

TADISO TIMES

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IMPORTANT NEWS

December 1—Tadiso will be closing at 11:30am for an agency wide staff meeting. This includes dispensing. **The doors will lock at 11:30am so do not be late.**

Happy Hanukkah

Happy Kwanzaa

Merry Christmas

Since Christmas is on a Sunday, all patients will receive **take home medication for December 25.**

Tadiso staff will observe Christmas on December 26 so counseling and medical services will not be available but the clinic will be open 6am-2pm.

Have a safe holiday.

WORLD AIDS DAY from the cdc

World AIDS Day is observed on December 1 each year. It is a day of solidarity for people around the world who are affected by HIV. This is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV. While great strides have been made over the four decades since the first known reported cases of AIDS, this disease remains a public health challenge. World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness. For more information on World AIDS Day, visit UNAIDS World AIDS day.

The theme for World AIDS Day 2022 may call for action to raise awareness and educate people about AIDS and its preventive measures and focus to eliminate inequalities that derived by HIV. 'End inequalities, End AIDS, End pandemics' was the theme for World AIDS Day 2021. Every year World AIDS Day campaigns focus on a specific theme chosen by consultations with UNAIDS, WHO, and a large number of grassroots, national and international agencies involved in the prevention and treatment of HIV/AIDS.



In a Life of Darkness, I Found Light—part 1

By Jeffrey Parker, Tadiso Social Service Coordinator

My experience with clinical depression began at an early age. I believe many of my mental health challenges stemmed from underlying problems, including epilepsy and ADHD, as well as mental, emotional and physical abuse. Before the age of three, I had my first seizure.

My seizures became more frequent and severe, leading to many injuries, stitches and trips to the emergency room. I also struggled with cognitive deficits and learning disabilities, as well as anger management and impulse control problems. My challenges landed me in special education classes, which became a source of ridicule from my peers. I endured frequent bullying for my cognitive abilities and seizures. I became angry, violent and depressed. My low self-esteem led me to be self-destructive and rebellious, both at school and at home. I was labeled "incorrigible." For much of my life, I was running — literally and figuratively. I began running away from home when I was six, and by nine I was in juvenile institutions. In my tween and teen years, I lived in institutions and mental health facilities. To run from the pain, I began drinking — and battled alcoholism at just 15 years old. My drinking led to violent behavior in the streets and severe injuries that landed me in the intensive care unit (ICU). I also experienced frequent trips to the "drunk tank" and the county jail.

Continues next month.....

CARBON MONOXIDE

Carbon monoxide (CO) is an odorless and colorless gas that is extremely poisonous and produced any time a fossil fuel is burned. CO poisoning can cause sudden illness and death and is sometimes called the quiet or invisible killer because of the lack of warning signs. Therefore, it is important to be aware of the symptoms of CO poisoning:

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|------------------------|---------------|----------------------|
| *Headache | *Dizziness | *Shortness of Breath |
| *Nausea | *Confusion | *Abdominal Pains |
| *Blurred vision | *Palpitations | *Confusion |
| *Loss of consciousness | | |

If someone is experiencing any of the above symptoms and a CO leak is suspected, call 911 and seek emergency medical care immediately. If not, complications such as seizures, brain and heart damage and even death can occur.

CO poisoning can be prevented with appropriate use of appliances, safety precautions and the use of detectors. It is recommended to have one on each level of your home including any basements, attics, and garages.

If your CO alarm goes off, evacuate everyone (including pets) and call 911.

Dos and Don'ts:

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.
- **Don't** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent. Use an extension cord that is more than 20 feet long to keep the generator at a safe distance.



December is a busy month. Don't procrastinate! Get your services in before you get busy



with shopping and family fun. Your counselor will have holds so be proactive.

FREE CAR SEATS..... All children from birth to age 4 must be secured in an approved car seat in the vehicle.

All children 4 years of age and older, but less than 8 years of age, must be secured in a seat belt system and an appropriate child booster seat anywhere in the vehicle. All children 8 years of age and older, but less than 18 years of age, must be secured in a seat belt system anywhere in the vehicle 1-800 CAR BELT

