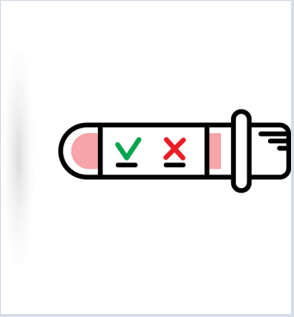
THE CDAC DIFFERENCE

OCTOBER, 2018 VOL. 6 ISSUE 7

Message from Leashia

It is important for everyone to know their HIV status. The only way to know for sure whether you have HIV is to get tested. The CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. Getting an HIV test is the first step for people living with HIV to get care and treatment and control the infection.



About 85% of people with HIV in the US know they have the virus. However, 15% (162,500) of people with HIV don't know they have the virus, and about 40% of new HIV infections come from them. Half of people with HIV have had the virus 3 years or more before diagnosis. Most people at high risk who didn't get tested last year saw a healthcare provider during the year. Everyone should get tested at least once, and people at high risk should be tested at least once a year.

CDAC will soon provide easy access to HIV testing for our clients and the community. We will be contracting with two local HIV/AIDS organizations, **OASISFlorida** and **AIDS Healthcare Foundation**, to provide testing in their mobile units at our 9th Avenue location on a bi-monthly basis. Beginning in November the AHF mobile unit will be here on the 2nd Thursday of every month from 3:00-6:00 pm and OASIS's mobile unit will be here on the 4th Tuesday every month from 10:30-1:30, (except December when it will be the 3rd Tuesday).

Both organizations are registered as HIV testing sites and their staff are trained through the DOH HIV testing courses and follow all DOH protocol. All testing is free and confidential. For more information, contact Linda Wilson at 434-2724 or lwilson@cdac.info.

We are very excited that CDAC is ***Making a Difference*** with this new service.

Leashia

This November, Americans have the opportunity to make history – if 50% of voters vote in the upcoming midterm election, it'd be the highest midterm turnout in a century. And each vote counts – with 435 House and 35 Senate seats, most governors and hundreds of Mayors and local seats up for election, the midterms will influence our nation on through 2030 and beyond.

On Florida's ballot, we will be voting on 13 amendments. Do your research, and make a decision on how you will vote before you go to the polls.

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

Board Highlight

Chel Rodriguez joined the CDAC Board of Directors in July, 2018.

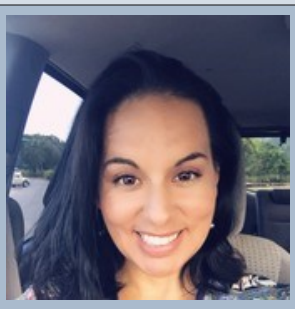
Adrienne “Chel” Rodriguez was born in Baton Rouge, Louisiana, and grew up in Natchez, Mississippi. She graduated from the University of Louisiana at Monroe with a bachelor’s degree in psychology and later attended Florida State University where she earned a Master’s of Social work degree.

Chel is currently the Field Education Director at the University of West Florida, Department of Social Work. She has been with the UWF Department of Social Work since 2011. In addition to being a social work educator, Chel has over 20 years of social work practice experience and is licensed in the State of Florida as a Licensed Clinical Social Worker.

Outside of work, Chel values spending time with family. She is the mother to four children, ages 6, 9, 10, and 13 (3 boys, 1 girl), all of whom participate in extracurricular activities. Her favorite activity is watching her children play sports, and most weekends are spent on the soccer field. She and her children also enjoy spending time at the beach as well.

On the rare occasion Chel gets free time, she enjoys antiquing, playing the piano, and spending time with friends. An interesting fact, Chel worked for CDAC in the WISE program many years ago, and she still tells others it was the best place she ever worked! She is proud to have been a part of the agency’s growth and considers her current service with CDAC to be a great honor.

Staff Highlight



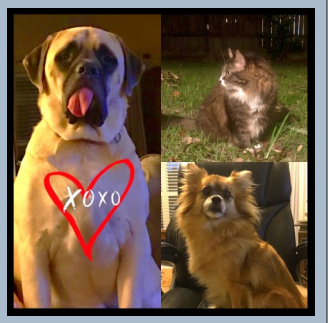
Jennifer Luchak joined the CDAC family May 1, 2017, as the Veterans Court Care Coordinator.

Emily, 16, Jennifer, Melanie, 14, Megan, 21

I am originally from Houston, Texas, but I would admit that I truly grew up while I served in the U.S. Navy. I am ever so thankful for my time in service because the Veteran’s Administration G.I. Bill paid for my bachelor’s degree and now they are helping me complete my Masters in Social Work from UWF.

As the Veterans Court Care Coordinator at CDAC, I enjoy working with military veterans because many of us have come from diverse backgrounds but can speak the same “love it or leave it” language — just “do your job well.”

I am the youngest of three children, with one brother and one sister. Coincidently, I also have three children - 3 daughters Megan, Emily, and Melanie. We have 3 pets. One great, big, slobbery, 3-year-old English Mastiff named Kalli that we all love dearly. We also have one small rescue dog, Chichu, and a family cat named Breezy.



My sole hobby that I count as my “me time” is cycling. I just started cycling this year, but I have already ridden 1900 miles for the health of it and for fun. Most people don’t know that I am a foodie. Savory, international food is the best. One basic staple that I grew up loving is lengua (cow tongue).

Community Prevention

Lisa Viquelia, represented CDAC at the **5-2-1-0 Day of Play** on September 29 at the Community Maritime Park. Children were entertained with a bean bag toss game board while approximately 800 parents received substance abuse prevention information. **5-2-1-0 Northwest Florida** is a health department campaign that promotes healthy eating and active living for all Northwest Florida residents.

The Parenting for Prevention program continues to grow. **Medena Williams** is doing an amazing job promoting the parenting classes and her reputation in the community has led to an increase in referrals. The **Active Parenting class** for parents of youth ages 9-15 is now offered in a group setting. Medena is also conducting an **Incredible Years parenting class** for parents or caregivers of young children 18 months to 8 years, and an **Incredible Years Baby Group** for parents with babies 0-12 months. There is no prerequisite for the classes. The referral form is available at www.CDAC.info. Special thanks to **Jennifer Glass** for being the co-facilitator in the Baby group.

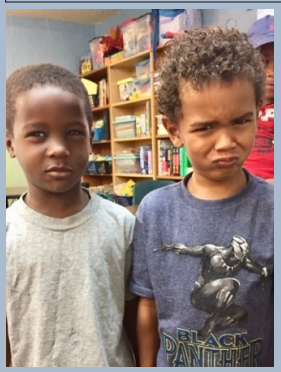
Project Boost is going strong with **Kim Brown**, **Dorothy Lewis,** and **Ardetta McDougal** working with the children at Oakwood Terrace, Ebonwood Community Center, and Woodland Heights Resource Center. The **PATTS** (Peaceful Alternatives to Tough Situations) program and **Homework Enrichment** are offered to children in grades K-5 at Oakwood Terrace and Ebonwood. The **Incredible Years Dinosaur Group** is offered to 3 and 4-year-old children at Oakwood Terrace and Woodland Heights.

PATTS program participant at Oakwood was chosen to be the September Student of the Month by her classroom teacher.

PATTS program participants at Oakwood Terrace.

Incredible Years participants at Woodland Heights Resource Center

Incredible Years participants learning about emotions. Pictures show their “Tense” face.

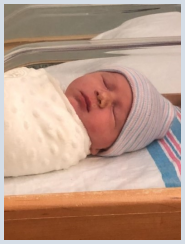


> Children learn as they Play. Most importantly, in Play children Learn how to Learn.
>
> O. Fred Donaldson

School Programs - Santa Rosa RISE

Amberlyne Greco and Katelyn Odom were treated to a surprise baby shower at a recent Santa Rosa RISE Program Review meeting.

Amberlyne delivered a beautiful baby girl, Marina Nique Greco-Jadallah, on 10/1/18. She was 6 lbs, 12 oz and 20 inches long.



Katelyn delivered a beautiful baby boy, Mack Sawyer Odom, on 10/16/18. He was 8 lbs and 21 inches long.

Santa Rosa RISE is new at Hobbs Middle school, and we are excited for what is to come! **Eileen Wolf** has been diligent about obtaining new referrals and building connections with faculty and staff so that CDAC can be seen as a valuable resource. Upon the principal's request, Eileen provided a trauma-informed care professional development to all of the faculty and staff. The staff engaged fully and provided positive feedback regarding the need for such a training and ways in which they can incorporate trauma informed interventions in each of their classrooms.

SR RISE has also been helping students and faculty with the death of a Santa Rosa student. Eileen is helping the faculty through the "I wish my students knew..." activity. Over forty students are already receiving individual and group services at Hobbs!

Trauma Informed care activity completed during the presentation. This board is hanging in the front office, where teachers sign in daily, to remind them of trauma-informed interventions for use in their classrooms. New ideas are added daily.

Women and Family Intervention Services (WFIS)

We welcome aboard 2 new people to the WFIS team! **Brittany Durlauf** is our new Case Manager for South Santa Rosa County. Brittany joins us after working as a Child Welfare Case Manager for FFN for the last couple of years. Her experience at FFN has allowed her to quickly establish rapport with her clients, and she has really hit the ground running. We are so excited to have her!

And, we also welcome **Jennifer Luchak** as an intern with the WFIS program. Jennifer is unique in that she is already working with CDAC under the Veteran's Court program. She will be interning with us for the next 6 months and has just taken on her first client. She is excited to learn all about the work we do, and we are so excited to have her as part of the team!

WFIS *Making a Difference . . .*

A client in Navarre who has struggled for years with substance use attended the **Celebration of Success** in May. She was very anxious and had not used that day. During one of the client's testimonies, she turned to her WFIS case manager and said, ***"I'll be up there speaking next year."*** That was May 11, and she has **maintained her recovery since. She has completed inpatient treatment at Road To Recovery, is actively participating in WISE groups each week, has gotten her own place, and has overnight visits and moving towards reunification soon.**

We are very happy to welcome 2 new staff members :

- **Brittany Durlauf** has joined the WFIS team as a Santa Rosa Case Manager.
- **Kassie Scott** has joined the Santa Rosa RISE team as the School Counselor at East Milton Elementary School.

Congratulations

Kim Brown, Dorothy Lewis, Ardetta McDougal, Lisa Viquelia, and Medena Williams, received certification in **Adult Mental Health First Aid**.

Way to Go Guys!

November Anniversary

Gwen Abrams	Nov 5, 1997	***21 years***
Medena Williams	Nov 21, 2005	13 years
Renee King	Nov 28, 2005	13 years
Linda Gordon	Nov 27, 2017	1 year

November Birthday

Eileen Wolfe	Nov 5
Reese Holt	Nov 6
Medena Williams	Nov 10
Angela Jackson	Nov 18
Courtney Valero	Nov 21
Kendra Bozard	Nov 22
Laynie Gibson	Nov 26
Linda Wilson	Nov 28

Notes of Gratitude

Thank you to **everyone** for making the in-service a great day! I know change isn't always easy, but you all made it seem like we did this off site all the time!

Thank you also to those that helped with set-up and clean-up! **Denise M., Lisa V., Renee K., Linda G., Becky D., Lana K.**, and **Stephanie P**.

You all make this a great place to work!

Thank you, **Kara,** for being a calm and steady presence while working the jobs of 2.5 people.

Thank you, **Renee,** for always being a conscientious and caring worker who does everything she can to make things easier for the Case Managers.

Thank you, **Andrea Flynn**, for always being a steady and calm presence in the office and for working so hard.

Thank you **Carol Phillips** for always being willing to do whatever is needed to help the people we serve make the progress they wish to make.

Thank you, **Jennifer Glass**, for always taking time to make sure our new staff are well-trained and ready to go. You always make yourself available to staff, old and new, when we have questions.

You are greatly appreciated!

Thank you, **Betty Jo**, for all the work you do in collaborating with staff at Jo Ann Birge Women and Children's Center at Chautauqua Healthcare.

The Center opened on September 11 and Betty Jo is providing case management to all the women there. She has gone above and beyond to help with the opening of the center and transitioning the WFIS clients who are there.

CDAC
Supporting Healthy Lifestles

CDAC's Walking Club is well on their way through the ***Hollywood Walk of Fame.*** Walkers who have made it past the second destination, Millbrook, Alabama, where the movie "Big Fish" was filmed are:

* Angela Jackson, with 807,414 steps recorded in August and September
* Sue Nast, 594,850 steps
* Charity Hamilton, 590,321 steps
* Dorothy Lewis, 581,511 steps
* Monica Davis, 522,661 steps
* Cathy Henderson, 520,709 steps
* Michelle Kistler, 515,039 steps
* Jennifer Crounse, 474,434 steps

Past Destin, on their way to Millbrook:

* Chris Salter, 447,277 steps
* Isoke DuPont, 410,356 steps
* Stacey Reeder, 325,315 steps
* Thomas Bradshaw, 271,290 steps
* Amberlyne Greco (out on maternity leave)
* Felicia Leslie (almost to Destin)

Surprising benefit of walking:
It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were **cut in half.**

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

Think you don't need a flu shot? Here are five reasons to change your mind:

1. **You are vulnerable.** People 65 and older are at higher risk, but **the flu can knock a young, healthy person** off their feet, too. It does every year. Healthy children die from flu too.
2. **Getting a flu shot is your civic duty.** Everybody gets the flu from somebody else. People who have caught the flu virus are contagious one day before they start to feel sick and for up to seven days after. So getting the flu shot will **help protect your family, friends, and co-workers.**
3. **You can still get the flu, but you won't be as sick.** Yes, it is true that the vaccine does not offer complete protection. The CDC estimates that flu vaccination reduces the risk of the virus by about 40 to 60 percent. **Your illness is likely to be milder if you've had the flu shot.** You're less likely to get pneumonia, which is a major complication of the flu, and less likely to be hospitalized.
4. **Pregnant women who get the flu shot protect their babies from flu.** Women who are pregnant should be vaccinated to protect themselves. The vaccine also offers protection after babies are born — during the first six months of life, until the baby is old enough to be vaccinated.
5. **You *cannot* get flu from the flu vaccine.** The most common side effects are a sore arm, and perhaps a little swelling.

"Vaccines are the tugboats of preventive health." — *William Foege, epidemiologist credited with helping design the vaccine strategy to eliminate smallpox during the 1970s.*

Eat More Pumpkin

- Pumpkin is a great source of beta-carotene.
- Pumpkin is a powerful source of fiber.
- Pumpkin is good for the heart.
- Pumpkin helps to control diabetes.
- Pumpkin can protect immunity.

Pumpkin Pancakes

1 1/2 cups milk
1 cup pumpkin puree
1 egg
1 T. vegetable oil
2 T. vinegar
2 cups all-purpose flour
3 tablespoons brown sugar
3 t. baking powder
1 t. baking soda
1 t. ground allspice
1 t. ground cinnamon
1/2 t. ground ginger
1/2 t. salt

In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

© 2018 Allrecipes.com

Slow Cooker Pumpkin Turkey Chili

1 T. olive oil
1 pound ground turkey
1 onion, chopped
1 (28-oz) can diced tomatoes
2 cups cubed fresh pumpkin
1 (15-oz) can chili beans
1 (15-oz) can seasoned black beans
3 T. brown sugar
1 T. pumpkin pie spice
1 T. chili powder

Heat olive oil in a large soup pot over medium heat; brown turkey, stirring often, until crumbly and no longer pink—about 10 minutes. Drain and discard any fat.

Transfer turkey to a slow cooker and stir in onions, diced tomatoes, pumpkin, chili beans, black beans, brown sugar, pumpkin pie spice, and chili powder. Set cooker to Low, cover, and cook until pumpkin is tender and has started to break apart, at least 3 hours.

© 2018 Allrecipes.com

Pumpkin Bread (Becky's favorite)

2/3 c. shortening (may substitute butter)
2 2/3 c. sugar
4 eggs
1 lb. pumpkin (I used canned)
2/3 c. water
3 1/3 c. flour
2 tsp. baking soda
1 1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. cinnamon
1 tsp. cloves
2/3 c. chopped pecans
raisins to taste

Heat oven to 350. Grease and flour two 9x5x3 inch loaf pans.
Cream shortening (or butter) and sugar thoroughly. Add eggs, pumpkin and water. Blend dry ingredients and stir in.
Bake 65-75 minutes.

Pecan-Pumpkin Bundt Cake with Cream Cheese Glaze

1 cup (2 sticks) unsalted butter, at room temperature
3 cups all-purpose flour
2 tsp pumpkin pie spice
2 tsp baking powder
1 tsp baking soda
1 tsp kosher salt
2 cups packed light brown sugar
2 large eggs
1 (15-oz) can pure pumpkin puree
½ cup sour cream, at room temperature
1 tsp pure vanilla extract
¾ cup chopped toasted pecans

For the Glaze:
3 oz. cream cheese, at room temperature
1 Tbs. milk
1 tsp pure vanilla extract
½ tsp. kosher salt
¾ cup confectioners' sugar
Chopped toasted pecans, for garnish

Country Living magazine, Nov 2018

1. Preheat oven to 350. Butter and flour a 12-cup bundt pan. Stir flour, pie spice, baking powder, baking soda, and salt in a bowl.
2. Beat butter and brown sugar on medium speed until light and fluffy, 2 to 3 minutes. Add eggs, one at a time, beating until incorporated after each addition. Beat in pumpkin puree, sour cream, and vanilla. Reduce mixer speed to low and slowly add flour, mixing just until incorporated. Fold in pecans. Transfer batter to prepared pan.
3. Bake until a toothpick inserted in the center comes out clean, 50 to 55 minutes. Cool in pan for 20 minutes, then invert onto wire rack to cool completely. Transfer cake to a serving platter.
4. Make the glaze: Beat cream cheese, milk, vanilla, and salt on medium speed with an electric mixer until smooth. Gradually add sugar, beating until incorporated.
5. Drizzle cake with glaze and sprinkle with pecans.

November Health Observances

November One-Month Observances

- **American Diabetes Month,** American Diabetes Association, www.diabetes.org
- **Lung Cancer Awareness Month,** American Cancer Society, www.caner.org
- **COPD Awareness Month,** American Lung Association, www.lung.org/copd
- **National Healthy Skin Month,** American Academy of Dermatology, www.aad.org
- **Prematurity Awareness Month,** March of Dimes Birth Defects Foundation, www.marchofdimes.com
- **Tie One On for Safety Campaign**, **Nov 22-Jan 1**, Mothers Against Drunk Driving (MADD), www.madd.org

November One-Week Observances

- **American Education Week, Nov 12 - 18,** National Education Association, www.nea.org

November One-Day Observances

- **World Kindness Day, Nov 13,** Random Acts of Kindness, www.randomactsofkindness.org
- **National Philanthropy Day, Nov 15,** Assoc. of Fundraising Professionals, www.npdlove.com
- **Great American Smokeout**, **Nov 15**, American Cancer Society, www.cancer.org
- **International Survivors of Suicide Loss Day, Nov 22**, American Foundation for Suicide Prevention, www.afsp.org/survivorday

Pensacola Happenings

WUWF Radio Live, **Nov 1,** 6 pm, Museum of Commerce, downtown, tickets $10 in advance online

Blue Angels Homecoming Show, Nov 3, Naval Aviation Museum viewing area

Great Gulf Coast Arts Festival, Nov 2-4, Seville Square Park, Fri/Sat 9 am - 5 pm; Sun 10 am - 4 pm

Beulah Craft and Sausage Festival, Nov 3, First Baptist Church of Beulah, 5805 Beulah Church Road, 9-3

29th Annual Arts & Crafts Festival, Nov 10, Pine Forest United Methodist Church, 2800 Wilde Lake Blvd

Gallery Night, Nov 16, downtown Pensacola

Christmas Creations, Nov 16 - 17, 9 am - 5 pm, First United Methodist Church, 6 E. Wright Street,

First City Lights Festival Lighting Ceremony, Nov 23, 5 - 9 pm, Downtown

First City Elf Parade, Nov 23, 4:45 - 10 pm, Downtown

Creek Indian Celebration Days, Nov 24 - 25, 9 am - 5 pm, Tribal Grounds, 4750 Willard Norris Road, Milton

Pensacola Ice Flyers home games, Nov 2, 10, 16, 17, 21, 30, Pensacola Bay Center

CDAC is sponsored in part by Big Bend Community Based Care and the Florida Department of Children and Families and is a United Way Partner Agency.