

# TADISO TIMES

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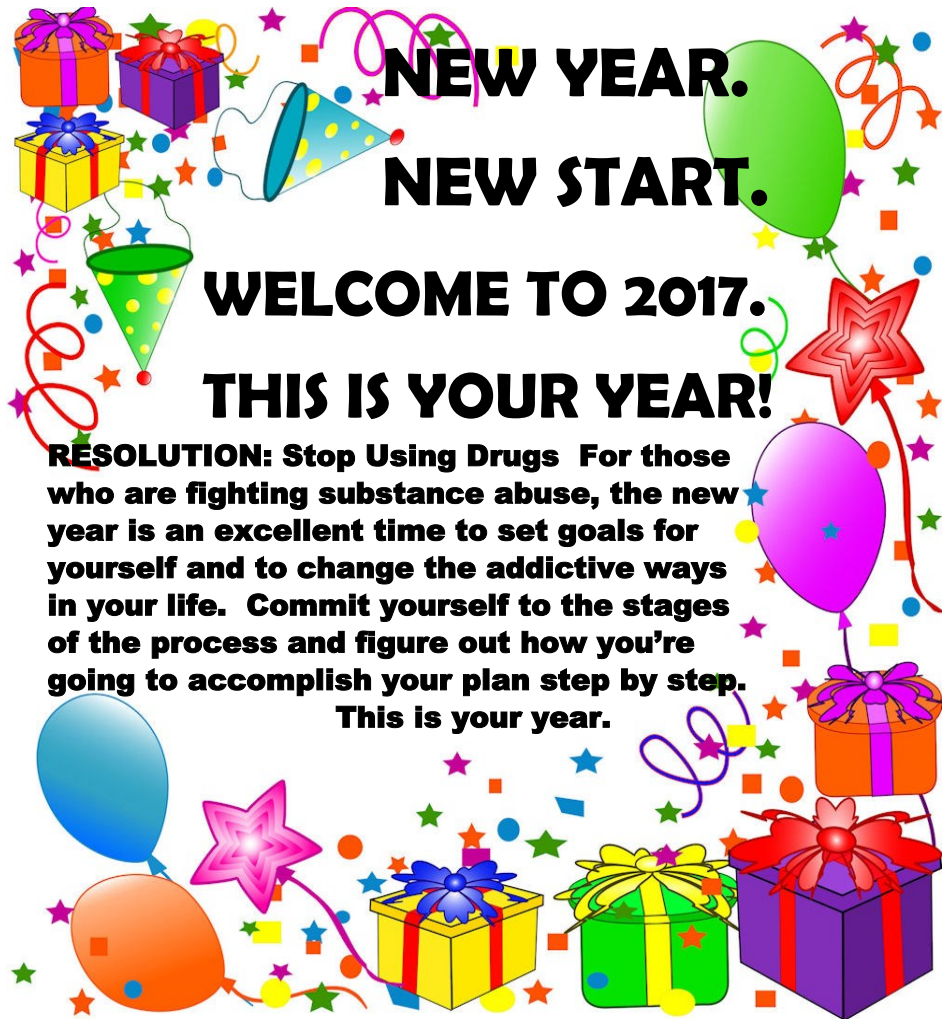
## BREAKING NEWS.....

**Martin Luther King, Jr. Day**  
Monday, January 16, 2017  
Hours are 6am-1:45pm

### Tadiso Opens New Office!!

Tadiso has opened a new office at 300 Cedar Ridge Drive, Suite 300, in Robinson Twp. This office is for Suboxone treatment only. We are now accepting new patients. Anyone interested in receiving suboxone medication, and counseling, at our new location, should call our main office at 412-322-8415 and enter extension 112.

Tadiso West Suboxone Office  
300 Cedar Ridge Drive  
Robinson Twp.  
412-322-8415 ext. 112



## MORE RESOLUTIONS!

Are you as healthy as you want to be? Are you struggling to lose weight or feel better in your clothes? Do you want to eat healthy but don't know how? It's all about making simple changes.

Tadiso now has two wellness nurses in the medical department available to meet with you Monday through Friday from 6:00 am to 4:30pm. Bonnie and Meaghan will help you learn to take small steps to improve your health at your own pace. We will help you define what's holding you back and highlight the good choices you already make.

Learn how to accomplish what you thought impossible? Each person's journey is their own. Come meet with Bonnie or Meaghan and find a plan designed to fit your lifestyle.

Choose from the wellness programs below or let us know how we can meet your very special needs.

Finding a New Healthcare Provider  
Manage Diabetes  
Living with Asthma

Be Tobacco Free  
Relieve the Stress  
Eating for Health



## Quit smoking to start your year off right!

Every January 1, people all over the world make New Year's resolutions. If you're one of the nearly 7 in 10 U.S. smokers who want to quit, why not make a resolution to get started? Smoking is still the number one cause of preventable death and disease in the United States. Quitting now can cut your risk for diseases caused by smoking and leave you feeling stronger and healthier.

Most smokers who want to quit try several times before they succeed, but you can take steps that can improve your chances of quitting for good.

### Develop a Quit Plan

Planning ahead is a major part of successfully quitting smoking. [Smokefree.gov](http://Smokefree.gov) offers details on how to create an [effective quit plan](#), including:

Picking a quit date. Starting the new year smoke free is a great idea.

Letting loved ones know you're quitting so they can support you.

Figuring out what triggers make you want to smoke so you can avoid them, especially during the early days.

Make an appointment with Tadisó's wellness nurses for more help and encouragement.



## NEED HELP WITH HEALTH CARE INSURANCE.....

Just because you missed the December 15th deadline, it doesn't mean you missed the whole enrollment period. During the yearly Open Enrollment Period, anyone who qualifies to use the Health Insurance Marketplace can apply for and enroll in a plan. Open enrollment for 2017 health insurance ends January 31, 2017.



If you've investigated prices on the website, we encourage you to submit all your personal information requested. People have received subsidies that have brought the monthly premiums down to as little as \$15 per month. In fact, if it is determined that your income is not sufficient, your application will automatically be forwarded for review for the Medicaid and Medicaid Expansion programs. The process only takes about 15 minutes and it is most definitely worth the effort.

You can set up a time with Bonnie or Meaghan, the wellness nurses, by stopping by the medical department. Just make sure you do before the January 31, 2017 deadline.

## Research Shows That Car Seats and Winter Coats Can Be Deadly.....

Now that winter temperatures are upon us, it's time to talk safety when it comes to bundling up the kiddies. Of course we put them in snugly, warm coats to protect them from the cold, but doing so can create a dangerous combination when they are placed in a car seat. **A bulky coat under a child's car seat harness can result in the harness being too loose to be effective in a crash.** To check if your child's coat is too big and bulky, try this simple test.

Put the coat on your child, sit them in the car seat and fasten the harness. Tighten the harness until you can no longer pinch any of the harness webbing with your thumb and forefinger.

Without loosening the harness, remove your child from the car seat.

Take the child's coat off and put the child back in the car seat and buckle the harness straps. The harness should still be adjusted as it was when the child was wearing the coat.

If you can now pinch the webbing between your thumb and forefinger, the coat is too bulky to be worn under the harness.

**To keep your young one warm, you can either place their coat on backwards over the harness or lay a blanket across your child's lap and chest.**

If you have any questions or need a demonstration, come see the wellness nurses who will be happy to work with you.

