year



December Birthday

Charity Hamilton	Dec. 05
Cathy Henderson	Dec. 20
Krystal Dady	Dec. 26

January Birthday

Leann Knapp	Jan. 02
Kathleen Guy	Jan. 09
Katie Gossman	Jan. 12
Barbara Walker	Jan. 28
Kyra Steinnecker	Jan. 29
Erica Mack	Jan. 30
Leashia Scrivner	Jan. 31



Note of Gratitude

A special thank you to **Lisa Viquelia** and her husband, **Stacey**, for helping out with transporting and moving equipment to our PPG schools.

Your help is so appreciated!

Celebrating Special Events with our CDAC Family . . .

He asked . . . She said "Yes"



Congratulations to Judy Savage and Charlie Cook.



Ardetta McDougal's boys,
Champ and Christian,
Pensacola Tigers
Mini Mighty and Mites
2019/2020
Champions!

CDAC

Supporting Healthy Lifestyles



CDAC supports employee wellness. Take time to take care of yourself. Make it a priority!

The **CDAC Wellness Reimbursement Program** is designed to encourage all employees to participate in health and fitness-related activities. CDAC offers a Wellness Reimbursement for participation in any approved health or fitness activity/activities. A full time employee is eligible to be reimbursed up to \$100.00 per year and part time employees are eligible for up to \$50.00. Information on CDAC's Wellness Program is on the M Drive; the Reimbursement form can also be completed in Bamboo.

National Influenza Vaccination Week is December 2-8, www.cdc.gov/flu/nivw

The **Flu shot** . . . Should you get it? The **CDC recommends a yearly flu vaccine** for everyone 6 months and older.

- While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school.
- Data suggests that even if someone gets sick after vaccination, their illness may be milder.



Preventive actions to stop the spread of the flu.

- Try to **avoid close contact with sick people.**
- **While sick, limit contact with others** as much as possible to keep from infecting them.
- If you are sick with flu-like illness, **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- **Cover your nose and mouth** with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **Clean and disinfect surfaces and objects** that may be contaminated with germs like flu.

Tips to keep flu germs from spreading (from Dr. Tanya Altmann, pediatrician and spokesperson for [Clorox](#), and Meg Roberts, president of [Molly Maid](#) cleaning company):

Disinfect surfaces - Since the flu virus can live on hard surfaces for 24 hours, disinfect surfaces that the sick person has touched. Use an **antibacterial cleaner** on key spots such as: **tabletops, countertops, remote controls, computer keyboards, doorknobs, sinks, light switches, faucet handles, sinks, countertop, bathroom,** etc. "To disinfect a surface," say Altmann, "wipe so that the surface remains visibly wet for four minutes and then let it dry." Another option is to disinfect hard surfaces by wiping with a **solution of 1/2 cup of bleach per gallon of water.** Allow the solution to be in contact with the surface for at least five minutes. Rinse and air-dry.



CDAC Supporting Healthy Lifestyles CDAC's Walking Club



Seven people have made it past New Orleans and are on their way to Memphis - home of Blues, key center for gospel and soul, and the birthplace of Rock 'n Roll!

Amberlyne Greco	757,461 steps	387.7 miles
Angela Jackson	660,166 steps	331.1 miles
Sue Nast	570,094 steps	285.1 miles
Stacey Reeder	547,061 steps	273.5 miles
Cathy Henderson	510,058 steps	255.0 miles
Jennifer Crouse	457,560 steps	228.8 miles
Chris Salter	407,690 steps	203.8 miles

The rock 'n' roll connection:

The first song to top the pop, country and rhythm 'n' blues charts came from Memphis - Carl Perkins' **'Blue Suede Shoes'**. 'Blue Suede Shoes' truly put Memphis on the map, defining the sound of 50s rock 'n' roll while being covered by everyone from Elvis Presley to Buddy Holly and Eddie Cochran. udiscovermusic.com

Charity Hamilton	384,415 steps	192.2 miles
Michelle Kistler	370,652 steps	185.3 miles
Dorothy Lewis	336,615 steps	168.3 miles
Katelyn Odom	328,716 steps	164.4 miles
Isoko DuPont	307,064 steps	153.5 miles

Mike Villanueva	299,220 steps	149.6 miles
Andrea Flynn	284,549 steps	142.3 miles
Sondra Gingerich	203,889 steps	101.9 miles
Katie Harrington	160,127 steps	80.1 miles
Shawn Caldwell	112,951 steps	56.5 miles

A few benefits of walking:

- Improves circulation.
- Helps tame a sweet tooth.
- Eases joint pain.
- Can lead to weight loss.
- Shores up your bones.
- Leads to a longer life.
- Lightens mood.
- Boosts immune function.
- Improves sleep.
- Slows mental decline
- Improves balance and coordination.
- Helps get creative juices flowing.

Walking to the Music, 2019/2020 walking route

	Miles	Total miles	Steps	Total Steps
Pensacola to New Orleans	203		406,000	
New Orleans to Memphis	395	598	790,000	1,196,000
Memphis to Nashville	209	807	418,000	1,614,000
Nashville to Chicago	473	1,280	946,000	2,560,000
Chicago to Detroit	284	1,564	568,000	3,128,000



December Health Observances

Month-Long Observances

- **International AIDS Awareness Month**, International HIV/AIDS Alliance, www.aidsalliance.org
- **National Drunk and Drugged Driving Prevention Month**, National Highway Traffic Safety, www.nhtsa.gov

One-Week Observances

- **National Hand Washing Awareness Week, Dec 2-8**, Henry the Hand Foundation, www.henrythehand.com
- **National Influenza Vaccination Week, Dec 2-8**, www.cdc.gov/flu/nivw

One-Day Observances

- **World AIDS Day, Dec 1**, AIDS.gov, www.aids.gov
- **Human Rights Day, Dec 10**, United Nations Human Rights, www.ohchr.org



Pensacola Happenings

Tuesday Jazz Jam, every Tuesday thru November 26, 6:30-9:30 p.m.
Seville Quarter, Lili Marlene's room, 130 E. Government Street

Saturday Swing-Outs, every Saturday, Aug 3 - June 6, 8 p.m.-1 a.m., \$5; Breathe Yoga Studio, 505 S. Adams Street; Swing dancing for ages 18+

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

Ice Flyers home games, Nov 27, Dec 6, Dec 7, Dec 21, Dec 26, Dec 28

Nov 29, Elf Parade, Downtown Pensacola - 223 Palafox Place, 4:45 p.m. - 5:00 p.m.

Nov 29, Downtown Pensacola Holiday Lighting Ceremony, 223 Palafox Place, 5:00 p.m. - 8:00 p.m.

Nov 29 - Jan 31, First City Lights Festival, Downtown Pensacola, 5:00 p.m. - 12:00 a.m.

Dec 5 - Radio Live, Museum of Commerce, Doors open at 5 p.m.; Show starts at 6 p.m., Tickets \$10;
Performers: Ben Bedford, Hiroya Tsukamoto, The Macs

Dec 4 - 8, Auto Racing - 5 Flags Speedway, Snowball Derby

Dec 7 - 8, Christmas Caravan Arts & Craft Show, St. Christopher's Episcopal Church, 3200 N. 12th Avenue, 9:00 a.m. - 4:00 p.m.

Dec 7, Santa's Lego Building Party, (children under 12), 223 Palafox Place, 11:00 a.m. - 2:00 p.m.

Dec 14, Pensacola Christmas Parade, Downtown, 5:15 p.m.

Dec 21, Little Spruce Market, Museum of Commerce, 201 East Zaragoza Street, 10:00 a.m. - 4:00 p.m.

