

asac action

The monthly newsletter of the Area Substance Abuse Council

Area Substance
Abuse Council
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Issue: December 2011

ASAC Holds Annual Recognition Dinner

Each year the Area Substance Abuse Council sponsors a dinner for all staff and board members, and their guest, to recognize outgoing board members, new board officers, and staff celebrating employment milestones. This year the agency's annual dinner was held on Friday, November 18th at the Cedar Rapids Elks Club. Over 150 were in attendance. Those recognized included:

Retiring ASAC Board Members

Thomas Levi and James Randall

Outgoing Board President

Nicole Pizzini

2012 Board Officers

President—Rosanne Van Cura

Vice President—Nicole Pizzini

Secretary—Dave Romont

Treasurer—Nancy Lowenberg

Employee Years of Service Awards

5 Years

Carrie Johnson
Carie Thomsen-Gordon
Susan Magner
Fred Mishler
Debra Heiken
Barbara Malina
Suzanne Cousins
Mary Payette
Richelle Derfus
Connie Bennett
Jamie Zaspal
Sara Kissling
Angela Davis
Melinda Sors
Stephanie Smith

10 Years

Colleen Rick
Leslie Mussman
Richard Green
Brittany Moore
Pam Warren-Luckritz
Diane Dethmann
Alan Garlow
Melissa Walker
Roger Boyles

15 Years

Laurel Merrick
Cherie Duggan

20 Years

Bonnie Browne

2011 Retirements

Betty Kunau, Secretary, Clinton
Maudi Walton, Prevention Specialist, Clinton
Dorothy Kellerman, Secretary, Clinton
Sandy Alberts, Patient Support, Heart of Iowa

Holiday Schedule

On December 22nd and 29th ASAC will not be holding Walk-in Assessments at our 16th Avenue office. However, if a person is in crisis they can always come to any ASAC office and be seen during business hours. If it's after business hours they can call Foundation 2's Crisis number at 362-2174. ASAC offices will be closed December 23, December 26, and December 30 for the holidays.

Happy Holidays from the Area Substance Abuse Council



Holiday Collection for Residential Clients

ASAC is collecting **personal care items** such as body lotions, tooth paste, tooth brushes, deodorant, shampoo, bath wash and soap, and disposable razors for clients in our residential substance abuse treatment programs. Small gifts such as hats, scarves, socks, t-shirts, gloves, sweatshirts, journals, hair ties, and would also be appreciated. Drop off your donations to any ASAC Office.

If you would rather make a **cash donation**, please complete the following donation form and mail it to:

Area Substance Abuse Council
3601 16th Avenue SW
Cedar Rapids, IA 52404

Area Substance Abuse Council Client Holiday Donation Form

Name _____

Amount: \$ _____

You may direct your donation to one or more residential treatment programs:

Heart of Iowa	\$ _____	Adult Residential	\$ _____
Youth Residential	\$ _____	Hightower Place	\$ _____
King House	\$ _____		

Thank you for making the holidays a little brighter for ASAC's residential clients!

Make a New Years Resolution to be Tobacco-Free in 2012

This is Your Year!

It is a tradition on New Year's to make a promise to yourself to improve something about your life. Perhaps it's to lose weight, try a new sport or hobby or possibly you have decided it is time to quit smoking. Quitting smoking is one of the most popular New Year's resolutions and with good reason. It is a common belief that tobacco causes negative impact on health, relationships, the pocketbook and much more.

The Area Substance Abuse Council wants to help your resolution become a reality this year by offering some resources available at no cost and advice and encouragement from experts in tobacco cessation and past smokers.

"I had tried everything to quit smoking. It took everything I had to finally commit to quitting. Now that I have, I can breathe better, I feel better and I am so proud of myself."- Lisa, non-smoker since 2009. Lisa noted that one of her biggest tips for someone who is quitting smoking is to chew on toothpicks or coffee stirrers. "I had to have something in my hands and in my mouth to keep me occupied. The coffee stirrers were great for that.

Here is some additional advice for helping yourself be successful in quitting.

Plan ahead. If possible put together a plan. Begin by tapering off a cigarette each day, so that your body can adjust slowly to the new nicotine levels.

Learn when you crave. If you can track each cigarette you have for one week (or even one day), you can learn when you have your cravings. Perhaps it's right when you wake up, or after each meal. Maybe there's a song you hear or a certain spot on your way to work that you pass that will trigger a craving. Once you know when you crave, you can make a plan for each of those moments to avoid the craving.

Use the rule of HALT. Don't allow yourself get Hungry, Angry, Lonely or Tired. All of these things can trigger cravings. If you avoid these feelings, you can keep yourself on the right track.

Embrace the 5 D's. If you are having a craving for a cigarette, you should Drink Water, Delay your cigarette, Discuss your craving with a friend, Distract yourself, take a few Deep breaths.

The Area Substance Abuse Council is encouraging all clients and employees to consider New Year's as an opportunity to quit smoking or using other tobacco products. It also serves as a reminder that the agency's new tobacco free campus policy that will go into effect July 1, 2012 prohibiting tobacco use on all ASAC owned and maintained properties.

To learn more about quitting smoking, contact ASAC Prevention Services in Cedar Rapids or Clinton offices or call Quitline Iowa at 1-800-Quit NOW for free, confidential tobacco cessation counseling services.

Linn County residents qualify for 8 weeks of nicotine replacement therapy.

Health Tip from ASAC's Wellness Committee

This holiday, take care of yourself:

- ◆ Get at least 30 minutes of brisk exercise every day - even brisk walking is great.
- ◆ Stop eating when you are full - but don't skip meals, either.
- ◆ Allow yourself a few holiday treats, but don't overdo.
- ◆ Get plenty of sleep.
- ◆ Of course, do not drink and drive, and fasten your seat belt.

Jones County Safe and Healthy Youth Coalition News

Celebration Breakfast

Feldmann's Yard N' Garden of Anamosa hosted a celebration breakfast on November 10, 2011 to highlight the accomplishments of the Jones County Safe and Healthy Youth Coalition (JCSHYC) over the past three years. Some of the highlights shared included the passage of the Jones County Social Host ordinance, two county-wide alcohol compliance checks completed in Jones County for the first time in 3 years (both with 100% compliance rates), several prescription drug drive events held with over 350 pounds of drugs collected, and the opening of their downtown Anamosa office.

The BEASTS (Being Excellent And Staying Totally Safe) youth advocacy group assisted with organizing the event and presented updates on their progress and accomplishments. The following six individuals were presented with awards for outstanding contributions to the coalition mission and vision:

Phil and Lavonne Owens, Concerned Citizens
Denny Folken, Elementary Principal, Monticello Schools)
Phil Parsons , Jones County Attorney
Jacki Luckstead, Youth Development Specialist, ISU Extension
Rev. Bill Nielsen, Senior Pastor, St. Paul Lutheran Church



Picture at left:
Members of the
BEASTS youth
advocacy group
at the JCSHY
Breakfast

The JCSHYC would like to thank all the coalition members, people and organizations in the Jones County communities who have supported the coalition through attendance at events, donations of food, office items, money, and in so many other ways, as well as all the time given to make Jones County a safer and healthier place to live.

Prescription Drug Drives

The Jones County Safe and Healthy Youth (JCSHY) Coalition recently sponsored two Prescription Drug Drives, one in Monticello and one in Anamosa. The two drop off events collected over 125 pounds of unwanted medications with the help of the Monticello and Anamosa Police Departments. These events, along with many other events throughout Iowa and across the country, help protect children and others from prescription drug misuse and help protect our water from improper disposal of medications. These national events were also sponsored by the Drug Enforcement Administration (DEA) and the American Medicine Chest Challenge.

For more information on properly disposing medications, feel free to call the JCSHY Coalition office at 319-462-5030. Non-controlled substances may be dropped off at the participating Iowa Take Away Program pharmacies during store hours, including The Prescription Shoppe and Long Drug in Monticello, Pharmacy Care Centre in Anamosa, and Wyoming Drug in Wyoming, Iowa.

