

TADISO TIMES

ISSUE 244

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IMPORTANT NEWS

Tadiso will observe President's Day on February 20, 2023. The clinic will be open 6am-2pm. Working patients can get medicated at 5:30am.

February is Black History Month. For a list of activities, please go to visitpittsburgh.com or diversity.pitt.edu.

Beginning February 1: If you do not get your services in during the week, You will be stopped on SATURDAY for group sessions. If you have better things to do on Saturday, complete all scheduled services during the week.

ATTENTION ALL PATIENTS PLEEEEEZZZZZZ

Stop defecating on the bathroom floor.

Stop vandalizing the bathroom.

Security will be monitoring the bathroom every hour. Any patient caught destroying Tadiso property will be discharged.

Definition of defecating : pooping



FEBRUARY IS AMERICAN HEART MONTH

Since 1963, American Health Month has been celebrated as a way to educate Americans to fight heart disease. Here are 3 easy tips for a healthy lifestyle:

An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life.

Take a walk and focus on sights and sounds of your walk, not your daily stressors at work or at home.

Eating processed foods less often can help reduce your sodium intake and lower your blood pressure.

WHEN TO CALL 911

HEART ATTACK SYMPTOMS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

May include breaking out in a cold sweat, nausea or lightheadedness.

CALL 911

STROKE SYMPTOMS Spot a stroke F.A.S.T.

FACE DROOPING

Is one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 911

911
Emergency



PATIENT GIVEAWAY

Patient 10075 won this gift basket for completing all her services in December.

Complete your services and enter a drawing for a chance to win yours.

Stop bringing bags and purses into the clinic. Only homeless patients are permitted to bring personal belongings into the clinic. Leaving your bag in the entry doorway is risky because other patients have access to it. Leave it at home.



Tadiso is not responsible for unattended bags.

TADIS O TIDBITS t i p s f o r s u c c e s s

- Working patients—If you want to medicate at 5:30am, you must agree to make arrangements for medical and fiscal appointments, which open at 6am and complete your counseling and RSS services.
- If you are traveling and need to GUEST DOSE at another clinic—please provide 10 business days notice to your counselor so we can contact the clinic who is providing medication to you at your destination.
- Do not assume that you can continue to complete your counseling through telehealth. Only a select few COMPLIANT patients will be permitted to use telehealth beyond 1/31/23.
- 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.
- Stop defecating on the patient bathroom floor. If you have an accident, let the nurses know.
- The Squirrel Hill Van will be here on Thursday, February 9th from 9am - 12pm for an Open House and then they will officially start offering this service at Tadiso on Thursday, February 23rd from 9am - 12pm. This service is for patients who do not have a PCP. They will not provide Gabapentin or other scripts.

KEEP KIDS SAFE

We've all seen the news or read the stories. Child got into legal or illicit substances that were unattended in the home. Child was rushed to the hospital and dies from accidental poisoning. Let's stop the risk.

As adults, we have to be responsible for keeping kids from harmful substances.

Please utilize the lock boxes provided by Tadiso to store your legally prescribed, illegal medications and/or other substances in your home. Accidental poisonings, medicine theft, and misuse can lead to serious injury and death.

Keep kids in your home safe. When you receive your lock box from Tadiso, it is yours to keep. You do not have to bring it back in to the clinic. It is not just for take home medication.

The only requirement is that you use it to keep children safe. See Childcare personnel if you need a box.



END OF DAY GROUPS WILL REMAIN A BIG FOCUS AT TADISO

Patients missing their counseling sessions will be placed on a hold for an END OF DAY group. Hopefully, this will assist patients in completing their required services each month. All clinics in PA are required to provide patients with counseling.

How to avoid the "end of day" group.....

Keep all scheduled appointments with your counselor.

