

# Notes from us to you ☺.....

# Women's EMPOWERING Life Line

## Message from the Administrative Office

A **Mandatory Staff meeting** is scheduled for **Thursday July 18<sup>th</sup>, 2013**. We will meet at the house (305 N. 9<sup>th</sup> St.) from 11:45 a.m. – 12:45p.m. If you are unable to attend, you need to email Renee and ask to be excused.

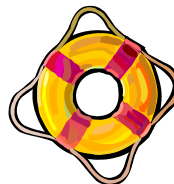
We are pleased to introduce our newest employee, Casey Cadwell! Casey started her training this month and we are very excited to have her join our team! Please introduce yourself and help her feel welcome!



## Upcoming Events

### July, 2013

- 1 – New Fiscal Year Begins
- 4 – Independence Day
- 8 – Board of Directors Meeting
- 9 – Performance Improvement Meeting
- 18 – Mandatory Staff Meeting  
(11:45 am-12:45 pm at 305 N. 9<sup>th</sup> St.)
- 20 – Alumni/Staff Picnic at Ta-Ha-Zouka Park at 11:00am-2pm



### August, 2013

- 12 – Board of Directors Meeting
- 13 – Performance Improvement Meeting
- 16 – Mini Staff Meeting



## Agency News

### Census Report (June)

- Dual Diagnosis Residential Treatment –97% Capacity
- Intermediate Residential Program - 100% Capacity
- Crisis Respite Care – 6 Units

**\*\* Don't forget to make Goodsearch.com your search engine. \*\***

### Inside This Issue

- Message
- Upcoming Events
- Agency News
- Birthdays and Employment Anniversaries
- Counselor's Corner

## JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Happy July Birthday Wishes for the following staff:

Georgia Langdeaux.....8<sup>th</sup>  
Krista Penaflor.....20<sup>th</sup>  
Susan Pryor- Johnson.....20<sup>th</sup>  
Jessica Holmstedt.....22<sup>nd</sup>  
Jacey Hopkins.....23<sup>rd</sup>  
April Thompson.....28<sup>th</sup>  
Soshia Bohn.....28<sup>th</sup>

### Certificate of Appreciation in recognition of No Medication Errors during the month of June

- \* Deb Nelson
- \* Dianne Lindahl
- \* Georgia Langdeaux
- \* Tammy Stromberg
- \* Jessica Holmstedt
- \* Jennifer Holloway
- \* Kimberley Yunker

### During 2<sup>nd</sup> Quarter

\*Georgia Langdeaux

**Thank you for  
displaying your  
agency dedication!**



### July Employment Anniversaries

Mandi Tielke.....12 yrs.

**Thank you for all that you  
do for our team!!**

## Counselor's Corner

by: Susan Pryor-Johnson, MS, LMHP, LADC

### What is Al-Anon?

Alcoholism has long been considered a family disease and many professionals believe that in order to treat the alcoholic the family must be treated as well. Al-Anon is a fellowship of relatives and friends of alcoholics. It was formed in 1951 by Anne B. and Lois W., wife of AA co-founder, Bill W.

Many times family members believe that their loved one will return from treatment as the same person, just without the use of alcohol. This is not the case as, many times, the consumer has learned that they must change their entire life and lifestyle to remain sober. A new commitment to attending meetings and other services has been made and this requires some time and energy spent away from their family. Al-Anon acknowledges that their members typically begin meetings with low self-esteem and teach that this is typically due to overestimating their personal control. This is specifically related to the Al-Anon member's unrealistic attempts to control another person's drinking behavior and then blaming themselves for the other person's behavior.

Al-Anon teaches one how to detach from their family member or friend in a loving and consistent manner. Members learn to recognize alcoholism as a disease, forgive themselves, accept that they were also affected by alcoholism, and learn to accept their family member's shortcomings as they improve in their own life. Stress is placed on keeping focus on oneself and not the alcoholic.

The main goal of Al-Anon is not to cure or stop drinking in others but to provide family members and other loved ones with support. The literature states "It is possible to find contentment and even happiness whether the alcoholic is drinking or not." Al-Anon is open to all family members and friends of alcoholics. Groups are also available for children/teenagers of alcoholics as well as adult children of alcoholics.



**Get Outside &  
Enjoy the Summer**

Have a  
**SAFE  
Summer!**

**\* Remember to pack plenty of drinking  
water, sunscreen, & bug spray!!**