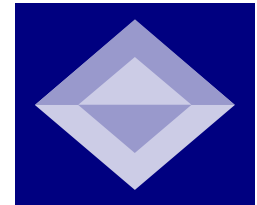


A communication periodical for our clients, staff & the community at large

The Chronicle

A Paterson Counseling Center Newsletter



The Flood (Continued)

rise, being fed by melting snow and rain on Saturday night and Sunday morning, until all past high water marks were obliterated by the river.

The yards and cellars along the banks of the river were flooded to a depth of five and seven feet, and River and Water streets, paralleling the river, were made parts of the stream, and the torrents rushed through them to the great danger of life and property.



The water reached almost to Fair street on Main and Bridge streets and a good distance up West and other streets. By the sudden rise of the river many lives were placed in jeopardy and boats had to be secured to get people from their homes to a place of safety, and the streets of the lower section of the city were made somewhat to resemble those of Venice.

The flood reached its height on Sunday afternoon at 3 o'clock. Previous to this flood, the worst floods that have occurred in Paterson took place May 1st, 1854, and in September, 1882.



Independence Day

Well Independence Day is here and it really is a time to be celebrated. A moment in time when the collective resolve of a few led to the transformational birth of a country. In order for that transformation to take place, people had to first recognize and understand the challenges that were in front of them.

We are proud of the fact that many of our clients celebrate their independence day every day. That moment when one desires to be in a better place than yesterday. A place free from the tragedy and imprisonment that can, and often does accompany substance abuse. Nothing really worth achieving in life comes without struggle, sacrifice and commitment and we see that everyday in the faces of people that we serve.

Do you remember your independence day? Discuss it in your next counseling session or better yet why don't you write to tell us about it. We would love to share it with others. Stay focused, be strong and unwavering in your effort to remain independent. Not unlike our forefathers so many years ago.

Paterson: The Great Flood of 1902

We thought it might be interesting to share a few historical facts and significant events in the life of the City that we call home. On occasion, we will highlight a random event that occurred in the city's history in our newsletter. Pay attention, a quiz may be in order at the end of the year with an appropriate prize for those who pay attention. Excerpt from www.patersonhistory.com

"On Friday, February 28th. 1902, the Passaic River, a usually well-behaved river, began to present an ominous appearance for those living and doing business along its banks. Almost to the top of its embankments, the swollen waters were still further increased in volume by a sudden warm wave and rain, melting the snow off the mountains in the watershed of the stream, and the bursting of a dam at Whippany, in the afternoon, sent the rushing waters over the embankments into the streets along the river. The waters continued to

Special points of interest:

- Mobile van treats first series of clients.
- Peer review best practices sessions held with other clinics.
- Management attends CARF training courses.
- Welcome to new members of the team.
- Needle exchange program a resounding success.

Inside this issue:

- Independence Day **1**
- The Great Flood **1**
- Owning HealthCare **2**
- Complainers **2**

Next Issue:
Be Bold, Be You
Talk on the Street

Own Your HealthCare

By doing your homework, you can be your own best advocate in the doctor's office and in life.

Your health is not just your doctor's business - it's yours too. Studies show that people who know about their treatment and care are more likely to take better care of themselves.

"Knowledge is power and helps patients make informed decisions," says Roberta Pagon, M.D., professor of pediatrics and an adjunct professor of Medicine and Ophthalmology at the University of Washington in Seattle.

Given the large number of patients a doctor has, most doctors can't spend a lot of time with you. The typical visit lasts 15 minutes at most, and usually less.



First, your symptoms

A lot of the diagnosis depends on what you report to your doctor. If you don't do your homework, there may be symptoms you hadn't considered.

"Patients have a lot of time to think about their condition. There are thousands of conditions. Rarely is a doctor an expert in more than a few diseases. The more informed, the quicker we can find a diagnosis."



"If patients have some background about their condition, they can ask the doctor informed questions," Pagon says.

Taking charge

Since you are reading this article, you have already started empowering yourself. Here are some things to keep in mind:

- Do as much research as possible before your first visit. That way you can have at least a general understanding of what's going on, and ask better questions. For instance, if you have knee pain, read about how knees are constructed.

- Learn about your symptoms and possible treatments so you

Whiners & Complainers at Work

Believe it or not whining is a coping mechanism for dealing with stress or the fear of the unknown. All of us do it at some point or another and it is a legitimate way of dealing with challenges in the workplace.

However, it becomes counter-productive if it actually becomes part of your everyday routine. It is also the quickest way to

impede your career. Executives don't want to hear why you can't get something done. They want to know what you are planning to do to overcome that particular challenge or obstacle.



Find a trustworthy source to direct your comments towards preferably

HealthCare (Continued)

can be actively involved in treatment options.

- Use only accredited medical sites, such as this one. Accredited means the material on the site has been reviewed for accuracy by an independent panel of experts, such as URAC or HON. That means the information is credible and accurate. Also, government sites like the CDC, FDA, or National Institutes of Health are always sure bets.

- Make the most of your time. By being prepared, you won't waste precious time.

- Create a list of questions or concerns for your doctor during your next visit.

- Join reputable patient support groups over the Web. Frequently, these kinds of groups are a well-spring about treatments, how effective they are, side effects, etc. Learn about clinical trials. Go to www.clinicaltrials.gov. Discuss with your doctor if clinical trials would apply to your condition.

Source: Melissa Tennen www.healthatoz.com

Whiners (continued)

away from work, then take a step back and see what steps you can take to make those feelings go away. Sometimes, stepping up and doing the work is the quickest and most rewarding way to make those feelings disappear.

What you may find is that in short order, the rewards will follow based on a track record of ownership, accountability and accomplishments.