

Transforming Lives One Day at a Time

November 2016



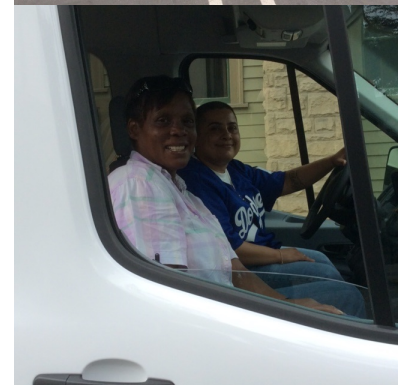
Lorette Herman
Executive Director

Executive Director's Corner

Look at our beautiful new van! Thank you to the McMillen Family Foundation for their generous grant enabling ACW to purchase a 10 passenger van. Clients and staff are thrilled!

Thank you to all our donors, volunteers and alumni who support ACW and help our clients build productive sober lives. As we enter into the Thanksgiving season and are grateful for all of our blessings, we hope that you will consider giving financially to ACW. We know that there are a lot of worthy causes and wonderful nonprofits in the Los Angeles area but we believe that the women we serve and our cause to transform women and youth one day at a time providing new choices for positive futures is critical for our families, neighborhoods and Los Angeles Community. Partner with ACW to help women like Sheila, Donna and Maria receive substance abuse treatment so that they can end the addiction cycle that has destroyed their family for generations and be able to reunite with their family and take care of their children. Whether our clients come to us from jail, the streets or corporate offices, they need ACW's unique blend of structure, homelike environment and over 40 years of experience providing gender responsive trauma informed services. We treat every client uniquely and do not use a cookie cutter approach which is why we have been so effective.

Thank you for considering donating to ACW. Donating is easy. You can mail a check to ACW Donations, 1147 South Alvarado Street, Los Angeles, CA 90006 or go to our website at: <www.alcoholismcenterforwomen.org> and click on the donate button. All donations no matter how small or large are much appreciated.



ACW Staff Carolyn Kimble
and Lety Hernandez

Does someone you know need help?

Have them call or e-mail ACW at 213.381.8500 or <info@acwla.org>

Client Corner – Nutrition at ACW By Ruth, ACW resident

Nutrition is critical for addiction recovery. Nutrition is an important part of recovery from alcohol and drug abuse, as these substances drain essential nutrients and make it difficult for the brain to resume healthier functioning. The food we eat can affect mood, depression, irritability, emotional eating, cravings and relapse. ACW recently hired Nutritionist Moran Zohman, MS, RDN to create the onsite menu for residential clients, teach nutrition classes to both residential and outpatient clients and meet with clients individually who have experienced digestive and/or eating disorders.

Residents feel better with the new menu and food choices. “I can breathe better and I have more stamina when I do chores now” said Stacy. Jovani stated, “I am experiencing a clearer thought process and it feels good to treat your body good. Today I know I am worth it!” Joanna claimed, “I am experiencing new flavors and textures. I am looking at this as an opportunity to learn more about food and go into the restaurant business.”

Outpatient and Residential clients also appreciate the nutrition classes and one on one meetings with Moran. Carly stated, “I appreciate ACW for giving us another avenue to heal. Now we can heal our bodies with healthy food.” Maria shared, “I am getting educated in risky health areas like high cholesterol and diabetes and Moran helps me to know what I can do to reduce my risks”. Jenna promised, “When I leave ACW I am going to continue my sober journey with my family and share the nutrition information and healthy recipes with them”.

RUTH INTERVIEWS NUTRITIONIST MORAN ZOHMAN, MS, RDN

Moran Zohman, MS, RDN is a unique blend of a professionally trained chef and registered dietitian. She holds a master’s degree in Nutrition and Food Science, and a culinary degree from Westlake Culinary Institute. She is ServSafe-certified and has a certificate of training in Weight Management. She has worked with several other substance abuse treatment and recovery centers.

Ruth: What are your long term goals for ACW residents?

Moran: ACW residents will acquire the knowledge and skills to make wise food choices, nourishing their bodies and brain and improving sobriety outcomes. Nutrition education focuses on teaching recovering drug and alcohol addicts on how to get the proper nutrients from food. Residents of ACW adopt nutritious and balanced menus that includes three meals and 2-3 snacks throughout the day. They limit processed food and added sugars and include more lean protein, fiber and healthy fat. With the new healthy habits acquired at ACW, residents will be able to take care of themselves by knowing what to buy at the market to making quick, easy, and tasty meals at home.



Moran Zohman

Client's Corner continued

Ruth: What are your short term goals for ACW residents?

Moran: Our short term goals are to correct biochemical imbalances, fix nutritional deficiencies and manage digestive problems. During their stay at ACW, residents will participate in nutrition education classes and will learn that nutrition is critical for addiction recovery; that diet and health are intertwined. They will experience the positive effect a balanced menu has their body and mind. In addition, my hope is that our women will enjoy the well balanced, appetizing and nutritious menu served at ACW and get exposure to new recipes and dishes that incorporate a variety of ancient grain and a colorful assortment of vegetables, fresh fruits, beans, legumes, lean protein and variety of dairy sources.

Ruth: What are the focus of your nutrition classes to our residential and outpatient clients?

Moran: People who have been abusing drugs and alcohol tend to lose sight of self-care. They fail to make the correlation between their diet and their physical, mental and emotional health. Healing through nutrition is our focus. In our weekly presentations we focus on learning what to eat, how often and how much to eat. With these information residents will be able replenish lost nutrients during addiction, maintain stable blood sugar levels, and diminish cravings (for junk food & drugs).

Drugs and food activate a common reward circuitry in the brain. The release of the neurotransmitter dopamine, gives us a jolt of pleasure and makes us feel good. Sugar gives our brain a boost of dopamine, the neurotransmitter in charge of the brain's pleasure –reward system. Drugs, alcohol, nicotine floods our brain with dopamine, just as refined sugar. Once off the drugs we see addicts go for processed foods with added sugar, salt and fat. Refined sugar can have adverse effects on the reward pathways in the brain. Also, over time, the body becomes less equipped to handle high-sugar foods, and inflammation increases from the excess sugar and insulin produced. My focus is to get this point across via our classes, and menu choices we serve at ACW.

Ruth: As a culinary expert, why is nutrition so important to women in recovery?

Moran: Women can be emotional eaters. What we eat and how we feel are closely intertwined. What we eat can determine how we feel and how we feel can also determine what we eat. A large study showed that women who eat a healthy diet of vegetables, fruits, whole grains and high quality meat and fish are 30% less likely to suffer from depression and anxiety. On the other hand, women who eat a typical Western diet of largely processed foods and sugar were 50% more likely to be depressed. (The most likely link is inflammation. Eating processed foods tend to lead to more inflammatory markers in the body, and inflammation has been clearly linked to depression).

Often in early recovery, addicts struggle with differentiating hunger from cravings for drugs or alcohol and emotions. Addicts commonly forget what normal hunger feels like and may perceive a craving for substances when actually they're just hungry. Our goal is to stabilize mood and reduce stress, reduce cravings for drugs and alcohol. This can be achieved with the right diet.

Client's Corner continued

Ruth: Can a healthy diet reverse the negative issues caused by alcohol and/or drugs?

Moran: Nutrition can help in recovery while also improve the resulting health conditions and deficiencies. A healthy diet can stabilize mood and reduce stress as well as reduce cravings for drugs and alcohol. Reduced amount of neurotransmitters secretion in the brain due to poor nutrition and lack of amino acid absorption before detoxification leaves addicts feeling depressed, agitated, and unregulated early in recovery. With a healthy diet these imbalances should disappear. It takes between a few weeks to up to a year to see results. Some of the neurobiological effects of chronic drug abuse appear to be at least partially reversible. But some cannot be reversed especially for the heavy users who have been addicted for long time. It's important for drug and alcohol abusers to understand, the brain is neuroplastic, meaning it can change over time. The human brain has the amazing ability to reorganize itself by forming new connections between brain cells (neurons). If stopped, and proper treatment is administered, many of the structural and functional brain changes can be reversed if caught early enough.

The menu offered at ACW includes all the key nutrients that are important for recovery and sobriety success. We offer foods high in omega-3 fatty acids, such as salmon, flaxseed, and walnuts which improve brain-neuron function and even increase brain plasticity. We do our best to avoid artificial ingredients, as well as added sugar. Hopefully ACW residents will use all the tools provided to them for lasting recovery.

Ruth: What information would you impart to a resident who wants to become a nutritionist or chef?

Moran: If you have a passion for health, food and helping people then becoming a nutritionist can be a rewarding and fulfilling career. If you have a passion for cooking, then a career as a chef could be very exciting. If you have a passion for both, come talk to me! ☺

Ruth: Thank you, Moran for taking the time to provide more insight on what's to come for ACW residents. Your addition to the ACW team has been truly appreciated and valued by all.

Upcoming Fundraisers and Events

December 1, 2016, Thursday Night at 6:30pm – Bring Hope Home – Alumni and new graduates share their insights on how to stay sober during the holidays.

Brick Fundraiser: Purchase a commemorative brick to be installed in front of the McMillen Family Foundation Miracle House. For more information, go to: www.brickrus.com/order/acw or stop by ACW for a brochure.

Chocolate Tasting...more information to follow.

Do you Shop at Ralphs?

If you do please sign up to have a percentage of your purchases go to ACW. Just go online at <www.ralphs.com>, click on Sign In, enter your email address and password, click on Your Name, click on Edit Community Contributions then complete the information with your new organization number.

Question: Why do I have to re-register next year if I'm already participating prior to September 2016?

Answer: The Ralphs Community Program will be evaluated every year and changes will be considered based on the success of the program. By making a one-year commitment to Ralphs, Ralphs is also making a one-year commitment to you and your favorite community organization. It also gives each organization an opportunity to refresh its membership by spreading the word to new members and keeping the previous members informed about any changes to the program. The annual re-enrollment will also help your favorite organization.

ACW needs...

- **Clients!** All ACW beds are funded and we have day and night outpatient programs. Please help us fill our beds and outpatient treatment programs. If you know of a woman who needs help, have her call 213.381.8534 or e-mail info@acwla.org.

Financial Contributions:

- Please mail your check to 1147 S. Alvarado St, LA, CA 90006 or go to our website <www.alcoholismcenterforwomen.org>, click "Menu" and then "Donate"

For Miracle House:

- Blankets, sheets and towels \$1000

Other:

- Gardening Equipment: shovels, gloves, clippers (large and small) lawn mower, edger, etc. \$400
- Games and puzzles – new or or slightly used, with all pieces \$0
- Workout tapes or equipment slightly used \$?