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CODAC Employment Centers:
Setting Up Members for Success

Keeping a job can be a stressful responsibility in life. This stress is made worse when someone is also managing an addiction or mental health disorder.

CODAC’s three employment centers support members with finding employment while maintaining balance in their lives.

Employment Specialists Mitzi Baker, Eddie Crandall and Laura Quijada work hard to support you with finding and keeping employment.

They provide training for:
• Applying for jobs
• Resume writing and interview preparation
• Coping with symptoms at work
• Computer skills
• Time management
• ...and much more!

Since January, CODAC’s Employment Center staff have helped 86 people find jobs!
The Ugliness of Beauty

By: Ramonia

Natural beauty is a passion to behold and to shine with beauty is one’s own desire to which we share when felt together, but when lonely fades and doubt ensues for today we will feed amongst the desires to be beautiful without the guilt of ugliness which is just as natural as the other.

So rise amongst the ugliness and find the beauty in the passion of ugliness and shine as a star that whispers and twinkles in the darkness of light.

Center of Excellence

Cenpatico Integrated Care has named CODAC as its first — and only — Center of Excellence for adults.

This means that CODAC is setting a new standard for patient care and demonstrates the ability to care for members at the highest levels!

Creative Writing Corner

The Movement of Passion

By: Ramonia

The movement of passion that has shown itself is almost never complete. The completeness is a feeling you continue when all is right. When passions are smothered there is no spark or light that comes through even though you smile and feel joyful.

Smothering one’s passion stagnates one’s progression and repeats a cycle until broken. This brokenness come from pain or joy, despair or regret and that is not easily forgotten or forgiven. Where in this passion can forgiveness be earned now and when will never be known but in time will arise and heal within a moment of enlightenment and knowledge. Afterwards a beauty will shine and a passion will return in full bloom of wonder and

Mind-FULL

By: Ramonia

Meditation, contemplation, misery and pain together in the moment can we believe in the pain to let it go is to know that there is confusion and disillusion to be had. But then the meditation leads to openness showing brightness amongst the misery and healing amongst the pain. Following comes completion of knowing and lessening while feelings of contentment lands a top of belief.

The Tree House

By: CB

This house is unique in many ways: One is which the house was built.

An old miner built this for his wife of many years. It has oh so many windows because she loved the sunshine and could see for miles around. It was built in the tree because the miner had always wanted a tree house to the point of installing a ladder to get inside, besides having a door.

One day the miner came home from the back-breaking coal mines to find his wife missing. Nothing of hers was gone, just her. He waited and waited for her to come back home. After weeks of searching for her, the house started to feel weird and eerie to his bones and his mind. He swore he could hear her whispering to him to come be with her but every time he looked, she wasn’t there. He looked in every room, the tower, up the fireplace everywhere. Halloween came, the lanterns were set out waiting for the children.
Group Spotlight

Typing Skills

Let our Employment Specialist teach you ways to improve your ability to type quickly and accurately!

You will learn how to type without looking at a keyboard, how to use correct typing form, and with practice, you will improve your speed!

This group takes place:
Wednesdays
11:00—12:30 PM
3130 E. Broadway Blvd.

5 Tips to Improve Your Mental Health

- **Exercise.** — Regular physical activity has many benefits to your mind and body including reducing stress, improving your mood and helping to control anxiety. Even a short walk around the block will help!

- **Sleep.** — A sleep schedule of between 7-8 hours per night is ideal for most adults. Poor sleep habits can make you irritable, stressed, and make mental health symptoms worse. Try to go to bed around the same time each night.

- **Eat healthy.** — Nutritious foods support a healthy mind. Eat plenty of fresh produce, lean meats, nuts, and whole grains. Avoid foods that are high in sodium.

- **Find social support.** — Whether it’s a friend, a family member or a support group. Find positive people you can talk to and spend time with (face to face).
Guacamole Cheddar Chicken Burgers

By: Debbie C.

Ingredients:
1 lb ground chicken
3 tbsp. chopped fresh cilantro
3 tbsp. seasoned dry breadcrumbs
1 tsp. salt
Cooking spray
2 tomatoes, halved
1/3 cup shredded reduced-fat cheddar cheese
4 sandwich buns
Toppings: Chopped tomatoes, guacamole

Directions:
Mix ground chicken, cilantro, seasoned dry breadcrumbs, salt and pepper. Form into 4 (1 inch thick) patties. Coat grill with cooking spray. Grill patties and halved tomatoes (flesh side down) over medium-high heat for six minutes, turning until burgers are cooked through and tomatoes are charred. Top evenly with cheddar; let melt. Serve on buns with chopped tomatoes and guacamole. Makes 4 servings.

Calories per serving: 322
Fat per serving: 8g
Saturated fat per serving: 1g
Monounsaturated fat per serving: 3g
Polyunsaturated fat per serving: 2g
Protein per serving: 36g
Carbohydrate per serving: 31g
Fiber per serving: 6g
Cholesterol per serving: 47mg
Iron per serving: 3mg
Sodium per serving: 665mg

Both artwork pieces were created in the Cactus Bloom Art of Expression Group which takes place from 10:30-12:00 p.m. on Fridays at CODAC at Broadway. (3130 E. Broadway Blvd.)