Success Story
An Interview with Lucretia, CODAC Member

By: Crystal L.

I started out living the hard life.

In-and-out of foster homes, jail, and mental state hospitals, with very little family support.

By the age of 7, I was introduced to the worst humanity has to offer. I grew up feeling alone, abandoned, unwanted and unloved.

By 16, I had already experimented with multiple drugs and other illegal activities, as I tried to fill a big void. At that age, I also learned I was pregnant. Unlike my parents, I wanted to love and care for my child. Unfortunately, love is all I could offer. So, I gave my little girl up for adoption.

Since my younger years, I have strived to better myself.

I am still in the process of learning to love myself and take care of myself. I now have a good job. I have stayed sober, and have my own apartment. I also regularly attend CODAC groups and I’m enrolled in school to learn more skills.

I still have a hard time with life, but learning coping skills and making healthy choices has improved my life so much. I am grateful for life now and grateful for the support I’m surrounded with.

I would suggest to anyone to work on loving yourself and being the best you can be.
The Zodiac signs for August are **Leo** (July 22—August 23) and **Virgo** (August 23—September 23).

**Leo**, the Lion, is a fire sign ruled by the Sun. This gives Leo people powerful energy, self-confidence and pride. They love to perform and entertain. They are also often natural leaders. Their desire to shine can make them vain or bossy. But Leo energy is fundamentally brave, generous, kind and loyal.

**Virgo** is ruled by Mercury and its element is the Earth. Virgos are methodical and have a zeal for detail. They have a penchant for accuracy that will put them in overdrive. They have very high expectations of themselves and this reflects in their work ethic. A Virgo wants the best possible outcome for all tasks and pursuits.

Not everyone shows the typical characteristics of their sun sign. Your sun sign represents your inner self, but the moon, planets and other astrological factors, as well as your personal circumstances, affect your personality.

*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.*

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**Stay Loyal to Your Goals!**

By: Jude B.

**Meet Jazz.**

He’s 29 years old and has been a CODAC member for 12 years. Jazz has lived at CODAC’s Adult Transitional Living for more than one year. He’s currently looking for a job, and hopes to finish his GED studies very soon.

Jazz’s ultimate goal is to become an EMT, which would require another nine months of training!

His story reflects courage and strength in the midst of adversity.

Jazz’s father passed away unexpectedly when Jazz was 17. He was very affected by his dad’s death. In his senior year of high school, Jazz dropped out to get treatment for severe depression, post-traumatic stress disorder and schizoaffective disorder. It took eight years for Jazz to finally find proper medication and treatment to stabilize his symptoms.

Jazz decided to earn his GED in his father’s memory. He attended classes at Pima Community College four days a week. He would often bike or take the bus.

Math is an easy subject for Jazz. Social Studies, Reading and Writing are a bit more challenging. But Jazz is moving forward. He’s completed about two-thirds of the course work to take the test and graduate. Jazz’s mom is very supportive of him.

Here are some words of encouragement for Jazz:

Stay loyal to your goals. Don’t ever doubt yourself!
A Poem for the Monsoon

By: Crystal L.

Can’t wait for the streets to turn into rivers
Can’t wait for flash flood weather
Oh Monsoons, Monsoons where are you?
I hear you crackle in the air,
I see you off in the distance,
I smell you coming near.
Oh Monsoons, Monsoons we need you!
Come do what you do!
Can’t wait any longer for you!

Self-Care Tips!

No money needed, and very little time.

Source: Nicole Spector, NBC News

1. Designate a meditation zone. All you need is a pillow, your favorite blanket or any objects that make you feel calm. Sit there for 15 minutes, do deep breathing exercises and health from the inside out!

2. Bring mindfulness to routine activities like walking and washing the dishes. Mindfulness is about being present in the moment, without judgements and a lot of positive, thankful thoughts.

3. Make a gratitude list. Write down the things you’re thankful for in your life.

4. Laugh! Even if you’re not in the mood. This happiness-making effect has been proven.

5. Decorate your bedroom or office wall with pictures of your favorite places, people and activities that bring you good memories.

Recharge and reduce your stress!

Quotes

Submitted by: Bill J.

“You may encounter many defeats but you must not be defeated.”
- Maya Angelou

“Be kind whenever possible. It is always possible.”
- Dalai Lama

“There is only one corner of the universe you can be certain of improving, and that’s your own self.”
- Aldous Huxley

“Only I can change my life. No one can do it for me.”
- Carol Burnett

“You can’t cross the sea merely by standing and staring at the water.”
- Rabindranath Tagore

“She is a beautiful piece of broken pottery, put back together by her own hands. And a critical world judges her cracks while missing the beauty of how she made herself whole again.”
- J.M. Storm
DYI: Hydrating Watermelon Face Mask

What you need:
• 1 watermelon slice to get 1 teaspoon of watermelon juice
• 2 tablespoons of plain yogurt
• A small glass bowl
• A spoon

Follow these steps:
• To make the watermelon juice, simply press a spoon into the watermelon flesh until the juice is released.
• Mix the yogurt and watermelon juice together until fully blended and the mixture looks pink.
• Apply to your face and neck.
• Leave it for 10 minutes.
• Rinse and enjoy your softer skin!

Yummy Summer Salad

By: Risa R.

What you need:
• 1 cup of sour cream
• 1 cup of cottage cheese
• 1 cup of sliced radishes
• One seedless, sliced cucumber
• Half a cup of scallions
• 2 cups of sliced fresh greens, such as basil or spinach. It's your choice!

Instructions:
• Mix veggies and scallions into a bowl.
• Add salt and pepper, until you reach your desired seasoning.
• Add sour cream and cottage cheese into the veggie mix.
• Mix well.
• Bon appetit!