

TADISO TIMES

ISSUE 175

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BREAKING NEWS.....

Special holiday hours: 6am—1:45pm
November Holidays are:
Friday, November 11
Thursday, November 24
Friday, November 25

REMINDER

Dispensing Hours:
Monday-Friday 6am-4:15pm

Saturday, Sunday & Holidays
6am-1:45pm

TADISO ADDS 2 DISPENSING STATIONS

Additional dispensing stations will be added to the second floor at Tadiso

TADISO ADDS 2 WELLNESS NURSES

To assist in addressing your physical health needs, Tadiso has hired 2 Wellness Nurses. They are located in the medical department, should you need to discuss any of your concerns.

Bonnie



Meaghan



HAPPY THANKSGIVING



In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed [Massachusetts](#) Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor [William Bradford](#) organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "fowling" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.



REMINDER — You can help stop overdose deaths.....
PA Enacts Good Samaritan Drug Overdose Immunity Law

On December 1, 2014 a new law went into effect in Pennsylvania which changes the state's drug laws to provide immunity for people who suffer a drug overdose and for people who report a drug overdoses, as long as certain criteria is met. The law can be found at 35 P.S. 780-113.7 and is titled:

Drug Overdose Response Immunity.

The law states that a *person who assists a person experiencing a drug overdose* cannot be criminally charged and is immune from prosecution in either of the following instances:

1. The person transported a person experiencing a drug overdose to a law enforcement agency, campus security office or health care facility AND law enforcement only became aware of the incident and of certain criminal offenses because of that person's assistance;
2. The person reported the drug overdose in good faith to law enforcement AND the person provided their name and location to law enforcement AND the person remained with the person needing medical attention until law enforcement arrived.

TIS THE SEASON FOR everything pumpkin.

As the poster child of fall, pumpkin doesn't just star in our autumnal decorations, it shows up on our menus too. And as far as we're concerned, that's a good thing. Pumpkin is great for your oral and overall health.

Pumpkin: Fall's Superfood

We're glad pumpkin has so many health benefits because it sure is delicious!

Pumpkins are high in fiber and are a great source of beta-carotene, which are both important for our health in various ways. They're also full of potassium which can help lower blood pressure. But the reason *we* love pumpkin is that it's great for your smile!



Pumpkins benefit your oral health because they are:

- **A great source of zinc.** Zinc is considered an anti-plaque agent and is often added to toothpaste to prevent buildup. It also strengthens teeth and bones and boosts gum health.
- **Rich in vitamins.** Vitamin A found in pumpkin aids in the flow of saliva, keeping your teeth clean and protecting them from decay. Pumpkin's vitamin C contributes to a healthy immune system, helping you to fight off oral infections.

High in magnesium. In tandem with calcium, magnesium strengthens tooth enamel and prevents decay. Without magnesium, our enamel would be much weaker and more susceptible to cavity-causing bacteria.

Not All Pumpkin Treats Are Good For You

Now before you go running off to Starbucks for that pumpkin spice latte or the bakery for a batch of pumpkin chocolate chip cookies, there are a few things you should know.

Not *everything* you encounter with pumpkin in it is going to benefit your health.

A lot of the most popular pumpkin snacks—pumpkin pie, bread and cake, in addition to the aforementioned treats—should actually be considered desserts because of their **high sugar content**. So when it comes to these sugar-filled pumpkin treats, consume them in moderation.

Here are some healthier ways to satisfy your pumpkin cravings this fall:

- Baked pumpkin seeds—a guilt-free, vitamin-filled snack
- Pumpkin smoothie—perfect for breakfast or as a dessert substitute
- Pumpkin soup—a great way to warm up in the colder autumn weather

Roasted pumpkin—make it the main course, use it as a side dish, or throw it in a salad

Enjoy The Fall Season. Nothing says autumn more than the big orange fruit. When you're eating all that pumpkin this fall, remember that you're not only satisfying your tastebuds, but you're also boosting your oral and overall health! So go ahead, eat more pumpkin.