For many decades now, February has been the month of the significant other.

As much as we think of significant others all the year through, February, more than any other month, is the month we think of significant others. We celebrate them, buy for them, cook for them, and take them out. Our society has made it an obsession.

In this short article I would like to share a few personal observations it took me many years to come to. Things I’ve noticed about relationships and how we treat ourselves.

From the time we are young we are under the impression that if we don’t have a significant other there must be something wrong with us. This isn’t something new. It’s been going on since people have been pairing off.

The thing is we spend so much time looking for a significant other we don’t spend the time we should getting to know our significant selves. I was so worried about something being wrong with me because I didn’t have a significant other, I didn’t get to know me. Who I was, what I liked, what I wanted. You know, finding my significant me.

So the last few years have been really wonderful in a funny way. As hard as they have been, and they have been some of the hardest in my 52 years, I have actually enjoyed being single. For the first time in my life I have taken the time to find the significant me.

So this Valentine’s Day, if you don’t have a significant other to spend the day with, look on it as a gift. Time to spend learning about someone very important. Take yourself out, buy yourself something nice, or just stay home and make yourself your favorite meal. Get to know your Significant You and treat yourself right.
February Horoscope

By: P.M.N.

While the month of February can be credited with being the second month of the Gregorian calendar, with 28 days, it is also the year’s shortest month. Once every four years, leap year brings a special 29th day to February, which is known to many as Leap Day. Among February’s other special days are President’s Day, in honor of the United States’ great leaders, and Valentine’s Day, which celebrates the beauty of a loving relationship.

The two zodiac signs associated with February are Aquarius and Pisces. Those born from February 1st to February 18th are members of the Aquarius zodiac signs. Members of the Aquarius can be identified by their unique style and their flowing personalities.

For people born February 19th to February 28th/29th, they are born under the influence of the Pisces sign. The Pisces is a dreamer, but luckily their determination can turn far-off dreams to tangible realities.

Heart Health Awareness

February is American Heart Month. Most of us know someone affected by heart disease or stroke. Currently, over 103 million Americans live with high blood pressure, the number one cause of heart disease and stroke. In order to reduce your risk of heart disease, it is important to lead a healthy lifestyle. Talk to your primary care provider about ways to prevent heart disease, such as following a heart-healthy diet, incorporating heart-healthy exercise into your daily routine, and quitting smoking. If you do not have a primary care provider, please talk to a CODAC team member they will be happy to introduce you to one of ours!

Did you know physical exercise:

- is a natural mood lifter.
- lowers your blood pressure.
- improves your blood flow.
- boosts your levels of good cholesterol.
- prevents bone loss as we age.

DIY Favors: Salt Dough Tags

Submitted by: Sami

Materials:

- 2 cups flour
- 1 cup salt
- 1 cup water
- Heart shaped cookie cutters
- 6 cup Bundt pan
- Stamps

- Ink Pad
- Plastic straw to make hole in tags
- Sand paper

These fancy salt dough tags will add pizzazz to your party favors. They’re fun and easy to make too! If you have stamps with individual letters, you could also use these as name cards. You could also use these for other occasions if you wanted, like Valentine’s Day, Birthdays, etc. Any shape cookie cutter will do but for this we are using a heart shape.

Steps:

1. Preheat oven to 200 degrees Fahrenheit
2. Mix dry ingredients
3. Add water and mix together
4. Roll dough out to 1/4 inch thickness
5. Ink your stamp and press into the dough
6. Press cookie cutter into stamped dough
7. Place cut out on baking sheet
8. Use straw to make a hole in the top of the tag
9. Bake in 200 degree oven for 6 hours and remove to cool.
10. Sand the edges and add ribbon. If you want, you can paint the tags, add glitter and then varnish.

*Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events. It dates back to the 2nd millennium BCE.
**Member Poetry**

_Afternoon_  
_By: Steve M._

Under a billowy white to grey sky  
Soft shapes pale the sun  
A somber ambience drapes the  
Grass and sculptured stone space  
Remembrances hold close as tales  
Are shared  

A man has left...  
And thin sheltering cloaks effort  
To cover fluid and paling emotion.  

Memories and dreams and shadows  
And light  
Past bliss nourishes random thoughts  

A little girl is hiding her book  
A small boy is behaving but  
Distracted by ambition to play  
A tear-eyed woman is remembering  
A dance  

Time may toy with our lives  
Some tumble in careless schemes  
There is the sad turn when  
Someone leaves

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**Quotes**

“You can always trust the information given to you by people, they have access to truth not available through regular channels.”  
- Sheila Ballantine

“Regular people are allowed to have the same dreams as everyone else.”  
- Kimi Gray

“It’s not what happens to you, but how you react to it that matters.”  
- Epictetus

“The only sure thing about luck is that it will change.”  
- Bret Harte

“Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.”  
- Benjamin Franklin

“Life is a shipwreck, but we must not forget to sing in the lifeboats.”  
- Voltaire

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**A Valentine’s Day Dedication**

_By: Leticia S._

As I reflect on the month of February, the month of love is not only meant for lovers. I reflect on how my life was before I walked in these doors. I would like to make a Valentine’s Day dedication.

To all the staff members that work hard here at CODAC including at those that greet you at the front door reception area and front desk: Marlon, Fabian, Jessica, Mireya and to all the Recovery Coaches especially mine, Elizabeth O’Brien. She’s working hard as I’m sure all the rest are to help us get back on our feet. A shout out to Desk Duty people, one, in particular, I’d like to mention that goes out of her way to lend an ear and shoulder when things go wrong, or when I have a happy story to share. Her doors are always open. Employment Specialist Eddie Crandall has always been a true gem as well as a hard worker who goes out of his way to help those that are serious in seeking employment here at Alvernon.

A special shout-out to all the behind the scenes people of VOAB holding CODAC together and making a true difference...Happy Valentine’s to all members that make a difference in our daily lives! There is not enough chocolate to express my gratitude, and I think I speak for the rest of the members when I say this.
Green Chile Tater Tots Casserole

By: Sami

- 1 lb ground beef
- 1 cup chopped onion
- 2 cans chopped green chilies
- 1 can condensed cheddar cheese soup
- 1/2 cup sour cream
- 1 tsp. salt
- 1 1/2 cups shredded cheddar cheese (6 oz.) or pepper jack cheese for extra zest
- 1 bag frozen tater tots
- 2 tbsp. sliced green onion

Directions:

1. Heat oven to 350 degrees Fahrenheit. Spray 13x9 inch pan (3 quart) glass baking dish with cooking spray.
2. Cook ground beef and onion over medium-high heat 8 to 9 minutes, stirring occasionally, until brown; drain. Reduce heat to medium; stir in chilies, soup sour cream and salt until well blended.
3. Place half of the tater tots in a single layer on bottom of baking dish. Pour beef mixture on top. Top with 1 cup of the cheddar cheese, then with remaining tater tots, then with remaining cheese.
4. Bake 45 to 55 minutes or until casserole is bubbly and tater tots are lightly browned. Top with green onions.

Women’s Support Group

Women’s support group is an open forum for women to discuss their problems and help one another.

Kristara Wilson, Peer Support Specialist, is the facilitator of the group.

“I like the way sometimes we focus on one person depending on who, at that time, needs help. Many women in the group may share that they have the same problems,” she says.

Group Details:
Mondays | 2:00—3:00 p.m.
630 N. Alvernon

Southern Arizona Center Against Sexual Assault

Services for Survivors of Sexual Trauma

Support, education, and advocacy for individuals and families impacted by sexual trauma. SACASA is a program of CODAC.

Call 520.327.7273

Voice of Action Board

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

Seeking Writers!

Are you interested in submitting articles to the Member Newsletter?

Contact your Recovery Coach or Peer Support Specialist to learn more!

We provide treatment for:

- Treatment of common illnesses and minor injuries
- Wellness check-ups and vaccinations
- On-site pharmacy assistance
- Physical exams and screenings
- Standard lab work available on-site
- Close monitoring of chronic conditions like diabetes and high blood pressure

This vision board was created in the Art of Expression group which takes place at the Alvernon site (630 N. Alvernon) on Fridays from 11:00 a.m. to 12:30 p.m.