ASCENSION COUNSELING CENTER

Ascension Counseling Center

Editor: Suzanne Berteau Hamilton, Director *Parish President: Tommy Martinez*

THE HOLIDAYS ARE HERE! ARE YOU READY?

We've had our first cool snap of the season and the holidays are fast approaching. Christmas carols are on the radio, toy catalogs are arriving in the mail and family get togethers are being planned. Thanksgiving and Christmas just bring about a different feel to our lives for a little while. There's an air of joy and excitement for many of us.

But the holidays also bring about a lot of stress, and for some a feeling of being overwhelmed by the over-doing, over eating, and over- shopping. Here are some tips to help you maneuver through the holidays and find a little joy along the way.

Reflect on your expectations for the holidays. What brings you joy and what brings you down? If you enjoy shopping but not the cooking, order out holiday dinner. Or have each person bring their favorite dish. Do more of what brings you joy and less of what causes stress.

Family get togethers can be a minefield for some. Plan ahead of time how to respond to that aunt that says just the thing to punch your buttons and practice your response. Or plan to visit for a short time and make an excuse to leave the get-together early.

Budget. Overspending and being in debt from holiday purchases can be a drag. Make a budget and stick to it. Shop with a list or shop on line so you aren't tempted by all of the sales in the aisles. Limit your shopping time so that you don't give in to temptations when you are tired.

Rest and relax. Make sure that you get enough rest so you aren't running on empty for the extra demands on your time. Make sure you have some down time to enjoy the holiday experiences instead of running from event to event mindlessly.

Eat well. All of the holiday goodies can make us feel stuffed. Plan ahead to include some goodies but also make sure to get some fruits and veggies into your meals.

Often material items aren't the only gifts we can give. Volunteer your time at a nursing home or pet shelter. Volunteer to serve meals to the homeless. Donate a toy to the Toys for Tots program. Often when we serve others, we are enriched.

Create a new ritual for your family. If you aren't excited about cooking and serving turkey for Thanksgiving, create a new ritual. Cook your favorite dish. Let the children choose the menu for the day. Maybe spaghetti and garlic bread will become your new holiday dish!

If holidays aren't a source of joy, think of it as a short vacation from work. Rent movies or "spring" clean your house. Remember, there are many people in the world who do not celebrate Thanksgiving or Christmas. However you choose to spend your holidays, be safe and be kind. Be careful with space heaters and turkey fryers. If you have a live tree, make sure it's watered and lights are turned off when unattended. Don't drink or use substances and drive. Lots of people have to work longer hours during the holidays. Be kind to cashiers and waiters and waitresses and other occupations that increase their work hours during the holiday season. Who knows, our kindness might just make someone else's holiday brighter .

By: Ava Gerald

AFFORDABLE CARE ACT MARKETPLACE

With the opening of the marketplace, the Louisiana Healthcare Education Coalition (LHEC) continues to serve as an educational resource for the residents of Louisiana. In an effort to inform both individuals and small business owners, LHEC participated in more than a dozen community events in October. As a part of the Affordable Care Act, The Marketplace is a new way for people to shop for health insurance. In 2014, you must have health insurance coverage or pay a tax penalty.

Starting in 2014, every American or legal resident will have to get health insurance coverage. If you don't, you will pay a tax penalty at the end of the year. How much? In 2014, you could pay $95 per uninsured person in your family up to $285 for the family. But by 2016, you might end up paying around $700 per uninsured person. Except for those with religious reasons, exemptions or those who can't find affordable health insurance. Many people will qualify for subsidies, or tax credits on their insurance premiums. Use our chart to see if you may qualify. Household size is the number of people living in your house. Household income is the total income each of your family members makes in a year. If you make $40,000 and your spouse makes $20,000 in a household of 2, then your household income range is $60,000

Household Size	Household Income Range
1	$15,282 – $45,960
2	$20,628 – $62,040
3	$25,975 – $78,120
4	$31,322 – $94,200
5	$36,668 – $110,280
6	$42,015 – $126,360
7	$47,361 – $142,440
8	$52,708 – $158,520
Each additional person	+$5,347 – $16,080

To shop on the Marketplace you will need:

- A personal email account.
- A Marketplace account that you can create at www.Healthcare.gov beginning on October 1
- Social Security numbers and birth dates for each member of your household who needs coverage
- Employer and income information for every member of your household who needs coverage on this (pay stubs, W-2 forms, etc.)
- Policy numbers for any current health insurance plans, if you have coverage

You can shop on the Marketplace at **www.Healthcare.gov** from Oct. 1, 2013 through March 31, 2014. The Marketplace is not the only place for you to buy insurance. You can also apply for and purchase insurance through an insurance agent.

MILESTONES

Staff Trainings

- Medicaid Training: Sarah Cuti and Dawnyelle Bennett attended the Department of Health and Hospitals Medicaid Application Center Representative Training on October 23rd and 24th. Ascension Counseling Center now has 6 staff members that can assist with Medicaid Applications.
- Addiction Severity Index (ASI) Training: Counselors Laurice Harrison, Ava Gerald and Kristi Boggs are on their way to becoming certified in using ASI assessments for substance abuse evaluation.
- Blue Cross Blue Shield Providers: Counselors Laurice Harrison, Ava Gerald and Courtney Leblanc are now credentialed provider s with Blue Cross Blue Shield .
- Investigating Autism: Current Issues and Finding: On October 11th, Counselors Ryan Schuette, Stacy House and Stephanie Turner attended a lecture from key note speaker, Dennis Debbaudt. This one day conference was designed especially for practitioners, educators, medical professionals and parents. The goal of the conference was to provide information on how autism affects people and how professional caregivers can effectively work with individuals with autism. The learning objectives were:
    1. Outline the new screening and diagnostic tools based on the DSM-V
    2. Evaluate the role of medications in the treatment of autism and seizure disorders
    3. Discuss and scribe different disorders that are associated with autism
    4. Strategies and diagnostic tools with different sleep issues with autism
    5. Describe the different issues with autism and the GI tract
    6. Describe the different approaches to those affected with autism in an emergent crisis situation

ACC In The Community

Extreme Esteem: A Workshop for Teens & Their Parents

Help you teens ages13-15 be strong and confident by providing them the tools they need to feel good about themselves , gain insight, build a strong, close relationship, and become an “askable” parent about important matters to your teen. Join St. Elizabeth Hospital & Ascension Counseling Center for this interactive workshop that will provide a session for teens led by a trained facilitator and a separate session for their parents. The workshop is on Monday, December 9, 2013 from 6:00-8:00 PM at St. Elizabeth Hospital in the Sr. Linda and Sr. Vernola Conference Rooms. This event is free. For additional information or to register, call St. Elizabeth Hospital, Community Education at 225-621-2906 or visit www.steh.com–News&Events-Calendar.

ACC FIT

FITNESS FOR WELLNESS

HOW IT WORKS

How you gain:
When you consume more calories than you burn, you gain weight. A pound of fat is 3,500 calorie. Your body naturally stores extra calories as fat. So far every 3,500 calories you consume, you gain 1 pound.

How you lose:
If you eat fewer calories or exercise, you start to burn fat. Say you eat 250 calories less than normal and burn off 250. That is 500 fewer calories a day. If you do this every day, you will lose 1lb a week.

500 CALORIES X 7 DAYS A WEEK = 3500 CALORIES OR 1LB

Try to aim for no more than a loss of 2 pounds per week. If you try to lose more, you'll probably lose more lean muscle and water instead of fat. Make "slow and steady" your motto for weight loss.

BALANCE DIET

- Feel full on fewer calories by eating fruits & veggies at every meal.
- Make at least half of your carbs whole grains (they fill you up).
- Avoid or limit things that are high in sugar (including alcohol).
- Vary your veggies so that you don't get bored (eat a combo of colors)
- Use no calorie sweeteners instead of sugar.
- Cut calories with low-fat or fat-free milk.
- Use spices instead of sauces or salt.
- Drink plenty of water.

METABOLISM FACTS

Metabolism: The process by which your body converts what you eat and drink into energy.

- **Fact 1:** Contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body's basic energy needs, it's your food and drink intake and your physical activity that ultimately determine how much you weigh.
- **Fact 2:** Metabolism is a natural process; your body generally balances it to meet your individual needs. That's why if you try so called starvation diets, your body compensate by slowing down the bodily process and conserving calories for survival.
- **Fact 3:** Only in rare cases do you get excessive weight gain from a medical problem that slows metabolism; such as Cushing's syndrome or an underactive thyroid gland (Hypothyroidism).
- **Fact 4:** Some people who are said to have a fast metabolism are probably just more active, and maybe more fidgety, than others.

New ACC FIT Program at Ascension

ACC FIT is a newly developed Fitness for Wellness program for both employees and clients at Ascension Counseling Center. The program has been developed and coordinated by our office manager and certified fitness trainer, Jill Lemann, to promote mental wellness and recovery through exercise and nutrition. The program is currently up and running for employees and will be available to clients soon.

The Importance of Exercise for Mental Health

It is commonly acknowledged that physical activity and exercise have a positive impact on many aspects of health, including protection against coronary heart disease, high blood pressure, some cancers, diabetes and osteoporosis. A growing body of research over the last 10 years substantiates that physical activity also improves psychological well-being. Exercise stimulates endorphins, which are neurochemicals that help stabilize our mood. Whereas, resulting in reduced stress, anxiety and depression, improvements in mood, and improved self-esteem.

The Importance of Exercise for substance abuse recovery

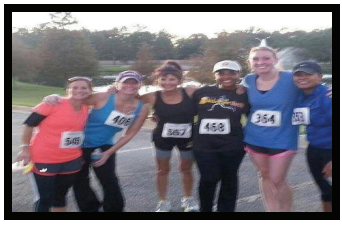
Addictive drugs can hijack the brain's pleasure center, causing a huge boost in signals that are commonly released when people are experiencing something pleasurable or beneficial. When people are withdrawing from drugs, the brain can feel bereft, unable to produce pleasurable signals without a touch of drugs. Exercise can fill that void, boosting the production of a variety of feel-good chemicals. After a bout of exercise, people might feel happier and more at ease.

Exercise might also help some forms of cravings to lessen or cease altogether. For example, a study in the journal Psychopharmacology found that a single bout of 10-minute, moderately intense exercise had a rapid effect on a smoker's desire for tobacco products. These same sorts of results have been replicated in other studies of other addictive drugs, which seems to indicate that exercise could be sort of secret weapon in the fight against cravings.

In conclusion, early research strongly suggests exercise will help in overcoming addictions and overall wellbeing.

ACC Staff Participate in 3 Mile Run

On Saturday November 2nd, staff from Ascension Counseling Center participated in a 3 mile run. This race is the first of many that our staff plan to participate in; in an effort to promote health and wellness. Pictured are Jill Lemann, Sarah Cuti, Lisa Lopez, Laurice Harrison, Kristi Boggs and Dawn Bennett.



www.AscensionParish.Net/MH

MICROSOFT

1112 So. E. Ascension Complex, Gonzales, LA 70737

419 Memorial Blvd, Donaldsonville, LA 70346

Phone: 225-450-1016

Fax: 225-450-1150

E-mail: SHamilton@apgov.us

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

Hours

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

Donaldsonville:

Business Hours

Wednesday: 7:30 am - 5:30 pm

Monthly Events

Mondays:

- ***Adult Substance Abuse Treatment group***, 4 - 6 pm & 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***Women's Empowerment Group,*** 10 - 11:30 am, Gonzales.
- ***Nurturing Parenting, adult & children groups***: 5 - 7:30 pm, Gonzales.
- ***Anger Management Class,*** 4 - 5 pm, Gonzales.
- ***Stop Smoking group***, 4 - 6 pm, Gonzales
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group:*** 1 pm, Donaldsonville.
- ***Adolescent Substance Abuse Treatment group***, 3 - 4 pm, Donaldsonville.
- ***Adult Substance Abuse Treatment group:*** 4 - 6 pm & 6 - 8 pm, Gonzales.
- ***Living Strong Cancer Survivors group***, 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- ***Grandparents Raising Grandchildren***, 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- ***Adult Substance Abuse Treatment group:*** 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 5– 7 pm, Gonzales.
- ***Anxiety Reduction group***: 4 - 5 pm, Gonzales.

At Ascension Counseling Center you are at the center of your own care. We aim to treat you the way you want to be treated, with dignity and respect. If you are not receiving the services you want in the way that you want them, please speak to your counselor or ask to speak with Lisa Weber-Curry, Clinical Manager (225/450-1172) or Suzanne Hamilton, Director (225/450-1160).

FREE CANCER SCREENINGS

Free Screenings Made Possible By Donor Gifts

SATURDAY – NOVEMBER 2

Breast Cancer Screening

9 – 11 a.m. & 12 – 2 p.m.

{Appointment Required}

Walmart
200 Northwest Blvd.
Franklin

WEDNESDAY – NOVEMBER 6

Prostate Cancer Screening

9 a.m. – 1 p.m.

BREC Administrative Office
6201 Florida Blvd.
Baton Rouge

MONDAY – NOVEMBER 11

Breast Cancer Screening

9 – 11 a.m. & 12 – 2 p.m.

{Appointment Required}

Louisiana Heart Hospital
64030 Hwy. 434
LaCombe

TUESDAY – NOVEMBER 12

Breast Cancer Screening

10 a.m. – 12 p.m. & 1 – 4 p.m.

LSU Mid City Clinic
1401 N. Foster Dr.
Baton Rouge

FRIDAY – NOVEMBER 15

Breast Cancer Screening

9 – 11 a.m. & 12 – 2 p.m.

{Appointment Required}

RKM Primary Clinic
11990 Jackson St.
Clinton

SATURDAY – NOVEMBER 16

Breast Cancer Screening

9 – 11 a.m. & 12 – 2 p.m.

{Appointment Required}

Grand Caillou Baptist
3497 Grand Caillou Rd.
Houma

MONDAY – NOVEMBER 18

Breast Cancer Screening

5 – 7 p.m.

{Appointment Required}

Woman's Hospital
100 Woman's Way
Baton Rouge

FRIDAY – NOVEMBER 22

Breast Cancer Screening

9 – 11 a.m. & 12 – 2 p.m.

{Appointment Required}

Rouses
50 Park Place
Covington

For more information or to make an appointment call:

(225) 215 - 1234 or (888) 616 - 4687

WWW.MARYBIRD.ORG

SCREENING GUIDELINES*

BREAST

- A clinical breast exam will be provided to women of all ages during these screenings.
- Mammograms will be available to women 40 and older who have not had a mammogram in the past 12 months.
- Insurance will be billed for mammograms. There will be no charge for women without insurance.

COLORECTAL

- Easy-to-use kits will be distributed.
- Men and women age 50 and older who have not been screened for colorectal cancer in the past 12 months.
- Does not replace a medical examination or other screening procedures.

ORAL

- A physician will check your face, neck, lips and entire mouth.
- The risk of oral cancer increases with age. Most oral cancers occur after age 35.
- Most oral cancers are linked to cigarette smoking, heavy alcohol use or the use of both tobacco and alcohol together.

PROSTATE

- Includes a PSA blood test and a physical exam performed by a physician.
- Available to men 45 and older who do not have a doctor or who have not been screened for prostate cancer in the past 12 months.

SKIN

- A visual exam will be performed by a physician.
- Available to those who have not had a physician perform a skin screening in the past 12 months.

* American Cancer Society, 2013. www.cancer.org

MARY BIRD PERKINS
CANCER CENTER

Extreme Esteem: A Workshop for Teens and Their Parents

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Monday, December 9, 2013
6:00 PM – 8:30 PM
St. Elizabeth Hospital
Sr. Linda and Sr. Vernola Conference Rooms

FREE – Registration Required
(225)621-2906

ST. ELIZABETH HOSPITAL
Franciscan Missionaries of Our Lady Health System

Growing Up: Boys
A Class for Pre-Teen Boys

Help your son understand the physical and emotional changes he will experience as he goes through puberty. Join us for a matter-of-fact and reassuring discussion on this normal part of growing up. For boys ages 10-12 and their dads / moms.

Tuesday, December 10, 2013

6:00pm-7:30pm

St. Elizabeth Hospital, Sr. Vernola Conference Room

Fee: $15, Pre-Registration Required

Call 225-621-2906 or www.STEH.com to register

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ST. ELIZABETH HOSPITAL
Franciscan Missionaries of Our Lady Health System

We are excited to announce that the St. Elizabeth Health Fair will be improving & moving to a new date.

ST. ELIZABETH HEALTH FEST

Be sure to Save the Date for our upcoming St. Elizabeth HealthFest on **January 11th, 2014**

More details to come.

Social Skills Groups for Elementary School Students

Topics Include: Conversation starters, Making Friends, Team Work, Manners and Other Socially Appropriate Behaviors, Accepting Consequences, and Improving Self Image

Social Skills Training for Elementary School Student

Groups held after school from 5-6pm for 6 one hour sessions

Cost: $350

Family Focus, LLC and Associates
8303 O'Hara Court
Baton Rouge, LA 70806
www.familyfocusbr.com

Contact: Jamie Schuler, LCSW, C-ACYFSW
225-231-7155
ffcoordinator@gmail.com

Social Skills Groups for High School Students

Topics Include: Conversation Starters, Peer Pressure, Dealing with Feelings, Appreciating Differences, Using Self Control, and Improving Self Image

Social Skills Training for Grades 9-12

Groups held after school from 5-6pm for 6 one hour sessions

Cost: $350

Family Focus, LLC and Associates
8303 O'Hara Court
Baton Rouge, LA 70806
www.familyfocusbr.com

Contact: Jamie Schuler, LCSW, C-ACYFSW
225-231-7155
ffcoordinator@gmail.com

Social Skills Groups for Middle School Students

Topics Include: Conversation starters, Being a Good Listener, Accepting Consequences and Changes, Using Self Control, Problem Solving and Team Work, Improving Self Image

Social Skills Training for Middle School Students

Groups held after school from 5-6pm for 6 one hour sessions

Cost: $350

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8303 O'Hara Court
Baton Rouge, LA 70806
www.familyfocusbr.com

Contact: Jamie Schuler, LCSW, C-ACYFSW
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