Welcome Home, Desi

Member’s journey to living independently

By: Rebecca

When Desiree ("Desi") was in her early 20’s she started experiencing some mental health symptoms: anxiety, yelling a lot, anger issues and sleeping a lot. Her ex-in-laws paid for a visit to a psychiatrist when she was 21. That is when they thought it might be a thyroid problem, and that’s what it was. Desi had an over-active thyroid. This made it difficult to prescribe psychotropic medications because the thyroid must work properly. She was given thyroid medication. Later, psychotropic medications were prescribed. Over time, one hundred combinations were tried. Now she is stable on just five medications a day.

Her illness made everyone very unhappy, especially her ex-husband. Desi was unable to meet all the needs of her children, a daughter who was 10 and a son who was six. Desi’s daughter often got her younger brother ready for school.

In 2007, Desi became a CODAC member. Seeing Dr. Bupp at CODAC allowed her to find a combination of medications to stabilize her symptoms. After a hospitalization, she went to a group home called Saguaro House and then her case manager suggested CODAC’s Adult Transitional Living (ATL) program. Some advantages to ATL, according to Desi, are: roof over your head, great people, great staff, great members, feeling safe and comfortable, and an amazing roommate.

Desi is about to embark on living in her own apartment. She has lived at ATL since 2017. She recently heard back from Section 8 and Tucson House. It was a five year wait, but Desi feels it is an opportunity too great to pass up.

When asked if she would like to work or volunteer, Desi mentioned pet-sitting or preschool teacher. One courageous move makes Desi’s story one of success and inner-strength.

Welcome home, Desi!
Thank you to the 282 CODAC members who completed the Satisfaction Survey handed out in the lobbies of our outpatient treatment centers from March 4-8, 2019. Here’s a summary of the results:

CODAC Employees...

<table>
<thead>
<tr>
<th>Disagree/Strongly Disagree</th>
<th>Agree/Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>keep my personal information private</td>
<td>4%</td>
</tr>
<tr>
<td>are friendly and helpful</td>
<td>4%</td>
</tr>
<tr>
<td>believe I can grow, change, and/or recover</td>
<td>5%</td>
</tr>
<tr>
<td>return my phone calls</td>
<td>24%</td>
</tr>
</tbody>
</table>

As a direct result of the services I receive at CODAC...

<table>
<thead>
<tr>
<th>Disagree/Strongly Disagree</th>
<th>Agree/Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am better able to avoid using drugs or alcohol</td>
<td>7%</td>
</tr>
<tr>
<td>I have less involvement with law enforcement</td>
<td>7%</td>
</tr>
<tr>
<td>I make healthier lifestyle choices</td>
<td>10%</td>
</tr>
<tr>
<td>My overall physical health has improved</td>
<td>24%</td>
</tr>
<tr>
<td>My symptoms are not bothering me as much</td>
<td>25%</td>
</tr>
</tbody>
</table>

In general...

<table>
<thead>
<tr>
<th>Disagree/Strongly Disagree</th>
<th>Agree/Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The lobby and waiting rooms are clean</td>
<td>7%</td>
</tr>
<tr>
<td>Overall I’m satisfied with the services I receive at CODAC</td>
<td>8%</td>
</tr>
<tr>
<td>I don’t have issues getting my medication</td>
<td>21%</td>
</tr>
<tr>
<td>The wait time was reasonable</td>
<td>21%</td>
</tr>
<tr>
<td>I am able to see a provider when I want</td>
<td>27%</td>
</tr>
</tbody>
</table>

CODAC’s leadership closely reviews the results. “We are pleased with the overwhelmingly positive responses on most questions,” says CODAC President & CEO Dennis Regnier. “We also learn from your feedback and look to make improvements in areas where you tell us we can do better. We continue to look into ways to improve our call return time and ongoing appointment availability,” he adds.

The next Member Satisfaction Survey will be available during the first week of June.

Home Remedies: Allergies

By: Coco

Peppermints – Chewing two “curiously strong” peppermints may clear a stuffed-up nose. Peppermint relieves congestion.

Yogurt - According to the International Journal of Immunotherapy, eating yogurt with active cultures enhances the body’s immune system by increasing the production of gamma interferons, which play a key role in fighting certain allergies and viral infections.

Dusting Spray – As fan blades turn through the air, they create static electricity, which attracts dust to the edges of the blades. Spraying dusting spray on the blades of overhead ceiling fans and oscillating fans and wiping them clean lubricates the blades, preventing dust from settling on them.

Trash Bags & Packing Tape – Cut open the sides of several trash bags, wrap your mattress and pillow in the plastic and tape it in place to prevent dust mites from burrowing.

Coffee Filters – In a pinch, you can use a coffee filter as a dust mask by simply placing it over your nose and mouth and breathing normally.

Packing Tape – Remove fuzz, lint and pet hair from clothing by wrapping a strip of packing tape around your hand — adhesive side out — and patting your clothes.

Strange & Not-So-Strange Facts: Allergies

By: Coco

- 80% of household dust is dead skin cells.
- Between 25 and 33% of the population sneeze when they are exposed to light. The nerve endings in the nose are connected to the nerves in the eyes.
- Particles expelled by a sneeze have been recorded travelling at 103.6 miles per hour.
- Gesundheit is German for “good health.” The word for sneeze in German is niesen.
- The Old English word for sneeze is fneosan.
- Roughly 15% of Americans have an allergy requiring repeated medical treatment.
- The existence of airborne bacteria was discovered in 1861 by French bacteriologist Louis Pasteur.
- The sneezewort (pictured to the right) — a plant that grows in America, Europe and Asia — got its name from the fact that its odor makes people sneeze.
Hydration: What we drink is important

By: Coco

To start, let’s say we are about 65 to 70% water, with muscle being 70% water and fat being water phobic, or a “water-hater.” Also, the “eight eight-ounce cups of water” need that we have been taught might not be enough for some people and might be too much for others. Those who work or play out in the heat, or work out strenuously, would need more water than someone who just sits around doing not much inside.

Water is used to transport food for digestion and nutrition in the blood. It lubricates joints, is in the mechanical function of tears and helps release or hold heat. The average adult loses about 84 ounces, or 2.5 liters, of water during the course of the day (1.5 liters is lost through urine). The gut can hold one to two liters of water at a time.

The best way to tell if you are hydrating yourself well, according to Dr. Roberta Anding of Baylor College of Medicine, is checking your first morning urine. Your morning urine should be the color of pale lemonade, which means you are doing a good job. If it’s the color of apple juice then you did not do a good job hydrating yourself the day before.

Did You Know?

Hydration Facts

• Flying is a major issue when it comes to dehydration, especially long distance flights.

• The older you are, the less sensitive you are to your thirst mechanism. Therefore, you are more likely to become dehydrated. This also goes for painkillers and medications, so keep up with the water folks.

• If you weigh yourself before and after you work out, it tells you how much water you lost, not how much body fat you lost. This is usually a one to two percent body loss. How much water did you lose during that workout you ask? Well, for every pound lost in exercise you lose 16 ounces of water. To get that water back, you need to drink 16 to 24 ounces of water per pound.

• There is thing called overhydrating, which is when you drink too much water in a short amount of time. It causes you to dilute your sodium reserves, meaning you have more water than sodium in your body.

Group Spotlight

Anger Management

Understand where your anger comes from and learn tools and techniques to better manage anger, frustration and stress.

(This group fulfills most DCS and other required treatment.)

You can see ALL OUR GROUPS online at www.CODAC.org/calendars. Download the calendar for each site and grow!

Quotes

Submitted by: Socorro V.

“For every minute you are angry, you lose sixty seconds of happiness.”
— Ralph Waldo Emerson

“We’re all a little weird, and life’s a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.”
— Dr. Seuss

“Do what you can, with what you have, where you are.”
— Theodore Roosevelt

“Maybe we all have darkness inside of us and some of us are better at dealing with it than others.”
— Jasmine Warga

“Don’t let what you cannot do interfere with what you can do.”
— John R. Wooden

“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.”
— Morris West

“Everybody wants to live on top of the mountain, but all the happiness and growth occurs while you’re climbing it.”
— Andy Rooney
Recipe: Black Bean Chicken with Rice

From the Cobblestone Court “Cobblestone Chefs Cooking Group” on Tuesdays from 11:30AM-1PM

**Ingredients**

- 3 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 1/4 teaspoon salt
- 4 boneless skinless chicken breast halves (4 ounces each)
- 2 teaspoons canola oil
- 1 can (15 ounces) black beans, rinsed & drained
- 1 cup frozen corn
- 1 cup salsa
- 2 cups hot cooked brown rice

**Directions**

In a small bowl, mix seasonings; sprinkle over both sides of chicken. In a large, non-stick skillet, heat oil over medium heat. Brown chicken on both sides.

Add beans, corn and salsa to skillet; cook, covered, for 10-15 minutes or until a thermometer inserted into the chicken reads 165˚. Remove chicken from pan; cut into slices. Serve with bean mixture & rice.

“Elements” of Healthy Living: **Iron**

By: Coco

Iron is an element that our body needs in small amounts. It has many uses in our body. Usually from our blood to muscle to taste and more. Many of us get these minerals without even knowing that we get them. We mostly get them through the food we eat.

Iron is needed for:
- Our blood,
- Muscle,
- A well-functioning immune system,
- And neurotransmitters.

The last due to its role in oxidative metabolism. Oxidative metabolism is the process of breaking down glucose with oxygen for the cell to use. It is also a cofactor in the creation of neurotransmitters and myelin. Myelin is the fatty outer layer of the nerve cell. We need that fatty outer layer of our nerve cells to do their job. A cofactor is a “helper molecule” that assists in changes in our body. Those changes could be anything.

We primarily get our iron from animal sources, mostly meat. Though we can get a small amount from plants and cooking on a cast iron skillet. Yes, your grandparents were right to use such things. Milk is mostly devoid of iron. Kind of scary isn’t it to think something good for us doesn’t have iron? So find something else for your iron. Our food has been fortified with iron. We get more iron than we need most of the time.

Women absorb only about 13% of the iron we eat. Men, on the other hand, absorb only about 6% of the iron they eat. Iron loves a very acidic environment. It does not do well when the stomach content is not acidic. So, don’t take too many antacids. Tannins, the stuff in alcohol, tea and coffee, reduces the absorption of iron by 40%. This is mostly red wine that is the culprit when it comes to alcohol. Yes, red wine is good for you in moderation.

The upper limit intake for iron for adults is 45mg. The upper limit intake for kids it is 40mg.

**Healthy Foods High In Iron:**

- Crawfish
- Lean red meat
- Quinoa
- Beans & lentils
- Turkey
- Tofu
- Baked potatoes
- Cashews
- Dark leafy vegetables like spinach
- Dark chocolate