Halloween Bliss

Samhain, pronounced “sow-in or sah-win,” has a complex history invigorated with Irish mythology and Celtic ritual. It may more easily be known as the time of year which denotes the end of harvest and the onset of winter. After crossing the ocean from its place of origin in the Northern Isles, it has culturally evolved into what is observed today as “All Hallow’s Eve”, or, Halloween. This is a festive occasion where homes are spookily decorated in a playful manner, people adorn dramatic costumes, and then stroll about in pursuit of colorfully packaged confections.

7 Tips to Stay Safe This Halloween

Halloween can be a fun day for families to dress up in costumes and enjoy treats. Here are a few tips to stay safe!

- Do not let children trick-or-treat alone. Walk in groups and make sure a responsible adult is present.
- Fasten reflective tape to costumes and bags so that drivers can spot you in the dark.
- Examine all treats for choking hazards.
- Be sure to look both ways before crossing the street. Halloween is a day that is notorious for pedestrian accidents.

- Wear well-fitting masks and costumes to avoid blocking your vision and to minimize the risk of tripping.
- Do not eat any homemade treats made by people you don’t know.
- Never walk near lit candles. Make sure your costume is flame resistant.

Source: CDC.gov
Member Recovery Story

With Recovery, Comes Hope.

Brittany C. began her recovery journey with CODAC after being released from the Crisis Response Center for suicidal thoughts in 2006. Her mental health and substance use history had her cycling in and out of treatment facilities and feeling depressed, angry and isolated.

“I was a mess and I refused to admit there was anything wrong with me,” she shares.

For a long time, Brittany struggled to figure out what was going on with her mind and her emotions. Eventually, she was diagnosed with bipolar disorder that she had been attempting to manage through drug use.

Brittany began treatment at Las Amigas, CODAC’s Residential Treatment Program for women with substance use disorders. With the right combination of medications, therapy and support, she began to feel more stable.

“The staff made me feel cared for as a person. My Recovery Coach helped me find resources, held me accountable and saw something in me that I didn’t know was there,” she says. With the guidance from CODAC, Brittany was provide tools to better manage her life. These included bus passes (to get her to treatment sites, appointments, and to find employment), support finding a job, and even permanent housing.

“Set backs, like the threat of eviction, really held me back and sometimes caused me to relapse,” shares Brittany.

“It’s so much easier to stay sober when you have help keeping a roof over your head.”

Brittany is feeling more confident as she moves forward in her life. She is now employed at a local fast food restaurant and regularly attends outpatient support groups and therapy. She is navigating the next steps to regain custody of her oldest daughter and just recently gave birth to her second child.

“CODAC has wrapped their arms around me and supported me with primary care, case management, medication management, family and job support. I feel like a weight has been lifted off of me and it’s been a long time since I have felt hope,” she says.

To learn more about CODAC’s Women’s Recovery services, visit our website at www.CODAC.org/womens-services.
Breast Cancer Awareness Month

During the month of October, breast cancer organizations promote awareness about prevention, diagnosis and the cure for breast cancer.

According to the World Health Organization, breast cancer is the most common cancer among women with one in every eight women getting diagnosed with breast cancer at some point in their life.

With those staggering numbers, early detection is vital! When found and treated early, most people can survive breast cancer.

There are various factors that may increase your risk of breast cancer. These include:

- Gender (most common in women, though men can get breast cancer too)
- Age (women over 55 are more likely to be diagnosed with invasive breast cancer)
- Family history (if a family member was diagnosed, your risk increases)
- Environmental factors (lack of physical activity, poor diet, and drinking alcohol increase your risk of breast cancer)

Get screened:

- If you are a woman ages 50-75, get a mammogram every two years.
- If you are a woman ages 40-49, talk with your doctor about when to start getting mammograms and how often to get them.
- Remember to talk with your doctor about your risk for breast cancer, especially if a relative had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Source: healthfinder.gov

Group Spotlight: Mindfulness

Mindfulness is the ability to be fully present and self-aware. This means bringing awareness to your senses, your state of mind, your thoughts and emotions. Mindfulness is an excellent tool in recovery because it allows you to process the present moment without judgment. For many people with addiction disorders, drugs are used to help escape from painful feelings or experiences. Mindfulness, invites you to focus on difficult thoughts and emotions so they lose their power.

Mindfulness groups take place on:
Thursday mornings from 9:00—10:00 am at Cactus Bloom (3130 E. Broadway Blvd.)
Friday mornings from 11:30am-12:30pm at CODAC at Alvernon (630 N. Alvernon)

DIY Halloween Ghosts

Supplies:
- White latex balloons
- White cheese cloth fabric
- Tape
- Fishing line (optional)
- Black Sharpie
- Glow sticks

Step 1:
Snap one or two green eight-hour light sticks so they glow and insert them into a white latex balloon.

Step 2:
Inflate the balloon and tie it closed.

Step 3:
Use a black marker to draw a wide-eyed ghost eyes and mouth (see photo above).

Step 4:
Drape cheese cloth fabric over balloon. Hang with fishing line or tape.

Have your voice heard!
Join CODAC’s member advisory board.
Monthly meetings take place on the second Tuesday of the month.

2:00 - 4:00 p.m. | 630 N. Alvernon Way
Ghostly Pumpkin Pudding

**Pudding:**
- 1 package gelatin
- 2 cups whole milk
- 6 large egg yolks (reserve 2 whites for topping)
- 1/4 tsp. ground cinnamon
- 1/4 tsp. fine salt
- 1 (15 oz) can pure pumpkin puree

**Topping:**
- 2 large egg whites
- 1/3 cup sugar
- 1/2 tsp. cream of tartar
- 1 pinch salt
- Small candy, for eyes

**Directions:**
For pudding: Put 1 tablespoon of cold water in large bowl. Sprinkle gelatin over the surface, do not stir, and set aside until gelatin softens and blooms.

Bring a few inches of water to a boil in a saucepan that can hold a stand mixer’s bowl above the water. Whisk milk, sugar, yolks, cinnamon and salt in a heat-proof bowl. Set the bowl above the boiling water and cook, stirring constantly with a heat-proof spatula, until mixture begins to thicken and coats the back of a spoon and almost boils (10-12 minutes). Immediately remove from the heat and pour over the gelatin, whisking constantly until gelatin is completely dissolved and evenly distributed. Whisk in pumpkin until combined and completely smooth.

Evenly divide mixture into 12 small 3-ounce cups (paper works fine) and refrigerate until set, about 4-8 hours.

For topping: Bring a few inches of water to a boil in a saucepan that can hold a stand mixer’s bowl above the water. Whisk the 2 egg whites, sugar, cream of tartar, and salt in the bowl by hand. Set the bowl above the boiling water and continue whisking until the mixture is hot to the touch and the sugar dissolved (about 1-2 minutes). Transfer bowl to mixer and beat with the whisk attachment at medium-high speed until eggs hold a stiff peak, about 5 minutes.

Spoon topping onto puddings in the shape of a ghost. Decorate with candy eyes and refrigerate until ready to serve.

Quotes of the Month

“She overcame everything that wasn’t mean to destroy her.”
- Sylvester McNutt III

“Make time for yourself. You are important.” - Author Unknown

“Don’t mention a person’s past mistakes when they are trying to change. That is like throwing rocks at them while they climb a mountain.” - Unknown

“And if today all you did is hold yourself together. I’m proud of you.”
- Les Miserables, “Come to Me”

“My recovery has been an evolution, not a sudden miracle.”
- Patty Duke