



Coulee Council on Addictions Newsletter

921 West Ave S., La Crosse WI, 54601
Phone-(608) 784-4177 Website- www.couleecouncil.org

January-February-March
2010 Newsletter

Events/Programming

Java Jam

Please note that Java Jam will now be held every other first Saturday of the month from 6:30pm-10:30pm. The next one is scheduled for February 6th.



Get your loved one sober

The next session of this program, facilitated by Ronda Lettner will be starting again soon. The program is based on the book *Get Your Loved One Sober: Alternatives to nagging, pleading, and threatening* by Meyers and Wolfe.

This program is for family and friends of individuals suffering from addictions.

It will be held Wednesday evenings from 6-7:30 pm with exact dates yet to be determined. *Class is free of charge, however we recommend buying the book*

Please call if interested and to receive more information.

Guitar Lessons

If you are interested in taking free lessons please contact CCA for more information at 608-784-4177

Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R

by Alice Henneman, MS, RD

H - ealth

"The first wealth is health." (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude

"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity

"A man's health can be judged by which he takes two at a time - pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial." For more information and for guidelines for children: <http://www.health.gov/paguidelines/guidelines/default.aspx>

P - eople

"Love cures people - both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y- our body

"Take care of your body. It's the only place you have to live." (Source: Jim Rohn)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

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Sober Living Group

The second session of the Men's Sober Living Group will be starting again Wednesday, January 20th at 6pm. The group will be run by Tim Powers, who is the Resource Coordinator at Coulee Council on Addictions. The group will meet weekly and will run for six weeks. Among the subjects covered will be: dealing with temptations, anger management issues, and dealing with depression and anxiety.

There is no charge to join this group and there will be a meal provided. While there is no fee to join, space will be limited. If you are interested in joining the Men's Sober Living Group, please contact Tim Powers at 784-4177 or you can also reach him by email at rcc@couleecouncil.org.

Calendar of Events at CCA

<i>January</i>		<i>Time</i>	<i>January continued</i>		<i>Time</i>
1st	Office Closed-Happy New Years!		16th	RDDG-Jackie Urban	10am-11am
2nd	Breakfast	8am-9am		How to take care of your finances from A-Z	
2nd	RDDG-TBA	10am-11am	19th	Lunch	1pm-2pm
5th	Lunch	1pm-2pm	21st	Lunch	1pm-2pm
7th	Lunch	1pm-2pm	23rd	Breakfast	8am-9am
9th	Breakfast	8am-9am	23rd	RDDG-Dale Floody	10am-11am
9th	RDDG-Dorothy Baumgartner	10am-11am		Serenity	
	NAMI		26th	Lunch	1pm-2pm
12th	Lunch	1pm-2pm	28th	Lunch	1pm-2pm
14th	Lunch	1pm-2pm	30th	Breakfast	8am-9am
16th	Breakfast	8am-9am	30th	RDDG-TBA	10am-11am
<i>February</i>		<i>Time</i>	<i>February continued</i>		<i>Time</i>
2nd	Lunch	1pm-2pm	18th	Lunch	1pm-2pm
4th	Lunch	1pm-2pm	18th	Lunch	1pm-2pm
6th	Breakfast	8am-9am	20th	Breakfast	8am-9am
6th	RDDG-TBA	10am-11am	20th	RDDG-TBA	10am-11am
6th	Java Jam/Open Mic	6:30pm-10:30pm	23rd	Lunch	1pm-2pm
9th	Lunch	1pm-2pm	25th	Lunch	1pm-2pm
11th	Lunch	1pm-2pm	27th	Breakfast	8am-9am
13th	Breakfast	8am-9am	27th	RDDG-June Benton	10am-11am
13th	RDDG-Vicki Miller	10am-11am		Bereavement	
	Job Search				
16th	Lunch	1pm-2pm			
<i>March</i>		<i>Time</i>	<i>March continued</i>		<i>Time</i>
2nd	Lunch	1pm-2pm	18th	Lunch	1pm-2pm
4th	Lunch	1pm-2pm	20th	Breakfast	8am-9am
6th	Breakfast	8am-9am	20th	RDDG -Ron Fischer	10am-11am
6th	RDDG-Karolee	10am-11am		Spirituality	
	Birth Control		23rd	Lunch	1pm-2pm
9th	Lunch	1pm-2pm	25th	Lunch	1pm-2pm
11th	Lunch	1pm-2pm	27th	Breakfast	8am-9am
13th	Breakfast	8am-9am	27th	RDDG-TBA	10am-11am
13th	RDDG-Carol Bloom	10am-11am	30th	Lunch	1pm-2pm
	Breathing Exercises				
16th	Lunch	1pm-2pm			

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N - O!

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)
Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E - at healthy

"Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

MyPyramid.gov recommends: "To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry."

For more information on planning healthy menus, visit <http://www.mypyramid.gov>

W - isdom

"A wise man makes his own decisions, an ignorant man follows public opinion." (Source: Chinese Proverb)

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Y - our hands

"Keeping hands clean is one of the most important ways to prevent the spread of infection and illness." (Source: Centers for Disease Control and Prevention)

Here's how to wash your hands from the Centers for Disease Control and Prevention.

When washing your hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

E - nough sleep

"A good laugh and a long sleep are the best cures in the doctor's book." (Source: Irish Proverb)

According to the 2009 "Sleep in America" poll by the National Sleep Foundation (NSF): Some of the findings of the poll included:

- The number of people reporting sleep problems has increased 13% since 2001. In the past eight years, the number of Americans who sleep less than six hours a night jumped from 13% to 20%, and those who reported sleeping eight hours or more dropped from 38% to 28%.
- Lack of sleep is creating a major public safety problem as well—drowsy driving. The 2009 poll finds that more than one-half of adults (54%) – potentially 110 million licensed drivers– have driven when drowsy at least once in the past year. Nearly one-third of drivers polled (28%) say that they have nodded off or fallen asleep while driving a vehicle.

A - void portion distortion

"Never eat more than you can lift." (Source: Miss Piggy, muppet character)

Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

R - eading materials

"Be careful about reading health books. You may die of a misprint." (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

Article taken from: UNL Extension in Lancaster County. FOOD: Nutrition, Safety & Cooking Food Reflections. Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R by Alice Henneman, MS, RD

**JANUARY-FEBRUARY-MARCH
2010 NEWSLETTER**

Coulee Council on Addictions, Inc.
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www.couleecouncil.org*

ELECTRONIC NEWSLETTER

If you are interested in receiving the CCA newsletter electronically please email cca@couleecouncil.org with your preferred email address. Thanks for helping CCA cut back on costs of mail and printing! The newsletter will also be posted online on our website www.couleecouncil.org.

Help Coulee Council on Addictions!

Coulee Council is collecting the following items to raise additional money for programs.

Quillin's Receipts:

Please drop off this quarter's (January, February, March) Quillin's receipts you have at the CCA front office and we will receive 1% of the total amount.

*Receipts may only be turned in within each quarter.

Kwik Trip Milk Moola::

Please drop off Kwik Trip milk jug caps, Kwik Trip flavored water caps, Kwik Trip milk and juice bag tops and Glazer Dounut price labels at CCA in the Milk Moola box located in the big meeting room. Coulee Council receives .05 per cap/bag top and .10 per glazer doughnut price label.

Campbell Soup Labels:

Please drop off Campbell's Soup product UPCs, caps, and bonus certificates at the CCA front office. Coulee Council may redeem the points collected for FREE merchandise from the Campbell's Labels for Education catalog.

Support Groups/Meetings/Events held at Coulee Council on Addictions

<p><u>Open Mic/Java Jam</u> An open mic night will be held at CCA from 6:30-10:30pm every other first Saturday of the month- The next one will be Feb. 6th. Bring your instruments to perform in front of a live audience, or just come to listen! This event is open to all ages.</p>	<p><u>AA Meetings</u> <i>AA Pioneer Group</i> Monday—Friday 12pm-1pm. <i>The W.O.R.K. group</i> Every Saturday 9am-10am. <i>The Fellowship group</i> Every Tuesday 7:30pm-8:30pm.</p>	<p><u>NA Meeting</u> <i>NA Amethyst Group</i> Every Thursday 7:30pm—8:30pm <i>NA New Life</i> Every Sunday 12pm-1pm and 7pm-8pm</p>	<p><u>Nar-Anon Meetings</u> Nar-Anon meets Every Wednesday New member orientation 7pm- 7:30pm, followed by the regular group meetings from 7:30pm-8:30pm.</p>	<p><u>GA Meetings</u> GA meetings Every Monday 7pm-8pm <u>GAM-Anon Meetings</u> GAM-Anon Every Monday 7pm-8pm</p>
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