

TADiSO TIMES

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IMPORTANT NEWS.....



INDEPENDENCE DAY is Thursday, JULY 4. HOURS WILL BE 6AM-1:45PM.

Some people will receive a take home bottle on July 3.

Live. Life. Healthy



WATER——BASIC AND IMPORTANT INFO FROM THE CDC

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking water when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements



Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze in freezer safe water bottles. Take it with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages.
- Choose water when eating out. Generally, you will save money and reduce calories.

INDEPENDENCE DAY

Commonly known as Independence Day, July 4th has been a federal holiday in the United States since 1941. However, the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution.

In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle, weighed a resolution that would declare their independence from Great Britain. July 4 is known for family functions often involving fireworks and outdoor barbecues. The common symbols of freedom are:

Freedom from Opioids

Opioid Use Disorder can vary in the power it has over a

person. However, one thing remains constant-- you can be free from whatever control that IT has over you.

At Tadiso, you will find encouragement and strength in knowing that there are other people who struggle with the same things and have overcome their circumstances and past to find freedom from addiction.

What is your symbol of freedom from opioids?



News from neighbors—

Please take note on the feedback we recently received from our neighbors

Tadiso and our business neighbors have cameras and have been able to identify criminal activity on neighboring properties.

- Patients have been seen hiding personal items on these properties.
- Patients have been seen littering.
- Patients have been asking our neighbors for cigarettes and money.
- Patients have been seen urinating and defecating on the neighbor's property. This is a crime and per confidentiality guidelines, TADISO MAY REPORT A CRIME, INCLUDING YOUR IDENTIFYING INFORMATION, TO THE POLICE, FOR PROSECUTION.

Tadiso has a bathroom available for your use. Please stop using the neighbor's parking lot as a bathroom. We see you on camera. They see you on camera. We have already identified 3 people.

You will be discharged from the program for this disgusting action.

Food Poisoning

Learn about the most effective ways to protect yourself and your loved ones from food poisoning.

Food Poisoning Symptoms

Food poisoning symptoms may range from mild to severe and may differ depending on the germ you swallowed. The most common symptoms of food poisoning are:

Upset stomach	Stomach cramps
Nausea	Vomiting
Diarrhea	Fever

After you consume a contaminated food or drink, it may take hours or days before you develop symptoms. If you experience symptoms of food poisoning, such as diarrhea or vomiting, drink plenty of fluids to prevent dehydration.

When to See a Doctor for Food Poisoning

See a healthcare provider if you have symptoms that are severe, including::

Blood in stools

High fever (temperature over 102°F, measured orally)

Frequent vomiting that prevents keeping liquids down (which can lead to dehydration)

Signs of dehydration, including a marked decrease in urination, a very dry mouth and throat, or feeling dizzy when standing up.

Diarrhea that lasts more than 3 days

Some foods are more associated with foodborne illnesses and food poisoning than others. They can carry harmful germs that can make you very sick if the food is contaminated.

Steps you can take to avoid food poisoning:

- When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.
- Wash your hands with soap before and after handling raw meat, poultry, and seafood.
- You should not wash raw poultry or meat before cooking it, even though some older recipes may call for this step. Washing raw poultry or meat can spread bacteria to other foods, utensils, and surfaces, and does not prevent illness.
- Thoroughly cook poultry and meat.
- Wash work surfaces.
- Leftovers should be refrigerated at 40°F or colder within 2 hours after preparation. Large cuts of meat, such as roasts or a whole turkey, should be divided into small quantities for refrigeration so they'll cool quickly enough to prevent bacteria from growing.
- Avoid unwashed fresh produce.

-content from the CDC website

