

SDS GAZETTE – JUNE 2016

ALASKA ISLAND COMMUNITY SERVICES – SENIOR & DISABILITY SERVICES

COMMUNITY EVENTS!

June 12th: Salmon Derby Ends

June 19th: Father's Day

June 20th: Summer Solstice



Health and Wellness

Circuit Training: Mondays and Wednesdays from 10:00 to 11:00 AM at AICS Medical Center Community Room

SAIL Classes: Tuesdays and Thursdays from 10:00 to 11:00 AM at Senior Apartments

Healthy Cooking: Thursdays from 11:30 AM to 01:00 PM at Senior Apartments

Recipe of the Month



Looking for a healthy, light side dish for your next barbeque? Try this Quinoa and Black Bean Salad!

Ingredients:

1 Tsp Vegetable Oil 1 1.2 C Vegetable Broth
1 Tsp Cumin 1/4 Tsp Cayenne
1 C corn kernels 2 cans black beans
1/2 C Cilantro 1 chopped onion
3 chopped garlic cloves 3/4 C quinoa

Directions:

Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.

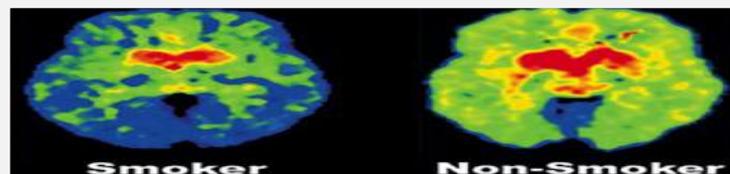
Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

NON-SMOKING SECTION

We all know that smoking increases our rates of cancer and other illnesses. But what about specific regions? Stay tuned over the next few weeks to see how nicotine affects every part of your body.

In the Brain:

Nicotine is as addictive as heroin, making the addiction hard to beat. The brain develops extra nicotine receptors to accommodate the large doses of nicotine from tobacco. When the brains stops receiving this nicotine, it goes into withdrawal. Withdrawal can make you feel anxious, irritable, and crave nicotine more.



Notes are due
6/15 and 6/30!

Cha-Cha-Changes!

As we begin our new fiscal year on July 1st, we have some very **IMPORTANT** news we would like to share with our providers, clients, and community members.

Alaska Island Community Services, in order to comply with new state laws, will be transitioning to Case Free Conflict Management.

This means that our provider services will be separated from our care coordination services. Which means major changes are coming, including two supervisors for our services instead of one.

Please bear with us as we finalize our plans moving forward. We are doing our best to be as timely as information is given to us.

While this can become very confusing, we are more than happy to assist all community members, clients, and providers with the new change to meet State of Alaska laws. Please contact our offices at (907) 874-3375 with any questions or concerns. We appreciate your understanding as we make this transition.



Healthy Cooking Curriculum starts June 2nd. Hope to see you there!

HEALTHY EATING
FREE COOKING DEMONSTRATION
on Healthy Food Preparation
at
Senior Apartments Atrium
Thursdays 11:30 - 1:00pm

Learn how easy it is to prepare healthy and delicious food.
Samples will be available!
Come join us and have some fun!

June 2 June 23
June 9 June 30
June 16 July 7

874-3375

E-Learning is due on June 30th!



Day Habilitation will meet on the following dates in June:
June 2nd– Bowling at the Elks
June 16th– Bowling at the Elks
June 30th– Bowling at the Elks



PTSD AWARENESS MONTH

Post Traumatic Stress Disorder, or PTSD for short, affects an estimated 7.8 percent of Americans. While most people hear about statistics concerning Veterans whom have PTSD, PTSD can occur in all age groups, ethnic backgrounds, and job fields. Many PTSD sufferers develop PTSD after natural disasters, military combat, terrorist attacks, serious accidents, or assaults.

The three most common symptoms of PTSD are: reliving the trauma, staying away from people or places that remind the individual of the event, and feeling on guard, irritable, or startling easily. Individuals may relive the trauma by being confronted with a reminder about the event, or thinking about the trauma while doing other things.

People with Post Traumatic Stress Disorder also experience higher rates of depression, anxiety, and substance abuse. PTSD sufferers also experience higher rates of unemployment, divorce, and separation.

AICS Clinicians are able to help lesson the symptoms and find healthy ways of coping with PTSD. Please make an appointment with one of our trained staff if you feel you are experiencing symptoms.