

TADISO TIMES

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IMPORTANT NEWS

Tadiso will observe Martin Luther King Jr. Day, on January 16, 2023. The clinic will be open 6am-2pm.

All patients should submit to the dispensing nurses, your prescribed and over counter medications.



RSV Information from the CDC

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

Most people who get an RSV infection will have mild illness and will recover in a week or two. Some people, however, are more likely to develop severe RSV infection and may need to be hospitalized. Examples of severe infections include bronchiolitis (an inflammation of the small airways in the lung) and pneumonia. RSV can also make chronic health problems worse. For example, people with asthma may experience asthma attacks as a result of RSV infection, and people with congestive heart failure may experience more severe symptoms triggered by RSV.

More on RSV.....

If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

Wash your hands often Wash your hands often with soap and water for at least 20 seconds, and help young children do the same.

Keep your hands off your face Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.

Avoid close contact with sick people Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.

Cover your coughs and sneezes Cover your mouth and nose with a tissue or your upper shirt sleeve when coughing or sneezing.

Clean and disinfect surfaces Clean and disinfect surfaces and objects that people frequently touch, such as toys, doorknobs, and mobile devices.

Stay home when you are sick Stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.



In a Life of Darkness, I Found Light—part 2

By Jeffrey Parker, Tadiso Social Service Coordinator

After years of struggle, I learned an important lesson: Happiness and contentment come from the inside out and not the outside in. When I told someone that I hated being alone, he replied, “That’s because when you’re alone you hate the person you’re with.” I have never forgotten that. It has reminded me that the external things I once believed would numb the pain — cars, jewelry, houses, drugs and alcohol — will not solve an internal problem.

I realized that empowerment and happiness could start with education. I began attending a local community college. I had to work four times as hard as others to get the same amount of work done and get the same grades. Studying diligently was my primary focus, so drinking became secondary. This energy shift began to change my life. All my priorities changed. I went to college for seven years, earning an associate’s degree in corrections administration and a master’s degree in social work. I drank less and less — and I achieved sobriety one year before earning my master’s degree.

Now, I have learned to care for and love myself — and that has been my most liberating and rewarding achievement. I no longer seek external validation. I even enjoy spending time alone rather than dreading it. I often use time alone to regroup and recharge with the purpose of going back out into the world to contribute in any way I can. Rather than avoiding my feelings or isolating from others, I can charge my emotional batteries and find clarity in time with my own thoughts.

I have been sober for more than 24 years and seizure free for more 23 years. I began driving at 44 years old. I have worked in the mental health field, in addiction recovery and corrections populations as psychotherapist, social worker and counselor. I also deliver motivational speeches, teach college classes and, in 2019, I self-published my book, “Take the High Road; A Must Read for Those with Disabilities and Addictions.” I met my wonderful wife in 2006, and I am privileged to have her love and support.

Life is difficult — you can’t avoid facing challenges. But if you continue to hope, work hard and use the available resources, recovery and joy are possible.

TADISO TIDBITS.....tips for success

- If you have an “END OF DAY GROUP” hold, do not continuously call your counselor. You were placed in the group because you missed an appointment. Counseling is a requirement of every clinic in PA.
- All weapons brought on the premises will be confiscated by security.
- Vulgar language directed at Tadiso staff can result in discharge.
- Bring in any prescribed or over the counter medication to dispensing nurses for your record.

ATTENTION PATIENTS WHO HAVE A HYPERTENSION OR DIABETES DIAGNOSIS

The Wellness Department will be reaching out to you throughout the year 2023 to make sure you are managing as directed by your PCP's and/or specialist.

Please take into account that Tadiso has a Wellness Department that collaborates with Community Care Behavioral Health to make sure we are addressing our patient's health and wellness needs. If you ever have any questions, don't hesitate to reach out to the Wellness Staff.

IN ADDITION, other staff members may be reaching out to ask you about your participation with your PCP to discuss these health issues.

