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# Trinity PRIDE

Prevention Resource Information on Drug Education

150 Lake Street, 2nd Floor Elmira, NY 14901

T: (607) 737-5218 F: (607) 846-3239

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## Great American Smokeout Mini Health Fair & Turkey Giveaway

The Great American SmokeOut is held annually on the third Thursday of November to encourage smokers to use the date to make a plan to quit. By quitting, even for a day, smokers are taking important steps toward a healthy life.

This year, Trinity will hand out a free turkey to those who turn in a 1/2 pack or more of cigarettes/tobacco. (Limit: 1 turkey per family) We will also be having a Health Fair with the following vendors:



Arnot Health, Ageless Spa, SNAP Fitness, Liberty Mutual, Vitamin Shoppe, Weight Watchers, Heart to Heart Yoga, AIM Navigation Program, & Trinity of Chemung County



Date: November 20, 2014

Time: 9am-12pm

Where: Southside Community Center  
215 Partridge St.  
Elmira, NY

## Child Safety Protection Month

November is Child Safety Protection Month. The main purpose of Child Safety Protection Month is to create awareness about potential dangers that children face on a daily basis. One area of concern is unintentional poisoning. Some suggestions to prevent poisoning include:

- keep cleaners, medications and other harmful substances out of reach of children
- use child safety locks on cabinets
- have the number for the Poison Control Center readily available (1-800-222-1222).



### Upcoming Events:

- 11/3** DDP Chemung Co.
- 11/5** DDP Schuyler Co.
- 11/19** PROUD Meeting
- 11/20** Great American SmokeOut



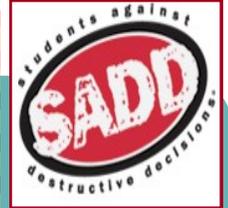
Red Ribbon Week was October 23-31.

For Red Ribbon Week, Trinity distributed over 1,000 post cards and red ribbons to libraries and schools in Chemung County.



**P.R.O.U.D. Coalition**  
*Our next meeting will be held on Nov. 19 @10am.*  
*All community members are welcome to attend!*

[www.ProudCoalition.yolasite.com](http://www.ProudCoalition.yolasite.com)



### Thanksgiving—The MOST Dangerous Driving Holiday

On Thanksgiving weekend, millions of people head out onto the highways eager to spend time with their families. This proves to be one of the busiest travel times of the year, and unfortunately that means more crashes. In 2012, according to the National Highway Traffic Safety Administration, there were 416 motorists that died in traffic accidents during the four day Thanksgiving weekend. Additional data shows that 60 percent of the people that were killed were not wearing their seatbelts and 42 percent were involved in accidents where a person had a BAC of .08 or higher. With the combination of drivers who are tired, drinking, or distracted, the holiday travel can be dangerous.

#### Tips to help make Thanksgiving a safe travel holiday:

- Set up a plan if you want to drink
- Leave yourself plenty of time for travel
- Have a designated driver



National Highway Traffic Safety Administration 2013

### Prevention

- The Educators have been busy in area schools teaching Second Step and Bully Prevention skills.
- Chelsea and Ashley attended Teen Intervene Training in October.
- Trinity employees will be attending Narcan training on November 4, 2014.



**Southside Community Center will hold an Open House on October 28, 2014! The time is from 2:30pm-6pm. Activities begin at 3:30pm and go until 5pm with dinner to follow.**

**Our Educators will be there doing Red Ribbon education.**



### In The News...

#### Diabetes and Alcohol

If someone has diabetes, everything they eat and drink takes on extra importance. Food and beverages have the potential to increase blood sugars and can make one wonder if it's OK to drink alcohol. Research shows that if your diabetes is well-controlled, a drink with dinner is not likely to do harm. The key word is "moderate" because too much alcohol can make diabetes harder to control and put your health at risk. The American Diabetes Association recommends a limit of two drinks a day for men, and one drink a day for women with a meal. Alcohol has a tendency to raise the body's insulin levels. This is the hormone that naturally helps the cells in your body soak up the sugar in the blood. Even though the alcohol doesn't raise your blood sugar, if taken with diabetes medicine like glipizide or insulin, it could send the blood sugar plummeting. Furthermore, the American Diabetes Association also recommended that if a person has severe nerve damage, they should avoid alcohol completely. Drinking can actually increase the amount of pain, burning, tingling, and numbness a person can feel with neuropathy. When in doubt, talk to your doctor about the potential risks that may be associated with diabetes and alcohol.

HealthDay 2014