

TADISO TIMES

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BREAKING NEWS.....

Tadiso to close early on Thursday October 13. Please note that Tadiso will be closing at 11:45am on October 13. Please be sure to be here early to receive your medication.

REMINDER

New hours beginning on October 3, 2016:
Monday-Friday 6am-4:15pm
Saturday & Sunday 6am-1:45pm

TADISO ADDS 2 DISPENSING STATIONS

Additional dispensing stations will be added to the second floor at Tadiso. The stations will be located in the former Fiscal Payment Office. The Payment Office has also been moved. Look for these changes during the month.

PITTSBURGH TRAFFIC

Bridges are closed. Lanes are merging. Road construction.
Police activity.
A car accident.



All you want to do is get to Tadiso!

Take time to plan.

Don't miss your medication.



JOHN APPELDORN TO RETIRE THIS MONTH

John J. Appeldorn has dedicated more than 19 years of service working to combat opiate addiction at Tadiso. He will be honored by staff members and Board members at a private luncheon later this month. Patients are encouraged to write a personal message in the congratulations card located in the dispensing area.

In June 1997, John was hired as the Assistant Director of Social Services. In 2000, he was promoted to Director of Social Services. In 2014, he was advanced to Tadiso's Operations Director. He has been instrumental in assisting the counselors develop group counseling programs. He created and maintained compliance programs for several monitoring agency's including, Pennsylvania's Department of Drug and Alcohol Programs, Allegheny County's Department of Human Services, and the Commission for the Accreditation of Rehabilitative Services, (CARF). He was always recognized for his compassion for those affected by the disease of addiction. John wrote the following message to all of us:



As I prepare to retire from Tadiso after 19 years, I wish to express my gratitude and appreciation to the dedicated professionals with whom I have worked and to the many wonderful people who have allowed me to share their journey of recovery.

The words of Robert Frost best summarize my feelings:

Two roads diverged in a wood and I -
I took the one less traveled by,
and that has made all the difference.

I pray that each of you may also have the opportunity to take the road less traveled in your own life journey.

FIRE PREVENTION



Tadiso will be hosting a fire prevention program on October 13, 2016. The children's program will begin at 10am and the adult program is at 11am. Local fire department representatives will be available to discuss free smoke detectors and batteries.



Literature and fun awareness items will be available for the children. Make your home safe by checking smoke detectors and batteries on a regular basis.



HALLOWEEN SAFETY

It's time for Halloween parties and trick-or-treating! Take a few minutes to help keep children safe.

Make sure to examine all treats for choking hazards and tampering before eating them.

- Wear costumes that fit properly and don't cover kids' eyes.
- Plan healthy treats. Instead of candy, offer safe nonfood treats or healthy snacks. Limit the amount of treats you eat.
- Always trick-or-treat in groups or with a trusted adult. Never trick-or-treat alone.
- Ensure safety on the street. Mark treat bags and costumes with reflective tape, and have children carry a flashlight so drivers can see them.
- Keep porches and walkways clear of candles and other obstacles. Always WALK and don't run.



October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help! Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths/flu-related deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.



Taking something that does not belong to you is STEALING. Stealing of anything on Tadiso property will result in dismissal from the program and legal prosecution.. THINK.



The Pittsburgh Recovery Walk..... Three Tadiso staff members participated in the Recovery Walk on September 10. Lauren Webster, Jeff Parker, and Samantha Hines made the time out of their busy lives to participate in this activity. That's dedication!

