



COTTONWOOD  
tucson

February 2011

# Alumni News...

the journey continues

## Listening Is An Art

When someone is talking to you, are you thinking about what to say before they have finished their thought? Do you interrupt, thinking you know how to finish their sentence? Is it hard to listen to others without giving advice? It's called "automatic talking" and is a learned behavior. It is how most people respond in conversation without really listening to the other person.

Truly listening to someone when they are talking to us is also a learned behavior. The art of truly listening to others is accomplished in several ways. One way is to eliminate distractions. Talking with someone while playing on the computer or watching television is not being present. Body language can also play a large part in how open you are to what the other person is saying. Standing with arms locked or fidgeting with your clothes or hair can give signals that your not engaged in the conversation. Eye contact is important and helps you concentrate on the message being communicated to you. Another way to actively listen, and probably the most important component to listening, is to give the person speaking your undivided attention. Attentive listening and concentrating on the person communicating with you helps the communicator relax and feel they are being heard and understood.

Active listening is as miraculous for the listener as it is for the speaker. When someone receives us with an open-hearted, non-judging, interested and authentic listening demeanor, our spirits expand.

I encourage you to practice your listening skills and find a better way to connect to those you love and everyone with whom your paths cross.

Oliver Wendell Holmes once said, "It is the province of knowledge to speak, and it is the privilege of wisdom to listen." I think I'll listen to him.

**If you have any questions, please contact me at [shicks@cottonwoodtucson.com](mailto:shicks@cottonwoodtucson.com) or call 520-743-0411 extension 2517.**

**Be well, Sally**

## Nutrition in Recovery; It Starts with Breakfast: By Lisa MacDonald, MPH, RD

With addiction and mental health issues, the body often gets neglected. Inconsistent eating patterns and imbalanced nutrition influence emotional well-being as well as play a role in perpetuating the addiction cycle. How a person eats impacts their energy, concentration, moods, cravings and ability to moderate eating. It is so important that those in recovery view nutrition as supportive in the recovery process.

Even though an individualized approach to nutrition in recovery is vitally important, let's start with the basic principles of bringing consistency and balance to eating. Consistency and Balance are the mantra for nutrition in recovery and works for both men and women. Consistency means eating three or more (hopefully at least 4, but as many as 6) times per day and balance means including carbohydrate, protein and fat each time.

It all starts with breakfast. What our moms and grandmothers taught us is true, breakfast is the most important meal of the day. Unfortunately, many skip breakfast or rely on highly refined or sugary foods such as bagels and doughnuts. The worst scenario is when coffee or other highly caffeinated beverages become breakfast.

## Nutrition in Recovery: It Starts with Breakfast: By Lisa MacDonald, MPH, RD

Even though caffeine feels like fuel, it is not. Breakfast truly sets the stage for the rest of the day. What we eat, or don't eat at breakfast impacts our energy levels, moods and eating behaviors for the entire day. Try starting the day with a very well-balanced meal and experience the difference.

- If you are a cereal eater, try sprinkling some almonds or walnuts into your cereal to increase its protein content and contribute to longer lasting energy.
- Peanut butter or almond butter stirred into oatmeal or any hot cereal is delicious and sustaining.
- Peanut butter or almond butter on whole grain bread is energy and nutrient packed
- For a refreshing and satisfying breakfast, try cottage cheese or yogurt topped off with a healthy granola (see recipe below) and fruit
- Eggs paired with whole grain toast or a medley of roasted potatoes supply lasting energy for the morning.

Chef **Richard Serna's** recipe for Cottonwood's House-Made Granola is delicious and packed full of nutrients. The oats in this recipe are an excellent source of complex carbohydrate, fiber as well as biotin, folic acid, iron, vitamin E and zinc.

The seeds provide vitamin E, magnesium and zinc. Raisins and currants are good sources of iron, potassium, B vitamins and dietary fiber. Remember, granola is best used as a sprinkler into yogurt or cottage cheese as it tends to be very high in calories.

### Cottonwood House-Made Granola

Number of Servings: 24 (43.42 g per serving)

#### Amount Measure Ingredient

1 cup apple juice, unsweetened, canned/bottled  
 1/2 tsp Flavor, vanilla extract  
 1/2 tsp Spice, cinnamon, ground  
 1/2 cup Honey, light  
 3 cup Oats, rolled, old fashioned, dry  
 1/2 cup Currants, dried  
 1/2 cup Cranberries, dried  
 1/2 cup Seeds, sunflower, kernels, dry roasted, unsalted  
 1/2 cup Seeds, pumpkin & squash, kernels, roasted, unsalted  
 1/2 cup Raisins, seedless, unpacked cup

#### Notes

Preheat the oven to 300 degrees F.  
 In a small saucepan, combine the apple juice, vanilla bean or extract and cinnamon.  
 Cook over medium high heat until the juice is reduced by half, approximately 5 minutes.  
 Stir in honey and bring to a boil.  
 Remove from heat.  
 In a large bowl, combine the oats, currants, cranberries, raisins, sunflower seeds and pumpkins seeds.  
 Pour in the apple juice mixture stirring and tossing until evenly moistened.  
 Spread the mixture into an even layer on a large rimmed baking sheet.  
 Bake, stirring 2 or 3 times until toasted and fragrant, about 30 minutes.  
 Let cool completely  
 Store at room temperature in an airtight container for up to one week.

## Nutrition Facts

Serving Size 1/4 cup  
 Servings Per Container 24

#### Amount Per Serving

**Calories 130**      **Calories from Fat 35**

**% Daily Value\***

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 22g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 12g

#### Protein 4g

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# InnerPath Retreats

## Beginnings & Beyond

2/14-18 • 3/21-25 • 4/18-22

## Women's Retreat

4/11-15 • 6/20-24

## Developing Healthy Relationships

2/10-13 • 12/1-4

## Developing Healthy Families

Monday - Friday  
Contact us to schedule

We offer several 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief, loss, trauma, and anger. InnerPath is like a mini-Cottonwood experience where you can come back for a boost to your personal recovery plan. All of our retreats are held at the Cottonwood Nash House, meals and lodging included, and are limited to 8 people. Rokelle Lerner who is a therapist, author, and codependency expert, is our facilitator. Please contact Jana Zeff at 520-743-2141 or e-mail her at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for more information about InnerPath.

# Sweetwater Adolescent Program

*Sweetwater* is a 90-day residential program, internationally recognized for the treatment of co-occurring disorders with adolescent females ages 13-17. The *Sweetwater Program* has been designed to help girls and their families recover and make changes necessary to improve the quality of their lives. *Sweetwater* places a strong emphasis on scholastics, offering both structured classroom hours as well as a therapeutic curriculum designed to further the intellectual, emotional, and spiritual growth of each girl. Cottonwood de Tucson's *Sweetwater Program* is a recipient of the **Woodbury Reports, Inc.** "[Excellence in Education Award](#)" having been selected on the basis of our excellent reputation for producing positive and consistent results with at-risk young girls and their families. Additionally, Cottonwood Tucson is a proud member of [National Association of Therapeutic Schools and Programs \(NATSAP\)](#). If you and your family are struggling with addiction or depression, please contact us, Cottonwood Tucson (see below) and let us help you and your family experience recovery and health.

# Tucson Alumni Meetings

Dear Tucson Alumni,

Just a reminder, that your Cottonwood Tucson alumni meeting meets every Wednesday from **6pm until 7:30pm at the Cottonwood Campus**. On the first Wednesday of the month you can come early (5pm) and have dinner (\$5 per person). You may also bring one guest. This is a great opportunity to show your sponsor or a family member a small piece of the recovery process here at Cottonwood. We have a presentation or speaker on the first Wednesday of every month.

Please come and support your alumni meeting. The bond Cottonwood alumni have is unique. I'm hoping you will always remember that together we can do what we could never do alone.

**Keep Coming Back!**

# Cottonwood Tucson: Employee of the Month

**And the winner is...**

**Elijah**-helpful, calm and caring. Stayed cool and calm during a crisis here last weekend. I feel safe when he is working. Reminds me that it is my recovery that is affected by my actions. Cool dude! Confronts the pts that are breaking the rules (like the young adults). Thank you.

## Phoenix Alumni Meetings

Dear Phoenix Alumni,

I look forward to seeing and encouraging you as you continue your journey in recovery. We meet every first and third Tuesday night of the month at the **ABC Wellness office**, located at **7219 E. Shea Boulevard Scottsdale, AZ 85260**. The meeting time is from **7:00pm until 8:30pm**. The 2011 dates are listed below. Hope to see you there.

**2011**

### **Phoenix Alumni Meeting Dates**

**Mar 1 & 15 • April 5 & 19 • May 3 & 17 • June 7 & 21**

**July 5 & 19 • Aug 2 & 16 • Sept 6 & 20 • Oct 4 & 18 • Nov 1 & 15 • Dec 6 & 20**

## Farmington/Durango Alumni Meetings

Dear New Mexico alumni,

Hi alumni, I apologize for missing the January alumni meeting. Life happens and unfortunately that is what was occurring for my husband and me when I had to cancel the meeting. However, I am looking forward to the March 2011 Alumni meeting. We have a great group of alumni who are serious about supporting each other. The 2011 meetings will be held at the **First Baptist Church 511 W. Arrington, Farmington, NM. 87401**(west side of building) The meeting time is from **7:00pm until 8:30pm**. I hope to see you there, all are invited.

**2011**

### **Farmington Alumni Meeting Dates**

**March 28 • May 23 • July 25 • Sept 26 • Nov 28**

