

# WISE Newsletter

[http://www.abhct.com/resources\\_wise.asp](http://www.abhct.com/resources_wise.asp)



**March 16, 2011**

**Active Participants  
71**

## Upcoming RA Trainings:

**March 21<sup>st</sup> & 23<sup>rd</sup>**

Page Hall Room 217  
CVH Campus - Middletown, CT.

**May 11<sup>th</sup> & 13<sup>th</sup>**

Lee Auditorium in Merritt Hall  
CVH Campus - Middletown, CT.

For more info contact:  
LaReese @ 860-704-6201

## WISE Provider Meeting

Provider Meeting is scheduled  
for Wednesday, April 6, 2011  
9 am – 10:30 am at  
Lee Auditorium in Merritt Hall

## Reminder

March's Monthly Notes are  
due on April 10<sup>th</sup>

Monthly Note Guidelines:

- monthly notes should be received on or before the 10th of the following month
- if no services were rendered in the month and the authorization is still open send a monthly note stating no services rendered and the reason why
- authorization expires mid-month, please send monthly for the dates services were rendered during that month
- Licensed Clinician's signature on monthly notes (**not needed on RA monthly notes**)

## RA Post Education

Please remember your active RA's must receive 6 hours of post training each year to maintain their Recovery Assistant certification.

For more info on post education visit our website for more details.

## Did you know....

**Ludwig van Beethoven**, composer, had bipolar disorder which some have said gave him such creative power that his compositions broke the mold for classical music forever. He was a child prodigy which his father tried to exploit. His "manic" episodes seemed to fuel his creativity

**Virginia Woolf**, the British novelist, born of privilege, experienced the mood swings of bipolar disorder her entire life. She wrote to make sense out of her mental chaos and gain control of madness; and was greatly admired for her creative insight into human nature.

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## Spring Cleaning Tips to share with your clients:

- 1. Take off your shoes.** Have your friends and family members remove their shoes as soon as they come in the house to better prevent dirt from getting in the house in the first place.
- 2. Do mini-vacuum sessions.** Vacuum high-traffic patterns in carpeted areas and shake out entryway rugs a couple of times a week to stop soil from being ground in.
- 3. Squeegee down walls after a shower.** Hang a squeegee inside the shower and get in the habit of quickly wiping down the walls after each use it prevents soap scum from building up.
- 4. Wipe down bathroom sinks daily.** Keep a box of inexpensive baby wipes under the bathroom sink, and wipe it down in the morning as you're getting ready or after you brush your teeth at night.
- 5. Purge the fridge before unpacking groceries.** Before you unload your bags, do a quick inventory and throw out any food that's past its expiration date. Doing so now frees up space and gets rid of questionable foods (or the leftovers no one ate). A quick squirt of glass cleaner or a swipe with a disinfecting wipe finishes the chore.
- 6. Keep your cleaning products handy.** Place a bucket or dishpan under each bathroom and kitchen sink to hold supplies such as glass cleaner, microfiber cleaning cloths and disinfecting wipes.

