

# W.I.S.E. Newsletter

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



**May 2, 2011**

**Active Participants  
73**

## Upcoming RA Trainings:

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

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

**July 13<sup>th</sup> & 15<sup>th</sup>**

Page Hall Rm. 217 (July 13)  
and Rm. 212 (July 15)  
CVH Campus - Middletown, CT.

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

[http://www.abhct.com/downloads/RA\\_TRAINING\\_3-24-11.PDF](http://www.abhct.com/downloads/RA_TRAINING_3-24-11.PDF)

## Reminder

April's Monthly Notes are due on or before May 10<sup>th</sup>

Monthly Note Guidelines:

- monthly notes should be faxed **to LaReese @ 860-638-5302** 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
- if an authorization expires mid-month, please send a monthly note for the dates services were rendered
- 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.

[http://www.abhct.com/downloads/RA\\_CONTINUING\\_ED\\_REQUIREMENTS\\_2011.PDF](http://www.abhct.com/downloads/RA_CONTINUING_ED_REQUIREMENTS_2011.PDF)

## Recovery Assistant Re-Credentialing

Please note RA certification lasts for two years. Your agency will receive an email detailing the re-credentialing process a month prior to the expiration date. This email will include a list of your certified RA's to date and will also include your agency application for your review.

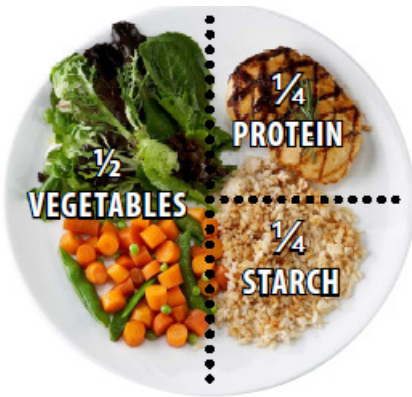
## Did you know....

**Actress Catherine Zeta-Jones** was apparently in Connecticut for six days at the Silver Hill Hospital, a residential treatment center for those with psychiatric and addictive disorders. Zeta-Jones, the 41-year-old wife of actor Michael Douglas, spent April 6 to 11 at the New Canaan facility according to a National Enquirer story that she was admitted. Later reports said she was at the facility for treatment of her bipolar disorder. In a statement the "Chicago" star's rep says "After dealing with the stress of the past year, Catherine made the decision to check into a mental health facility for a brief stay to treat her Bipolar II disorder. She's feeling great and looking forward to starting work this week on her two upcoming films."

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## Portion control tips to share with your clients:



### ½ Plate Vegetables:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

### ¼ Plate proteins:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

### ¼ Plate Starches:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

## BASIC GUIDELINES



1 cup = baseball



½ cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1½ oz cheese = 3 dice



### GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



### DAIRY & CHEESE

- 1½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = lightbulb
- ½ cup ice cream = lightbulb



### FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



### FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



### MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 23 almonds
- ¼ cup pistachios = 24 pistachios



### SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips