

THROUGH THE WINDOW

The newsletter of the Cleveland Treatment Center

—April 2012—

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Cleveland Treatment Center*

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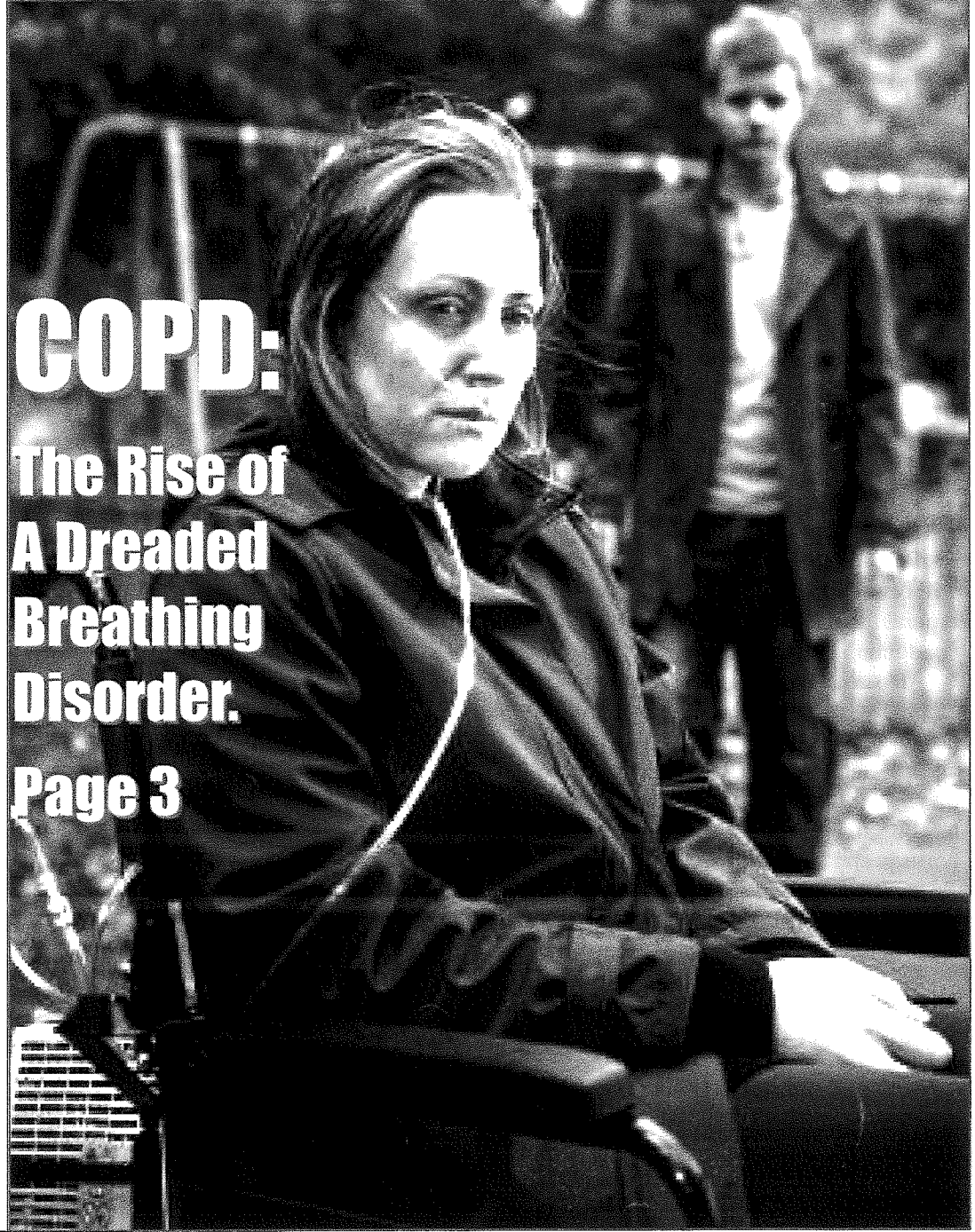
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BREATHLESS



COPD:
**The Rise of
A Dreaded
Breathing
Disorder.**
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The Persons Served Committee sponsors the newsletter. Facts and opinions are those of sources cited. The newsletter is on the CTC website at the following address:

www.clevelandtreatmentcenter.org

Suggestions, questions and writing may be placed in either suggestion box in the lobby.

CTC Bulletin Board

All The News That's Fit To Print

Church Garage Off Limits to CTC Clients

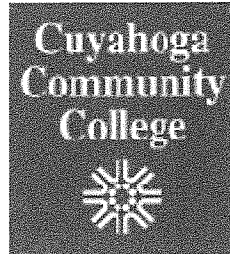
Effective Immediately there will be absolutely no client parking in St. Marion church garage. Failure to adhere to this policy will result in program non-compliance and you will be towed.



It's That Time of Year:

Get Your Taxes Done For FREE

Call Ron Lemieux and set up an appointment for tax preparation. 216-861-4246 x 248



Women in Transition Program

Free 88week non-credit course in: personal development Career Exploration Support Group & Workshop Introduction to Computers

Increased Security Notice Effective Immediately

To all persons served, please be advised that as a result of reports of drug trafficking and Methadone diversion (take-home medication being sold) established security and safety measures will be enforced. CTC maintains a no loitering policy in or around the facilities. Loitering is not allowed prior to or after the conducting of business.

Also note that the selling or diversion of illegal and non prescribed substances (take-homes) on CTC premises is a federal offense and requires immediate reporting to law enforcement; and is grounds for treatment termination. Security measures between all clinics (CAAA, VA, and CTC) has been increased in all areas including video monitoring, reporting, and increased security and law enforcement patrols.

In closing, it remains our hope to insure the safety of persons served, visitors, business partners and our staff, and to prevent these actions that compromise recovery.

**CTC's Management Team
Person's Served Committee**

Do you desire to . . .

Define and strengthen your life management skills? Identify marketable and transferable skills? Develop a personalized education or employment plan? Go back to school (GED, certification, degree program, etc)?

Call now for information

216-987-2272

East

216-987-4187

Metro

216-987-5091

West

COPD: It takes your breath away

Chronic obstructive pulmonary disease has become the sixth leading cause of death worldwide, and is projected to become the fourth leading cause of death by 2030, according to major health organizations. In England alone, an estimated 842,000 of 50 million people have a diagnosis of COPD. It is the third leading cause of death in the U.S.

The disease is the co-occurrence of chronic bronchitis and emphysema: coexisting diseases in which the airways have become narrowed. This leads to the limitation of the flow of air to and from the lungs, causing shortness of breath. COPD results in a low airflow on lung function tests. It is usually not reversible, as it might be with asthma, and becomes progressively worse overtime.

COPD is caused by noxious particles or gas, most commonly from tobacco smoking, which triggers an abnormal inflammatory response from the lungs. After

diagnosis, important management strategies include quitting smoking, vaccinations, rehabilitation and drug therapy, including inhalers. Some patients require long-term oxygen therapy or even lung transplants. The major cause of COPD is smoking. In the United States 80 to 90 percent of cases are due to the habit. Exposure to cigarette smoke is measured in pack-years, the average number of packages of cigarettes smoked daily multiplied by the number of years smoking. The likelihood of developing COPD increases with age and cumulative smoke exposure. Nearly all lifelong smokers will develop COPD unless they die of other smoke-related diseases first, such as heart disease, diabetes or cancer.

Other factors that can cause COPD are exposure to workplace dusts found in coal or gold mining, the textile industry, and chemicals such as cadmium or fumes from welding. Areas with large amounts of air pollution can be an exposure risk as well.

COPD is caused by noxious particles or gas, most commonly from tobacco smoking.

Cleveland Treatment Center



STAY AIDS FREE THROUGH EDUCATION

For more information, contact Project S.A.F.E at (216) 991-SAFE

Project S.A.F.E provides free and anonymous HIV/AIDS testing, education, post-and pre-test counseling

Monday-Friday 830am-5pm

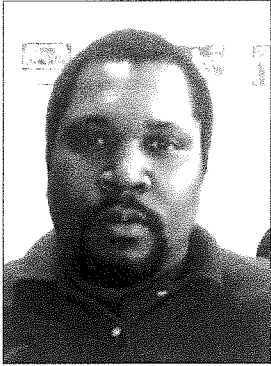
Carl B. Stokes

Social Services Mall

6001 Woodland Avenue

Cleveland, Ohio 44104

THROUGH THE WINDOW



Rodney Carpenter

ART IS LIFE

ART CLASS at CTC:

*Facilitated by Artist-in-Residence Rodney Carpenter:
Cleveland Institute of Art Graduate
Former Boys and Girls Club Director
Teaches drawing and airbrushing
Mural Artist*



Binqui

Express Yourself

ADAMHSCC art contest

For more information

Call Sue Templar: 861-4246 x 229

Attention imaginative, creative clients! Binqui, our co-artistic director for "Through the Window", will be generously donating her time toward a new, enjoyable arts and crafts class, offered Mondays from 10am until noon. All materials are furnished by CTC, and with Binqui as the instructor,

you'll create some cool projects! She specializes in African design. Self-expression and originality are themes of the class. "Bring your creative side," she says and just follow the poster to the room. Look forward to having a great time sharing the REAL YOU through your artistry. As the song says, "Express Yourself"

The Cleveland Treatment Center is Pleased to Announce ...

FREE HEPATITIS VACCINES

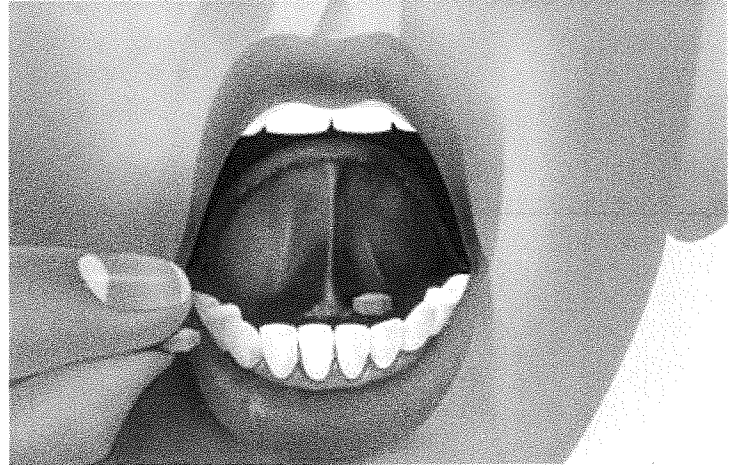
For more Information please contact
Tony Valentine at the first floor nursing
station or call at 861-4246 x223

*Vaccinations based upon availability of doses

Say Ahhhhh . . .

Sublingual medication necessary under certain circumstances

There are many reasons for doctors to use sublingual medications that help make taking medicine easier. Sublingual administration means placing the medication under the tongue. Many have seen heart patients place a nitroglycerine pill in this manner for quick relief of heart complications.



Doctors use sublingual administration for several reasons including:

Quicker time to action. This type allows the medicine, such as nitroglycerine, to go straight to the bloodstream instead of waiting to work through the stomach. Oral blood vessels are closer to the surface, allowing the medicine to move quickly. Otherwise the medicine must be swallowed, move down the esophagus, pass through the stomach, enter the small intestine, be dissolved, be transported through the intestine wall and into the bloodstream, be processed by the liver and move through the bloodstream to the heart. All this may take more than 20 minutes, which is a long time to leave heart tissue dying. The medicine needs to move much quicker to save a life in that situation.

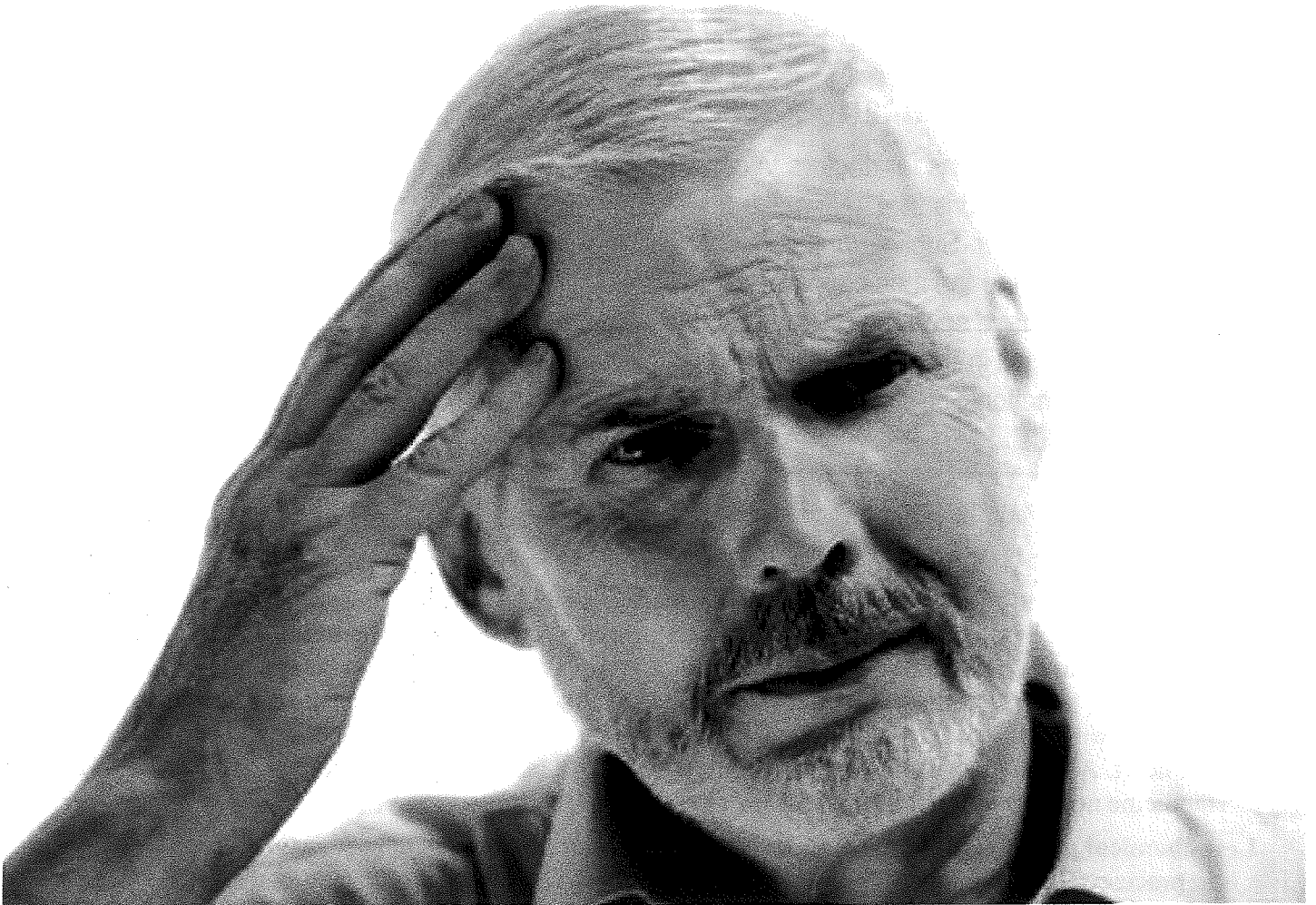
Less chemical processing. Another reason for sublingual medication is to bypass the liver, which normally processes the medicine. However, it takes less time to process the medicine as well as the liver's tendency to break down chemicals to less complicated components. In other words, liver processing may change the chemical makeup of the medicine so that the full benefit of the medicine is not realized.

Compliance. This allows doctors to ensure that medicines are taken by people who might balk, such as behavioral health patients. Many times, behavioral health patients may take the medicine only to spit it out later. They will sometimes hide the medicine in their cheeks and dispose of it after the doctors leave. In this case the sublingual medicine would be dissolved before it could be disposed. This subterfuge would help the doctors make sure the patients get the medicine they need.

Other reasons to use the method include avoiding shots, convenience, bacterial interference and other technical problems, but the first three are the leading examples of this type of medicating.

What Was That You Said ?

The Dilemma of Short-Term Memory Loss



Oh, no! You forgot the name of that capital city for the history test, and you just knew it twenty minutes ago! Yet your birthday party in third grade comes to mind later, and that many-year-ago event is as clear as yesterday! What is going on? Information is stored in different parts of the brain. Short-term memory includes recent events, as twenty minutes ago, and long-term memory can include many years of happenings. As short-term memories are pored over, they are then either discarded or stored in long-term memory, usually for retrieval at a later time. When a memory problem occurs, it is usually short-

term memory at first. Failure of both types of memory normally results from failure to adequately store, retain and retrieve the information.

Aging changes the brain. In your 20s, you begin to lose brain cells, a few at a time. Your body makes less of the chemicals that help brain cells to work. The older you get, the more these changes can affect memory, both short- and long-term.

What are examples of non-normal short-term memory loss? These are: forgetting things much more often than you used to, forgetting how to do things

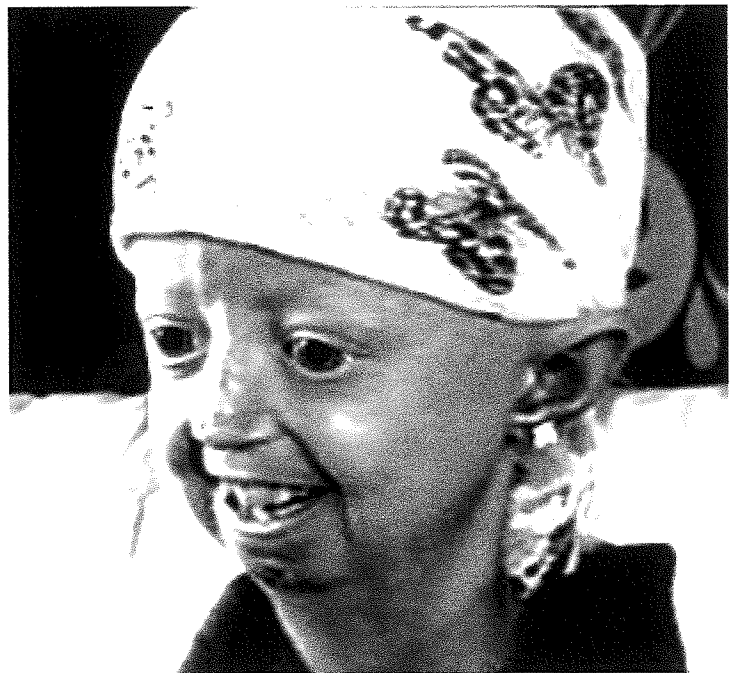
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Bravery is . . .

Timeless

Determined 14-year-old lives in 105-year-old body

A plucky young woman must contend with old age, thanks to a rare disease that has caused her to age uncontrollably since birth. Hayley Okines of England turned 14, a major milestone in her young life, since she was not expected to live this long. Experts expected her to succumb at age 13, but she has beaten the odds...for now.



Hayley Okines

Okines suffers from progeria. The disease accelerates the process of aging eight times faster than normal and patients often suffer heart attacks or strokes at an average age of 13. Okines recently published a book co-written with her mother entitled "Old Before My Time: Hayley Okines' Life with Progeria. She is one of only 89 progeria sufferers known around the world.

Also known as Hutchison-Gilford Progeria Syndrome, the disease borrows its name from the Greek word "progeros" which means prematurely old. Genetic in nature, the disease causes similar respiratory, cardiovascular and arthritic conditions as a person ages eight to 10 times faster than normal. Sufferers have wrinkled skin, atherosclerosis, kidney failure, loss of eyesight, hair loss and cardiovascular problems.

There is no known cure. Some 90 percent of sufferers die from heart attack or stroke at a young age. Researchers have found that a defective enzyme causes

most of the problems of progeria. Exceedingly rare, the disease occurs in one per eight million births. The disease is a new mutation and is rarely inherited.

Scientists are interested in the illness, since it reveals clues about the normal aging process. It was first described independently by two English doctors in 1886 and 1887. Children develop the first symptoms as infants, including failure to thrive and localized scleroderma-like skin conditions. Past infancy, addi-

Continued on Page 8

Timeless—Continued from Page 7

tional conditions become apparent at about two years of age, including limited growth, full-body hair loss and a distinctive appearance of a small face and jaw, a pinched nose and large-appearing head. They usually have small, frail bodies and the look of elderly people. Their bodies continue to deteriorate at a rapid pace; however, the mind and mental capacity are not affected.

No treatments for the disease have been effective. Most care focuses on reducing complications. A high-

calorie diet also is helpful, experts say. Doctors also have tried growth hormone treatments and use of an anti-cancer drug which helps remove the faulty enzyme responsible, but no cure has yet been found. All drugs now being considered are still in the experimental stage of development and are not used to treat actual patients.

Those who wish to help fund further studies are encouraged to contact the Progeria Research Foundation on the Internet. The foundation indicates there are as many as 150 other progeria sufferers who have not yet been identified around the world.

VERTIGO

The "Spinning Sickness" that can turn you round and round and round



Alan Shepard

It's called vertigo, a dizzy feeling that the world is spinning around you and won't stop. It can be a split second of dizziness or long periods of gut-wrenching spinning. Vertigo is a type of dizziness where there is a feeling of motion when one is standing still. The symptoms are due to a problem in the inner ear and can cause nausea, vomiting and difficulty standing or walking.

Alfred Hitchcock brought the syndrome to light with his movie aptly entitled *Vertigo* in which the main character, Jimmy Stewart, suffers from disabling vertigo in response to his fear of heights.

In the space program, vertigo nearly caused astronaut

Vertigo comes in three types:

Objective, where subjects are moving around the sufferer.

Subjective, where the patient feels as if he is moving.

Pseudovertigo, where there is a sensation of rotation in the sufferer's head.

Continued on Page 9

Vertigo—Continued from Page 8

Alan Shepard his chance of going to the moon on Apollo 14. He was the first American to fly in space, making a short 15-minute sub-orbital flight from Cape Canaveral to a rescue ship on the Atlantic Ocean. The most common causes of vertigo are a benign vertigo, concussion and migraine.

Lesser known causes are Meniere's disease and a type of neuritis, Excessive amounts of alcohol consumption can bring on symptoms as well, although short term. Vertigo can even be induced by repetitive spinning which disrupts the fluid in the inner ear temporarily. In the case of Shepard, it was Meniere's that struck shortly after his first flight. He had all the classic symptoms caused by an over-pressure of vessels in the inner ear.

After its discovery, Shepard was grounded until such time that the disease could be cured. Although he was promoted to head of the Astronaut Office, helping choose and prepare others to go on important NASA missions, all he could do is sit back in envy of

the crews making the trips.

For much of the 1960s, Shepard remained grounded, but continually worked to find someone who might have a cure for him. That cure came in the form of a new surgery. After going under the knife, Shepard found his vertigo cured and was immediately placed back in the crew rotation.

Originally that meant a ride aboard the ill-fated Apollo 13 which nearly killed its three-man crew as they struggled to return to earth. But fate stepped in, in the form of NASA officials, who felt Shepard must have more training before being allowed to command a crew.

When Apollo 14 launched, it was a beefed-up ship with a restored commander which took NASA to the moon and back again. Shepard was the only member of the original 7 to make it to the moon, a distinction he especially cherished. It was his actions as commander - after recovering from vertigo - of what he called an all-up mission that saved NASA's moon program in the 1970s.

Memory Loss—Continued from Page 6

you've done many times before, trouble learning new things, repeating stories or phrases in the same conversation, trouble making choices or handling money, and not being able to keep track of what happens each day. What are the causes of short-term memory loss? These rank highest: brain trauma, alcoholism, stroke, drugs, aging and seizures. Also on the list are Atlantic mussel food poisoning, hormonal imbalances, dementia, prolonged depression and anxiety, chronic fatigue syndrome, Alzheimer's disease, lead poisoning, and unstable blood sugar levels.

There are ways to help you remember what you need to know. Here are a few: Keep lists, follow a routine, connect things in your mind, keep a detailed calendar, place important items (as keys) in the same place each time, repeat names when you meet new people, do things that keep your mind and body busy, run through the ABCs in your head to help you when you are having trouble remembering words. Cross-

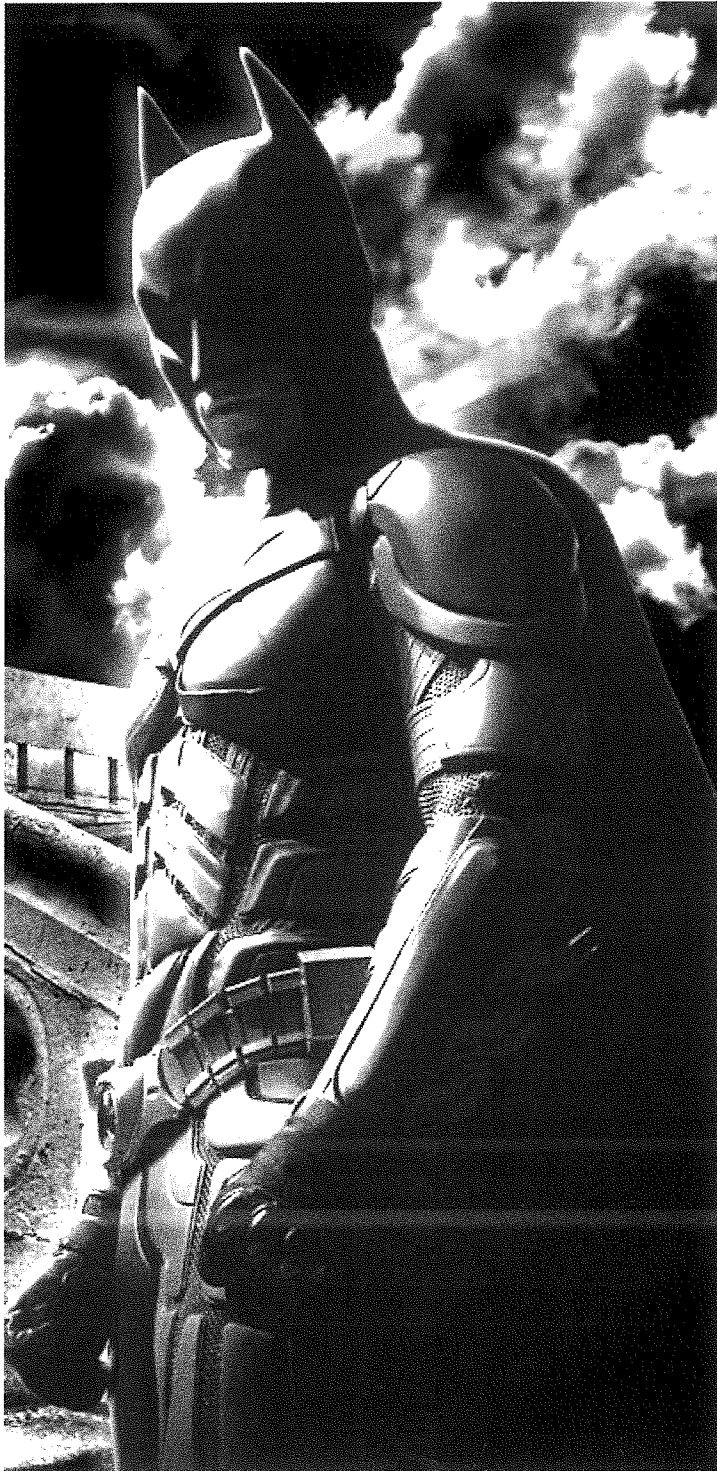
word puzzles can be very helpful, too.

There are actually some memory-helpful herbs on the market today. Gingko biloba, gotu kola, DMAE, bilberry and antioxidant vitamins are all good for remembering. Also, other natural memory supplements may be used. (Your pharmacist can tell you which are best for you; the cause of memory loss should be known first for best results.)

It is normal to forget a good friend's name once or twice, but when it becomes more often, then short-term memory loss is probably the culprit, especially if you have just seen him or her. Don't hesitate to follow up with your family physician if memory loss becomes very troublesome; the doctor can probably help determine a cause for the problem.

Don't worry, though - we all have lapses of memory when we shouldn't, but they just are a part of life. You'll know when loss of memory becomes a problem with its frequency. Now what was this article about again?

The Legend of the Dark Knight



In 1938 DC Comics had introduced the wildly popular Superman, and DC publisher Vin Sullivan opted for a second superhero for the Detective Comics series. One night in 1939, a cartoonist who had heard Sullivan's wish came forth and created Batman overnight. Bob Kane had taken his drawings to Bill Finger, also a creative force in Batman's creation, and he made his first appearance in Detective Comics #33 in November 1939. Detective Comics #38 offered us Robin, the Boy Wonder.

By the early 1940s Batman was in full popular swing, and the Batmobile, Batsignal and Batplane were introduced. He was also the star of a comic strip, and in 1943 appeared on the silver screen in a 15-part serial, "Batman." This is where faithful Alfred the Butler first appeared, and Vicki Vale was his girlfriend from 1948 until 1963. The public eagerly ate up the story of this young boy who had witnessed his parents' brutal death by a thief, and sought to avenge their deaths by fighting crime. Batman was on radio in the late '40s, but only as a guest star on Superman's program. They first appeared together in the comics in Superman #76 (1952).

The colorful villains increased Batman's already burgeoning popularity, and they included Catwoman ("The Cat"), the Joker, Penguin, Riddler, Killer Moth, Calendar Man, Black Spider, Black Mask, Red Hood, and other non-traditional criminals.

There was a brief period in the '50s when comics took a downturn in popularity and sales, but in the '60s Batman roared back and carried the comic book world with him. On Jan. 12, 1966, "Batman" appeared on ABC and starred Adam West as Batman and Burt Ward as Robin. Such guest villains as David Wayne, Cesar Romero, Frank Gorshin, Roddy McDowall, Julie Newmar and others graced the campy, overly-mod series, and the public loved it.

Batman's popularity then became pretty much sta-

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THROUGH THE WINDOW

Batman —Continued from Page 10

tus quo until 1986, when Frank Miller created the saga, “The Dark Knight Returns” that was set in the future. Gigantic movies exploded on the scene, as 1988’s “Batman” with Michael Keaton, then followed by “Batman Returns,” “Batman Forever,” and “Batman and Robin.” Batman was a hybrid of The Shadow, Sherlock Holmes, and the uniqueness of himself.

A 2000s reboot of the Dark Knight took place in “Batman Begins” and the self-titled “Dark Knight”, both starring Christian Bale. The late actor Heath Ledger won a posthumous Academy award for his magnificent, dark portrayal of the Joker in the latter film. Since the ‘80s there have been animated TV shows, which opened to a fair degree of popularity.

Who can ever forget the Joker, who fell into a vat of acid while being pursued by Batman after a chase through the Monarch Chemical Company? Formerly the Red Hood, his disfigured face caused him to emerge as an insane villain who remodeled himself into The Joker.

There have been four Robins, and the original, Dick Grayson, was billionaire Bruce Wayne’s ward, to

whom he taught all his detective and fighting skills. Robin became “Nightwing”, fighting with the “Teen Titans” in later years.

Batman was not super-powered, unlike Superman, who gained his earthly powers after landing here from the exploding planet of Krypton. Wayne’s (Batman’s) uniform is bulletproof and fire-resistant, featuring a cape and cowl outfitted with night-vision technology and communication buttons. His extremely versatile utility belt includes an arsenal of crime-fighting gear, including Batarangs, jumplines, micro-camera, smoke pellets, acetylene torch, gas mask, and flexi-cuffs, among other non-lethal gizmos.

The Dynamic Duo of Batman and Robin have been transported in the Batmobile, Batcycle, Batplane, Batcopter, and Batboat. Supersonic headquarters in the Bat cave house training facilities, forensic labs, computer databases, and maintenance vehicles for all the Bat vehicles.

There has probably never been a comics franchise more popular than Batman, except for Superman, who was equally popular and well-received by the adoring young public. Sometimes we forget Batman is only a figment of Bob Kane’s imagination, but – oh, what fun.



THROUGH THE WINDOW

20 of the Weirdest work related excuses of all time

We know that in our working days past and present that we didn't always feel like going to work. We needed the zzzzz's or we just weren't feeling up to par. But when we call our boss, we try to tell him/her at least a semblance of the truth. Some of these – in fact, about 99 percent – are just plain hilarious LIES!

1. An employee didn't want to lose the parking space in front of his house.
2. An employee hit a turkey while bicycling;
3. An employee reported that they had a heart attack in the morning but was "all better now."
4. An employee reported that they donated too much blood.
5. An employee reported that their dog was stressed out after a family reunion.
6. An employee reported that they were kicked by a deer;
7. An employee contacted mono after kissing a mailroom employee at the company holiday party and suggested the company post a notice warning others not to kiss him.
8. An employee reported that they swallowed too much mouthwash.
9. An employee reported that his Wife burned up all his clothes and he had nothing to wear to work.
10. An employee reported a leg injury when a soda can fell out of the refrigerator.
11. An employee reported that she was up all night because the police were investigating the death of someone found behind her house.
12. An employee reported that their dog followed me to work so "I had to take him back home."
13. An employee reported that she got locked out of their apartment and had no keys to get back in until her boyfriend came back from work.
14. An employee reported that they could not come into work because they had a dream they would be hit by a beer that had been left out in the garden to kill slugs.
15. An employee reported that their gas company was doing roadwork outside of their house, so they were told to stay at home all day.
16. An employee reported that they missed the ferry from the island to the mainland (there was a bridge).
17. An employee reported that there was a rat in the hall and they were too afraid to move for fear it would attack them.
18. An employee reported that they were going to be late due to an airplane's wheel falling on their roof, and they had to wait for someone from Dublin Airport to come out and collect it.
19. An employee reported that they could not come into work because they stepped on their glasses and couldn't see.
20. An employee reported that their rabbit ran off and they had to find him.

Information compiled from www.workforce.com

The Cleveland Treatment Center



Mission Statement

The Cleveland Treatment Center is a comprehensive, community-based, not-for-profit drug and alcohol treatment agency committed to providing services which are supporting, preventing, and advocating a nature for both people and agencies in the community needing services. It is our goal to facilitate and foster the emotional and physical health, growth, and development of those through projects and services which are both restorative and remedial in nature.

Cleveland Treatment Center has been accredited by CARF for the following programs: Opioid Treatment · Prevention/Diversion Alcohol and other Drugs/Addictions (Adults)

An agency funded by the Center for Substance Abuse Treatment, the Ohio Department of Alcohol and Drug Addiction Services, and the Alcohol Drug Addiction & Mental Health Services Board of Cuyahoga County

Len L.C. Collins, Executive Director
Theodore V. Parran, Jr., M.D.,
Medical Director

The Cleveland Treatment Center is an Equal Opportunity Employer and Provider

Cleveland Treatment Center does not discriminate on the basis of race, ethnicity, age, color, religion, sex, national origin, sexual orientation or disability in the recruitment selection, promotion, evaluation, or reduction of employees or volunteers.

