

# TADIS TIMES

ISSUE 241

November 2022

## IMPORTANT NEWS

Daylight Savings Time— Change the clocks **BACK** on November 6, 2022.



Election Day is November 8. **VOTE!**

Veteran's Day—November 11, 2022  
Tadiso dispensing will be open 6am-2pm. Counseling, RSS and Medical Services will be closed.

Thank a Veteran!!



Thanksgiving Day— November 24  
Tadiso will be closed and take home medication will be given.

Enjoy the day with your family.

REMINDER— Since the holidays are approaching, please get your counseling scheduled early. Then you won't have to stay for counseling when you have other plans for shopping or lunch with friends.



## THANKSGIVING IN RECOVERY

From [safetynetrecovery.com](http://safetynetrecovery.com)

People sometimes fail to appreciate the progress they have made since their days of addiction. Even if your progress has not been perfect, individuals can take pride in sticking with their programs, implementing the new strategies they have learned and relying on others who can support their recovery. Even the smallest steps can be celebrated and be a cause for profound gratitude on the road to sobriety.

Individuals who have succeeded in overcoming addiction understand that nothing can be taken for granted. Their daily efforts have a cumulative effect that moves them continuously toward success.

During the holidays, individuals may be flooded with memories of the past, old associations and feelings that can make them feel discouraged with their present efforts. But holidays are also times that are special for families, and those in recovery can be grateful for having the chance to give their loved ones the gift of their recovery.

Thanksgiving can be particularly meaningful to families who are getting another chance to be together. If you are celebrating Thanksgiving in recovery, be grateful for this second chance, not only on your own behalf, but also understand its importance to the people that love you. Be open with family members about what you're doing and be ready to accept the help and special accommodation you may need to feel comfortable.

It's easy to become discouraged in recovery when plans you've made for rebuilding your life take longer than expected or when you feel you will never be free of cravings that have dominated your life. If you maintain a sense of gratitude for even the smallest improvements, you will be better able to build on your success with a sense of hope and a positive frame of mind.

## TADISO AND ALLEGHENY COUNTY JAIL HAVE AGREEMENT

If you become incarcerated at the Allegheny County Jail, Tadiso will be able to continue to provide your medication and counseling services. At the time of intake at the jail, please inform the jail staff that you are an active patient at Tadiso. Once confirmed, Tadiso will be able to deliver your medication to the jail for you.

This only applies to patients who are active at Tadiso. If you drop out of treatment, we will not be able to initiate medication. So, do not drop out of treatment.

## THANKSGIVING 2022

FROM History.com

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2022 occurs on Thursday, November 24. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.



### Thanksgiving at Plymouth

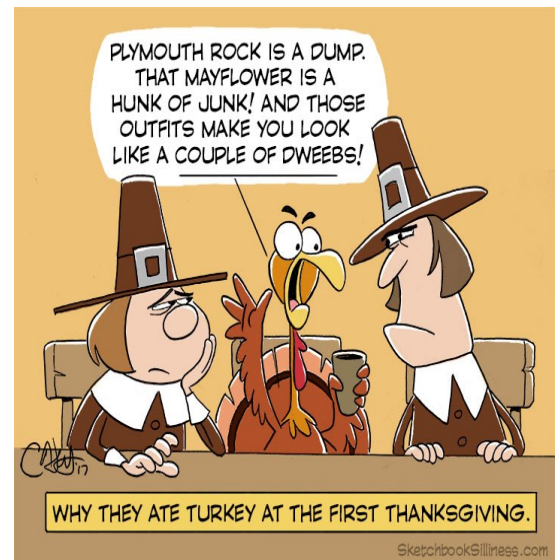
In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the "New World." After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621.

Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has "pardoned" one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual.



## WELLNESS PATIENTS.....

If you have been told you are a Tier 1 patient this year by staff in the Wellness Department and have proof of your Hep C test, please contact Wellness Nurse Adriana @ Ext. #188 or Wellness Educator Victoria @ Ext # 208.

They have a gift card for you! Hep C Testing is encouraged for all patients.