**Member Newsletter**

**Success is a journey, not the end of the story**

*An Interview with Leticia S., CODAC Member*

By: Sami S.

This is Leticia S.’s success story. Her story of going from a struggle of neglect, abuses and undiagnosed mental illness, to thriving in her life. She has been diagnosed with PTSD, bipolar disorder, anxiety, depression and substance abuse. She has not only learned to cope, but she has learned to thrive and enjoy the journey of life.

Leticia is here most every day with her cat, Sayuri (that’s Japanese for Lily). She is the mother of four children (two girls and two boys) and has a grandbaby. When I asked her what she struggled with the most she said herself, her own mind, that she had always known that something was wrong but she didn’t know what.

It wasn’t she was 38, dealing with a CPS case and going to *La Frontera* that they were able to diagnose some of the things that were going on. It was there that she was first diagnosed with anxiety, depression and bipolar disorder. She did relate to me, though, that one of the problems she had was that she held a lot of things back. She had been neglected and abused as a child by her mother and her mother was her children’s foster parent.

Leticia felt she had a two-fold problem: 1) She was afraid CPS would think she would treat her children the same abusive way if she told them the way she had been treated and 2) her mother was the one that had neglected and abused her and her mother had her children. She was afraid.

While at *La Frontera* dealing with her CPS case, she attended *Parenting, Healthy Relationships* and *Substance Abuse* groups and went to *therapy*. Anxiety ended up taking over; she fell apart.

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DIY: All Natural Rosemary Mint Shaving Cream

Submitted by: Sami S.
Source: www.foodformyfamily.com

This DIY Shaving Cream is a wonderful gift and works great on sensitive skin. As you may be sensitive to some of the ingredients, always test it on a small area of your skin first. This oil cream allows a layer of protection and reduces razor burn even when using a dull razor.

This shaving cream contains no soap (which dries the skin) and has a similar feel to a conditioner or lotion-based cream. As you apply the cream, it will melt on your skin. To clean the razor, just run it under hot water or rinse it in a cup of hot water. After shaving, you don’t need to wash your face; just remove excess by using a warm, wet cloth and wipe the skin firmly.

What you need:
- 1/3 cup shea butter*
- 1/3 cup virgin coconut oil**
- 1/4 cup jojoba or sweet almond oil
- 10 drops rosemary essential oil
- 3-5 drops peppermint essential oil
- Low jar with an attached lid that has easy wide access

Steps:
1. In a small saucepan over low heat, combine the shea butter and coconut oil, stirring until just melted.
2. Remove from heat and transfer to a heat-safe bowl.
3. Add in the jojoba oil and the essential oils. Stir to mix.
4. Place the bowl in the refrigerator and chill until solid.
5. Remove and whip using hand beater or a stand mixer until light and fluffy. Spoon into a jar.

* You can buy shea butter from Amazon and most drug stores.
** Use refined or unrefined coconut oil. Do not use fractionated coconut oil; it will not work.

Paying Homage to Fathers & Father’s Day

Submitted by: Ricky R.

Looking back to now, fathers have come a long way, setting aside differences to balance their counter parts. Fathers here, in modern times are stepping up their game, everything from changing diapers, feeding, taking their kids to school, playing and so forth. So in honor of Father’s Day I give much needed honor and respect to today’s dads!

HAPPY FATHER’S DAY!!!
Leticia’s Story, continued

and ended up in the hospital and, eventually, homeless. Leticia ended up giving up custody of her children. She told me she was in a very sad state; she started drinking and getting paper arrested. The Judge didn’t want her to go to La Frontera. He gave her two other places to choose from. She chose CODAC.

In remembering this time of her life, Leticia paused, looked at me and said: “I know the crime I committed was wrong but it led me here to CODAC. I feel I’ve been receiving the best services here.”

Leticia said that what makes her a success story is finally being able to open up and be honest about her childhood. It helps being honest because they now have all the right diagnoses. She attends groups every day and is part of the Newsletter group. Whenever there is a Member Appreciation event, she tries to volunteer her time. She takes responsibility for taking her medications on a regular basis. She stays away from Substance Abuse and NA classes and anyone that uses.

Leticia could see the confusion on my face when she told me that she stayed away from Substance Abuse classes and NA classes so she explained to me that they were triggers for her and that it is suggested that you stay away from things that trigger you. When I asked her what programs she does take advantage of here at CODAC, the list is long! She is a busy woman!

She said she has replaced Substance Abuse classes with PSA Art Awakenings. They do clay art or drawing on canvas or Zentangle Art. She also does the Expressive Art group at CODAC. She attends one group a day at CODAC that has to do with the mind/emotions like: Mon- DBT, Tues- Anger Management, Wed- Mindfulness for Anxiety & Depression, Thurs- Coping Skills, Fri- Healthy Relationships and Tues and Thurs. are Art Awakenings!

At the end of our interview I asked her what her advice would be for a success story. I really liked her answer. Leticia said: “use your mind in a positive way you’ve never used it before. Try poetry, gardening, art, fishing, whatever, something different. Take your medications on a regular basis and be accepting. If something isn’t working, report it to your doctors, report emotions — everything — and just be patient.

I found interviewing Leticia S. both a sad and happy occasion. Sad, because it is always hard when you hear of someone’s suffering. But it was a happy occasion because of her successful journey. I know I keep saying it, but success isn’t the end of the story, it’s the journey...

Stay Hydrated This Summer

Every cell in your body depends on water to function properly. This is why it is so important that you remember to drink enough water throughout the day, especially now during the summer months when temperatures are soaring. Here are a few tips to stay hydrated:

1. **Carry a water bottle with you**— You are more likely to consume water when you have it on-hand throughout the day. Make sure to refill often!
2. **Eat fruits and vegetables that are high in water content** like cucumbers, watermelon, kiwi, iceberg lettuce, spinach, berries and broccoli!
3. **Get your electrolytes**— These nutrients that are found in food are important for regulating bodily functions (including your heart beat!). Coconut water is an excellent source!

Healthy Relationships

Enhance intimacy and self-respect in personal relationships. This group covers topics including stereotypical gender role expectations, assertive communication, sexuality and sexual myths, resolving conflict, codependency and healthy boundaries.

This group takes place at Cobblestone, Country Club and Alvernon locations. Ask the front desk for the group times at your site. Or, go to www.CODAC.org and click on CALENDAR at the top to view all site calendars.
When I Think Of Summer

By: Crystal-Lee L.

When I think of Summer, Some would say They remember picnics in the shade, But in Too Hot Tucson it’s 108 in the shade During Summer. Some would say They remember hiking and playing in the sun all day, But when I think of Summer, I remember to stay inside from 11 to 5 and to drink water all day During Summer. Some would say They remember just wanting to play in the water. But when I think of Summer, I remember needing to play in the water During Summer. That’s what I think of, when I think of Summer.

Old Saybrook

By: RMJ

I perched head and shoulders over the wayback seat of our Station Wagon. Our annual trek was about to begin. Looking straight out the windshield, anticipation was keen and excitement real. One hour and a half later with one more left turn we would reach our destination—the Connecticut shore.

Our cottage was two houses down from the beach. The cottage packed all of us, seven from my family and eight from our neighbor’s family. Nancy was my best friend growing up. We were inseparable. Together we would go crabbing, fish off the Getty and walk the Flats at low tide.

The postage stamp sandy beach allowed just enough room for our parents to relax on beach towels and soak up the sun and enjoy the ocean breeze.

Dinnertime consisted of vast amounts of food. Both my father and Nancy’s father were masters of the grill. Chicken, ribs, London Broil and—of course—hamburgers and hot dogs! Meanwhile, my Mother and Nancy’s mother busily prepared pounds of potato salad and coleslaw. Everyone circled around a huge dining room table to eat their fill.

After dinner it would be back to the beach until sundown. At bedtime, something about the sounds of lapping waves, seagulls calling and loud crickets seemed to lull me to sleep. This was more than just a vacation... it was 2 weeks of adventure, fun and complete happiness.

These are some of my favorite summer memories.