

asac action

November 2008

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Visit our web site at
www.asac.us

GREAT AMERICAN SMOKEOUT

The American Cancer Society has scheduled the Great American Smokeout (GASO) for November 20, 2008, to encourage smokers to quit for a day in the hope they will quit for good. Pharmacotherapies, behavioral therapies, and counseling—including telephone counseling—can help patients quit and increase their chances of not relapsing.

GASO officially began in 1977, the event's roots reach back to 1971, when Arthur P. Mullaney challenged the citizens of Randolph, Massachusetts, to give up cigarettes for the day and donate the saved money to a high school scholarship fund. Mullaney coined the term Smokeout. Later, Lynn R. Smith, editor of the Monticello Times in Minnesota, spearheaded that state's first D-Day, or Don't Smoke Day. D-Day spread like wildfire throughout Minnesota and then blazed west to California, where it became the Great American Smokeout.



In honor of GASO, JEL students from all over Linn, Benton and Jones Counties will be hosting street marketing events to educate their communities about the dangers of tobacco. The coalition is also partnering with St. Luke's for anyone who wants to quit smoking to get prescriptions for nicotine replacement (patch, gum, pill, etc.). There will also be community resources available to help support anyone who wants to quit smoking.

For details on these events, contact the coalition at 390-1884 x 205 or visit the coalition's web-site at www.breatheeasycoalition.com.

HEART OF IOWA FLOOD UPDATE

All of the buildings damaged by the flood have been renovated. We are now in the process of furnishing the final six apartments in building 3910. As of November 6, we have 26 families in primary residential and 6 families in halfway house. Eleven of the 32 women are pregnant. We hope to be at full program capacity, 36 families, by the end of December.

As of the end of October, we have received over \$108,000 in grants and donations and have another \$67,000 in pending grant requests. In addition, we have received many in-kind donations which have helped reduce our flood-related expenses. We are very thankful for all the support Heart of Iowa has received. Please go to page 4 to see a listing of our many donors. We appreciate their support and the support of the many volunteers who helped with Heart of Iowa's flood recovery efforts. Funding, however, remains a concern. Although we expect FEMA to cover the majority of our recovery costs, to date we have received only \$18,000 from them.

HELP TEENS COPE WITH STRESS

Stress is a common problem among teens, and as a parent, you have a role in helping the teen in your life cope with stress. So what exactly is stress? According to the Centers for Disease Control and Prevention (CDC), stress is the body's physical and psychological response to anything perceived as overwhelming. This may be viewed as a result of life's demands, pleasant or unpleasant, and the body's lack of resources to meet them.

While stress is a natural part of life, it often creates imbalance in the body, especially a teen's body, which is already experiencing so many changes. A certain amount of stress can be helpful as a way of keeping your teen motivated. But too much or too little may render them ineffective and interfere with their relationships at home and socially, as well as physical well-being. The day-to-day pressures teens experience, such as the pressure to fit in and to be successful, can lead to stress. If stress becomes unmanageable and teens are left to their own devices without guidance from a parent or caregiver, they will often find their own ways of coping. Sometimes these coping mechanisms involve unhealthy behaviors such as illicit drug use, alcohol consumption and smoking. Here's how you can help the teen in your life with healthy, productive coping strategies.

Recognize when your teen is stressed-out. Is your teen getting adequate rest? Are they eating well-balanced meals? Do they ever get to take breaks to restore their energy? If these needs are unmet, your teen will show it through chronic moodiness, irritability, anxiety and/or long bouts of sadness. If you have a teen daughter, be particularly aware if she is obsessing about looks or weight.

Introduce positive coping strategies to your teen. Let's face it, stress will be a part of your teen's life. Help them identify ways in which they can relieve their stress in a healthy way. It can be as simple as having your teen talk to you about their problems or pressures. Other ideas include: exercising, getting enough sleep, listening to music, writing in a journal, keeping a healthy diet, seeing a counselor and reminding them of their accomplishments.

Be a good example. Kids often pick up their coping strategies by watching their parents. If a child sees a parent drink an alcoholic beverage or smoke a cigarette every time they are overwhelmed, they will probably imitate the same behavior. So, be mindful of your own reactions to stress and set a good example for your children.

If signs of stress persist, ask for help. Some sources you can consult include: a health care provider, mental health center, social worker, counselor, nurse, therapist or clergy. Following are warning signs.

Physical Symptoms

- Allergies
- Racing Heartbeat
- Sleeping Problems
- Change in Appetite
- Muscle Tension
- Stomachaches
- Chronic Fatigue
- Nightmares
- Dizziness
- Headaches
- Restlessness
- Gastrointestinal Problems

Emotional Symptoms

- Anger
- Loneliness
- Feeling Trapped
- Anxiety
- Nervousness
- Difficulty Making Decisions
- Denial of a Problem
- Feeling Powerless
- Constant Worry
- Depression
- Feeling Rejected
- Being Easily Upset

Source: parentstheantidrug.com

Project Recovery Iowa

DEPARTMENT OF HUMAN SERVICES

Families can help children cope with fear and anxiety. Whether your children have experienced a disaster or other life changes that are frightening, these strategies will help.

- Show them you love them. Give them extra hugs.
- Tell them they are safe.
- Keep daily routines the same (mealtime, bedtime and etc.)
- Focus on the positive.
- Pay attention to what they say and do.
- Give honest, simple, brief answers to their questions.
- Let them talk about it.
- Be patient.

If you have questions or concerns about their behavior or ability to cope or you just need someone to listen, call the Iowa Concern Hotline at 1-800-447-1985. All calls are free and confidential.

Project Recovery Iowa is for grown ups and teens too. Project Recovery Iowa is a collaborative program administered by the Iowa Department of Human Services. It is designed to empower those affected by disaster through teaching the stages of disaster reactions and coping skills, assessing needs, and linking individuals to appropriate community resources. If you have questions about stress, legal issues, or financial concerns, you can access support by calling the Iowa Concern Hotline 1-800-447-1985 or the Teen Hotline 1-800-443-8336.

2008 Community Health Summit

Thursday November 13, 2008

8:00AM—11:00AM

YMCA Cedar Rapids

207 7th Avenue SE

Cedar Rapids, IA 52401

TENTATIVE AGENDA:

Update on post-flood health issues in Linn County
Information on current health initiatives and programs
Discussion on strategies for facilitating cooperation, sharing resources, communicating needs, collecting data and identifying gaps

WHO SHOULD ATTEND?

Health and human service professionals/administrators
Volunteer Coordinators
Public Information Officers

For more information, please contact Stephanie Neff,
Healthy Linn Care Network

Phone: 319-369-8600

Fax: 319-369-7780

E-mail: stephanie@healthylinn.org

DENISE BRIDGES RECEIVES NAACP AWARD

Congratulations to Denise Bridges, ASAC Linn County Prevention Specialist, for receiving the President's Award from the Cedar Rapids NAACP chapter!

Denise's passion and commitment for empowering youth is truly an inspiration. We are incredibly fortunate to have Denise as a part of our agency. Please help us in congratulating Denise for receiving this honor and for her continued hard work and dedication to the field!

*Melissa Walker, Deputy Director
Prevention Services*

*Meredith Slaymaker, Prevention Director
Linn, Benton and Jones Counties*

HEART OF IOWA FLOOD RECOVERY

At this time of Thanksgiving, we want to extend our appreciation to the many individuals, faith organizations, businesses and other nonprofit organizations that provided volunteer, in-kind and financial support to Heart of Iowa's flood recovery.

Under \$100	\$100 - \$249 (continued)	\$500 - \$999
George & Norine Pontarelli	Harvey Evers	Paladin (JRB & Attachment Tech)
Elizabeth Sullivan	David Romont	Cambridge Temp
Jeanne Stein	Charles and Carole Daniel	Linda Touro
Mary Ann Miller	Lynn Dennis	Steve Klyn
Rosanne Matuszek	Ann and Eric Hearn	Nancy McCray
Katherine and Jeffrey Holec	John and Mary Austin	Benchmark
Colin Battien's Lemonade Stand	Kevin Alexander	Apache Hose and Belting
Kathy and Paul Thurlow	Brenda Ford	Genecor International
Fran Kapler	Clay and Diane Gavin	ADM
Scott Olson	Ron and Vickie Hornish	
Sandra Macy	Joan Discher	\$1,000 - \$4,999
Sandra Richardson	Steve Johnson	Christ Episcopal Church
Kathleen Riley	Jane Tallman	EFR
Pamela Jury	Kathy Stone	Community and Family Resources
Lynda Darling	Dennis Petersen	Denny and Jacque Holloway
Gloria Scholl	Hawkeye Labor Council	Noelridge Christian Church
Christine Sims	William/Sarah Neff	Home Depot
Bernita Brady	(memorial – Erma Modracek)	Junior League of Cedar Rapids
Mike and Barb Klappholz	Anita Terpstra	
Jodi and Joel Weber	John and Pat Houar	\$5,000 - \$9,999
Ed and Ardyce Brunsting	Jeff Elgin	Substance Abuse Management
Mike and Ann Mohnsen	Janet Zwick	Alliant Energy
Tony and Sue Huesch	St. John Lutheran Church – Ely	Community Play Things
Denis & Judy Engeldinger	Don and Mary Lou Gallagher	
Kerry Matuszek		\$10,000 - \$25,000
NancyLee Ziese	\$250- \$499	National Council for Community Behavioral Healthcare
	Robert and Betty Clark	United Way East Central Iowa
\$100 - \$249	Meinard Wright	
M. L. Liberati	Ben Khan	
Patricia Leckne	Samm & Gwen Randall	Over \$25,000
Sharon Hege	Guaranty Bank	Greater Cedar Rapids Community Foundation (Agency & Flood
Amber & Joel Rand	Scheels	
Jeff and Sheila Lara	Tom King	

In Kind Donations

Lynn and Lance Anderson * Gail Hanson * Tracy Peterson * JR and Becky Wolfe * Myrna and Thomas Popa
 Young Parents Network * House of Carpets * Cindy Goerdt * Barnes & Noble * Tiffany Riffle Benchmark
 Frank Magid & Associates * Lutheran Church Charities * Coralville United Methodist Church * Elizabeth Bump
 Margaret Buonadonna * Nancy McCray * Jane Gosch * REACT Center * Beloit College * Denise Johnson
 Knights of Columbus * Lynn Moss * Stacy Marszen * Joanne Stevens * Shelly Morelock * Sandra Brandt
 Mary Curran * Melinda Tomsic * Annie Emerson-Battien * Ruth Paarmann * Ann Sagers * Paul Kiecksee
 Caroline Stout * Sacred Heart Church – Marion County * Teamsters * Ann Collins Hattery * Catholic Charities
 Department of Education * Erik Walker * Laurel Merrick * Jacob Sines * Charles Lagerstrom * Darlene Knussman
 Cedar Rapids Police Department * Gayle Kelly * Altar and Rosary Guild – St. Pat/Fairfax * Wes and Beth Nelson
 Carole and Charles Daniel * St. Andrews Episcopal Church/Omaha * Hal Gilbert * Jim Sines * Pepsico * Genecor
 Linda Tutt * Brenda Kolwalski * Kay Driscoll * Sharon Mettler * Jim and Sara Sauter * Ray Terpstra * Sue Bell
 Marcia Holley and **special thanks to Cornell College and Coe College for temporarily housing ASAC's Heart of Iowa families and to the many individuals who donated their time to the flood clean-up efforts.**