

W.I.S.E. Newsletter

http://www.abhct.com/resources_wise.asp



July and August 2011

**Active Participants
76**

RA Post Education

DMHAS has launched new online training classes Recovery Assistants can take to maintain their certification.

Online Course	Credit Hrs.
Depression	1.5
Diabetes Mellitus Basics	2
Food Safety and Kitchen Hygiene Overview	1
Medications Used in the Treatment of Mental Health Disorders	2
Tools for Engaging Clients in Services	2
Understanding Bipolar Disorder	2
Working with People Diagnosed with Schizophrenia	2

UPDATE

Fill-able Monthly Note Templates are available. If you did not receive these please contact: LaReese @ 860-704-6201

Upcoming RA Trainings

September 28th & 30th

Page Hall Rm. 217
CVH Campus - Middletown, CT.

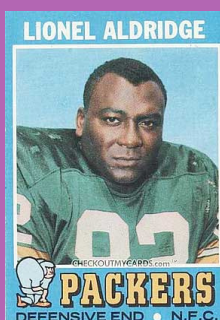
November 2nd & 4th

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

Reminder

As of **July 1, 2011** the timely filing limit is 60 days after the date of service.

Did you know...



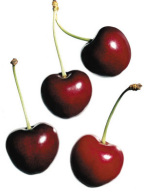
Lionel Aldridge, a football player for the Green Bay Packers during the 1960's, developed paranoid schizophrenia and was homeless for 2 1/2 years. "Once I accepted and cooperated with the treatment, I started to beat the illness" he said. He now speaks to groups to help them better understand mental illness. He states that he is completely symptom free and that helping others understand mental illness is "therapy" for him.

Source: www.schizophrenia.com

Please share with your clients:

5 Red Foods You Should Eat

Cherries



Rich in antioxidants, such as anthocyanin (believed to reduce pain and inflammation), cherries have been purported to fight myriad diseases, including diabetes, cancer, arthritis and gout. Cherries are also a good source of fiber, potassium and vitamin A.

Beets



With an earthy flavor that gets supersweet when cooked, beets are very nutritious: 1/2 cup of cooked beets has just 29 calories but boasts 2 grams of fiber and provides 19 percent of the daily value for folate, a B vitamin needed for the growth of healthy new cells. Plus their beautiful color comes from betanin, a phytochemical that's thought to bolster immunity. Roast them, pickle them or shred them raw and dress them with citrus for a refreshing salad in these 4 quick and easy beet recipes.

Tomatoes



A terrific source of vitamin C with a touch of vitamin A, potassium and fiber thrown in for good measure, tomatoes don't just taste great, they're also good for you. (Hard to believe that at one time they were thought to be poisonous!) Tomatoes are also rich in lycopene, an antioxidant that fights skin aging and may be beneficial against cancer and heart disease.

Pomegranate



A near-icon of fertility in much of its native range (Iran to the Himalayas), the pomegranate also has come to represent good health. Studies have shown that the fruit may help to reduce the buildup of plaque in arteries and lower blood pressure. Other research hints that pomegranate juice may help manage prostate cancer, diabetes, arthritis and erectile dysfunction. Experts believe that pomegranate's benefits come from its powerful punch of polyphenols—including anthocyanins (found in blue, purple and deep-red foods) and tannins (also found in wine and tea).

Chile Peppers



Capsaicin, an antioxidant in chiles, thwarts food spoilage and may protect blood vessels. It also makes peppers hot—in more ways than one (hence the spicy folklore that piquant peppers rev up sexual desires). Studies show that capsaicin increases the body's metabolic rate and may stimulate brain chemicals that help us feel less hungry. In a 2005 study in the International Journal of Obesity, people ate 16 percent fewer calories at a meal if they sipped tomato juice spiked with hot-pepper extract (versus plain tomato juice) a half hour earlier.

Source: www.eatingwell.com