

TADISO TIMES

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IMPORTANT NEWS

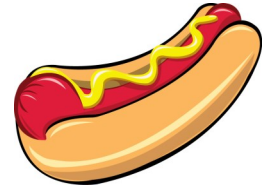
Independence Day is Monday, July 4. Get to Tadiso early to avoid holiday traffic.

Have safe and happy holiday!



Annual Patient Appreciation Day is July 29

Food and beverages will be provided free of charge to all patients. Breakfast items will be available at 8am in the Coffee House. Hot dogs and soda will be available beginning at 10am. Patients are encouraged to submit art work to their counselor or at the Fiscal Payment Office.



Although there will not be any competition, staff members

and other patients enjoying viewing the art work

which will be displayed in the show case in the Fiscal waiting area. The Patient Advocate Committee will be distributing free gifts to patients.

The Child Care Center will also be displaying their art work in the Child Care Center.



CHILD CARE NEWS

Tadiso's child care accepts children of all ages, who need supervision while their guardian is receiving services at Tadiso. Older children can sit in a separate area of child care and participate in age appropriate activities.



However, only children in your direct care are welcome. This does not include children in your neighborhood or friends of your children.

Heart disease is responsible for one of every three deaths in the country, and people living with mental and substance use disorders have a higher rate of modifiable risk factors, such as cigarette smoking, obesity, diabetes, hypertension, and elevated cholesterol. In fact, cardiovascular disease is one of the main causes of death for people with mental and substance abuse disorders.

In an effort to address this health disparity among those living with mental and substance use disorders, the Substance Abuse and Mental Health Services Administration (SAMHSA) continues its efforts with the Million Hearts® Initiative. Million Hearts® is a national initiative that has set an ambitious goal of preventing one million heart attacks and strokes by 2017. Million Hearts® focuses on addressing modifiable risk factors through increased public awareness, improving access to effective care, and focusing clinical attention on the prevention of heart attack and stroke.

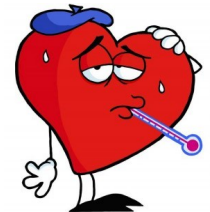
A B C 'S Talk to your PCP about the ABC's of Heart Disease and Stroke.

A is for Aspirin, when appropriate.

B is for Blood Pressure. Control your blood pressure.

C is for Cholesterol Management.

S is for Smoking Cessation.



Tadiso Tidbits...Reminders from Tadiso

- **TADISO locks the door to the clinic at 1:45pm. In addition, we began locking the gate at 1:45pm. Take note: If you are not inside the building at 1:45pm, you will not be medicated. Please leave your home early so you are not locked out. Be prepared for traffic and delays due to construction, sporting events, concerts, etc.**
- **Tadiso is not responsible for damage to your vehicle while parked in our parking lot. Please exchange insurance information with the other party, as this is your business.**

Sun Safety



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

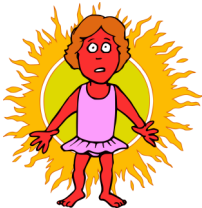
When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.



Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.



How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

HAVE A SAFE SUMMER!

STAYING SAFE WITH NATURAL GAS

Stay safe - Make sure your family knows how to detect natural gas, and what to do when it's detected.

Use your senses to detect a natural gas leak:

Smell: Rotten egg odor

Hear: A hissing, whistling or roaring sound near a gas line or appliance

See: A damaged connection to a gas appliance, or dirt or water being blown into the air

If you recognize any of these situations:

- o Leave the area immediately
- o From a safe location, call 911 and wait for our crew and emergency responders to arrive
- o Don't light a match or candle
- o Don't operate anything that could cause a spark, including cell phones, lights, appliances, flashlights, power tools, etc.
- o Don't open windows and doors to attempt to ventilate
- o Don't try to find the leak yourself or operate pipeline valves

REMINDER ON WEAPONS

ANY WEAPON
BROUGHT ON TO
TADISO PROPERTY
WILL RESULT IN
IMMEDIATE DISCHARGE
FROM THE PROGRAM.



PATIENT AND STAFF
SAFETY ARE A PRIORITY
AT TADISO.

