

asac action

November 2009

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Great American Smokeout®

The American Cancer Society holds the Great American Smokeout® every year on the third Thursday in November. This year the Great American Smokeout® will take place on November 19, 2009. The purpose of the event is to set aside a day to help smokers quit smoking or using tobacco products for at least one day, and hopefully forever.

Not only does the event challenge people to stop using tobacco, it helps to raise awareness about the dangers of smoking and the many effective ways available to quit smoking permanently.

There will be three quit clinics held in **Cedar Rapids** on November 12th. Each will last one hour with a question and answer session to follow. A Tobacco Treatment Specialist from Mayo Clinic and a successful Chantix quitter will speak at each session. To attend one of the following clinics, either register at freequitclinic.com or call 1-888-866-0843.

9:00 am - St. Luke's Nassif Heart Center, 1026 A Avenue NE

1:00 pm and 4:00 pm - Mercy Health Plaza, 5264 Council Street NE

The **Clinton** Chapter of the Breathe Easy Coalition will be offering 4 One-hour "Quit Clinics" for people that want to quit smoking. Two of the sessions are open to all Clinton County residents and two are for students and staff of Clinton Community College. The clinics will be facilitated by Jen Gerdes, ASAC Tobacco Specialist.

The two clinics open to the public will be held at:

6:00 pm, November 16 - ND Housing, 2733 S. 19th Street, Clinton

Noon, November 17 - Mercy Medical Center North, Conference Room
1410 N. 4th Street, Clinton

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.

Happy Thanksgiving

from the staff at the

Area Substance Abuse Council

Our offices will be closed on

Thursday, November 26 and

Friday November 27



Way Back When

An ASAC youth residential client has written her life story that tells a tale of sexual abuse, drug abuse, prostitution and years in foster homes, treatment programs and shelters. She is only 17. Below is the section of the story regarding her time at CD+.

... Then I was sent to CD+ in Cedar Rapids. When I arrived here I thought this would be just another place telling me what to do. But I was way wrong about that. I was actually given the chance, the choice, to either stay sober or not. I was not being forced to do anything, which seemed pretty appealing to me. I never believed there was a power greater than myself; I always thought that was just something too good to be true. But then I started to go to celebrate recovery, and began to pray for forgiveness and guidance. Instead of only praying when I needed something or to get me out of trouble. I started to realize that life was too short to waste. I began talking to people who I thought could never understand. It turns out that they are like me in so many ways that I never thought possible. I guess you can say I have just begun my spiritual journey but I thank you for everything you have done for me as well as yourselves. I know I still have a lot to learn and I am willing to go to any lengths to get where I need to be in this life and the next.

What is the World is Third Hand Smoke

According to the latest issue of "Pediatrics," there is a new term which describes the lingering chemicals left on smokers' hair, skin and clothes, as well as carpeting, furniture, curtains and drapes long after the second-hand smoke has cleared. You can smell third hand smoke in hotel rooms, cabs or even in clean laundry. "Third hand smoke" is the term being used to describe this invisible yet toxic brew of gases and chemicals. These chemicals include carcinogens and radioactive particles that young children can get on their hands and ingest, especially if they are crawling, being held, or playing on the floor.

A new study focused on the risks of these chemicals on young children. Dr. Jonathan P. Winickoff, the head author of the study and Asst. professor of pediatrics at Harvard Med School said that "everyone knows that secondhand smoke is bad, but they don't know about this. When their kids are out of the house, they might smoke. Or they smoke in the car. Or they strap the kid in the car seat in the back and crack the window and smoke, and they think it's okay because the secondhand smoke isn't getting to the kids," Dr. Winickoff continued. "We needed a term to describe these tobacco toxins that aren't visible."

Dr. Philip Landrigan, of Mt. Sinai School of Medicine, New York said the phrase third-hand smoke is a brand new term that has implications for behavior. "Simply closing the kitchen door to take a smoke is not protecting the kids from the effects of that smoke. There are carcinogens in this third-hand smoke, and they are a cancer risk to anybody of any age who comes into contact with them."

A study conducted by Harvard Medical School reported on attitudes towards smoking around children. 15,000 households across the United States were randomly surveyed by telephone. The survey revealed that the vast majority of both smokers and nonsmokers were aware of harmful effects of secondhand smoke to children. 95% of nonsmokers and 84% of smokers agreed with the statement "inhaling smoke from a parent's cigarette can harm the health of infants and children."

Considerable fewer people surveyed were aware of the risks of third-hand smoke. Only 65% of non-smokers and 43% of smokers agreed with the statement that "breathing air in a room today where people smoked yesterday can harm the health of infants and children." The report concludes with this list of toxins found in third-hand smoke: hydrogen cyanide, used in chemical weapons, butane, which is used in lighter fluid; toluene, found in paint thinners; arsenic; lead; carbon monoxide; and even polonium-210, a highly radioactive carcinogen!

For more information about third hand smoke, please contact Jennifer Gerdes, Prevention Specialist, Breathe Easy Coalition of Clinton and Jackson Counties or Maudi Walton, Prevention Specialist ASAC/New Directions.

Information obtained from: NY Times January 3, 2009 "A New Cigarette Hazard: "Third Hand Smoke" Science Daily - Third-hand Smoke: Another Reason to Quit Smoking

ASAC's 2009 Annual Dinner

The Area Substance Abuse Council will hold its annual dinner on Friday, November 13th at the Elks Club in Cedar Rapids. It is a time for Board Members and staff to come together and celebrate the agency's accomplishments. This year we will thank the following employees for their years of service:

5 Years

Georgia Eash
Brooke Kingsbury
Rebecca Gosnell
Kenya Jackson
Elizabeth Kluesner
Thomas Baltisberger
Linda Lint
Stephanie Luth
Patricia Hinegarder
Judith Pedersen-Benn
Meredith Slaymaker
Jackie Canty
Dan Sullivan

5 Years

Betty Burkholder
Connie McCubbin
Jennifer Husmann
Kelly Marsengill
Lisa Neuendorf

10 Years

Connie Shroeder
Deb Ness
Julienne McNally
CeCe Toms
Judy Lockett
Sharon Hege

20 Years

Dawn Barnes

25 Years

Melody Hartz
John Garringer

30 Years

Ed Laub

Also to be recognized will be ASAC retirees Erv Prasse and Joan West. Erv worked as an outpatient counselor at ASAC's main campus for twenty-two years. Joan served as both an outpatient counselor and a family therapist in Cedar Rapids for twelve years.

Concerns For Flood Victims

The flooding that occurred over a year ago has lingering affects. Some affected by the flood have increased their use of alcohol, prescription medications, or other drugs in hope they can escape bad feelings or physical symptoms related to stress responses. However, substance use can actually make these things worse in the long term because they interrupt natural sleep cycles, create health problems, interfere with relationships, and create potential dependence on the substance. If you, or someone you know, has increased alcohol use or is involved in drug use since the disaster, help is available.

Call ASAC at (319) 390-4611.

Heart of Iowa Elevator Project

The capital campaign to add an elevator to the Heart of Iowa facility is over 20% of its goal. \$29,690 has been raised of the \$143,068 needed to match the Hall Perrine \$71,534 grant. The Hall-Perrine Foundation will contribute \$1 for every \$2 donated to the project. **We need your support.** Please send checks payable to the Area Substance Abuse Council, 3601 16th Avenue SW, Cedar Rapids, IA 52404.



Heart of Iowa is in need of Christmas trees. If you have a Christmas tree to donate, please contact Juliene McNally at (319) 862-1050. Lights and/or decorations are also needed.

Red Ribbon Week in Jackson County

The Maquoketa SADD (Students Against Destructive Decisions) group kicked the 2009 Red Ribbon Week into high gear this year! Students started the week with dress up days for the student body. Monday was “Sock it to Drugs” and they celebrated by wearing funky/crazy socks. Tuesday was “Put a Lid on Drugs” and they wore hats, “Slip Away From Drugs” was Wednesday and they got to wear slippers. The final day, Thursday, was “Say Boo to Drugs” and students dressed in their Halloween costumes.

On Wednesday October 28th they participated in the Grim Reaper project! Every 30 minutes, a life is lost as a result of an impaired driving crash. The SADD students wanted to bring the victims to “life” and let other students see how many lives are lost each day. Every 30 minutes a gong sound came over the PA system and the grim reaper entered a classroom where they pulled a selected student from the class. Each victim’s face was painted white and one teardrop outlined on his/her face. The victims were “dead” for the rest of the day and could not speak to anyone, with the exception of participating in class. At the end of the day this statement was announced to the student body, “If you were disturbed or troubled by the ringing of the gong every 30 minutes today, imagine how distraught and upset the friends and families of the victims who are killed by impaired drivers must feel”. The event was a successful way to help students visualize the devastating impact of substance abuse.



The Jackson County Prevention Coalition kicked off Red Ribbon Week 2009 with a panel discussion about underage alcohol, tobacco and marijuana use in Jackson County. The theme was coordinated with the National Red Ribbon Week campaign, “Drug Free is the Key”. This event was held at the Hurstville Interpretive Center from 6:00-8:00 PM on Monday, October 26, 2009 and was moderated by Steve Schroeder: Jackson County Sheriff’s Deputy. The panelists included: Officer Darin Risinger, Maquoketa School Resource; Chris Raker, Jackson County Attorney; Brian Bopes, Juvenile Court Officer; Trisha Atkinson, ASAC Youth Substance Abuse Counselor; Tom Schueller, State Representative; Paulette Horner, Maquoketa High School Nurse and Emily Burns and Brandi Bollinger, Maquoketa High School SADD Students. There was very lively discussion and all in attendance walked away with new and valuable information.

ASAC and Jackson County Prevention Coalition also implemented drug free pledge chains in Maquoketa, Bellevue, Preston, and Andrew schools which are all partnered with ASAC under the Jackson County Grant to Reduce Alcohol Abuse. Students signed pledges vowing to be drug and alcohol free, the pledges were linked together to make long chains, and hung around the schools.