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Turning Point of Tampa, Inc.

6227 Sheldon Road
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*One Commitment
Dedication To Our Clients!*

4

The Village Voice

by Joan Browne

Just thought I would give you a few statistics about our House Managers who go above and beyond their duties to ensure that our clients have their needs met in the village. Currently we have thirteen House Managers and one full time maintenance person. For starters, the House Managers, maintenance and myself collectively, have one hundred and forty-six years of sobriety to offer our clients. Now that's some experience, strength and hope. Five of the House Managers are presently enrolled in school. Two House Managers are enrolled in a Registered Nursing program and one in a Certified Nursing Assistant program. One House Manager is a certified CAPII and a BSW and is currently pursuing a Masters of Arts in Mental Health counseling while also doing his practicum work here. The fifth House Manager is enrolled in St. Pete Junior College taking classes to eventually become a CAPII. All have been able to use their work experience here to help them in their educational pursuits.

In the past we have had some House Managers who have not only fulfilled their educational goals, but have been able to pursue their career goals here at Turning Point of Tampa. One individual is our Program Manager, who has nine years of service with the company, and is currently a Therapist with CAP credentials. Under the Program Managers' supervision is two former House Managers who excelled educationally and are now Therapists. One has an MS degree, the other has an MA degree and just recently obtained his L.M.H.C. And finally, two House Managers promoted to our Admissions Department. The Department lead has an MA degree and the other with a BA degree. With my eleven years of service, I just recently obtained a Behavioral Health Technician certificate for more than 2000 hours work experience served in the field.

I feel privileged to work with such a sober, qualified, caring team. Just think, we started out as House Managers. In fact, in gathering this information, I realized that a few of these qualified individuals were also clients – some only a few years ago.

Now that truly is "Doing the next right thing!"



Turning Point
OF TAMPA, INC.

A Refresher Course on Nutrition and Weight Loss

by Lori Herold, R.D., L.D., N.

Nutrition is important at all stages of life. As we age, our bodies become more susceptible to developing certain medical conditions and our metabolism slows down. Over 50% of Americans are overweight or obese and our risk for high blood cholesterol, stroke, adult onset diabetes, high blood pressure, back and joint problems and some types of cancer increases greatly.

One of the most common questions people ask dietitians is:

What do I think about the newest... diet or that new dietary supplement that claims to burn fat and carbs? Since a diet related book is almost always on the best-seller list, and becomes popular (at least until the next fad diet comes out, that is) it is quite easy to go on and off diets your whole life.

Some of these “revolutionary” diets often limit or emphasize the consumption of certain foods or must be eaten at special times or in combination with certain foods. Many eliminate entire groups of foods and if you stay on a diet like this a length of time, it can lead to nutritional deficiencies. Just for the record, it is impossible to lose 10 lbs. of fat in 10 days as many fad diets claim, unless it was total starvation and even then it wouldn't be all fat. What you will lose is a lot of water, important lean muscle tissue, with some fat. No one wants to lost muscle tone when they lose weight. Normal weight loss is one to three pounds of weight per week on average depending on how much you have to lose.

Fad diets do not touch on the behaviors or emotional ties associated with eating. They are not focused on establishing better eating habits for a change in lifestyle. Keep in mind that diets or pills that offer miracle or painless weight loss cures are part of a \$31 billion dollar business! Lots of people are getting very rich selling these products to people who may be very desperate to lose weight!

How do you evaluate a weight loss diet that is balanced and good for my health? Check out the foods allowed and see if any major food group is missing. (Starch, fruit, vegetable, protein, dairy and fat.) If one or more groups are missing, it is not a balanced diet and it is only a temporary fix that you will get tired of and go back to your old eating habits. **Remember – if it isn't based on a sound nutrition and behavior modification, then it won't help you make lifestyle changes.**

What about diet pills? Over the counter diet pills usually contain amphetamines, diuretics, herbs and mineral supplement and have been shown to be

continued on page 3

Our Staff

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Stacy Washburn

Medical Records

Pam Calvo

Professional Relations

Terry Hutchinson

Clara Wells

Business Manager

Cheryl Slate

Receptionist

Shirley Polak

Client Coordinator

Joan Browne

And Our Village Staff

Spring Fever

by Tina Bauman and Susan Keller

The excitement of spring affects us all. There is something in the air that makes us feel more energized, alive and rearing to go! Remember all those new-found loves that blossomed in the spring (and fizzled in the fall?) Remember those days of playing hooky (only to serve detention?) Remember shopping for new spring clothes (and going overboard with the family credit cards?) Remember Spring Breaks with dreams of all the fun, only to forget most of what we'd done? Lest we forget where we come from, we may get struck with Spring Fever!

As recovering people, spring can be a time to renew our commitment to recovery. By now we have learned that we don't have to get caught up in the impulsivity of Spring Fever only to regret our actions. AA and the steps have taught us to channel that energy into positive experiences. In steps 4 and 5, we took our personal inventory and shared it with God and another human being. But "Many AA's go in for annual or semiannual house cleanings." (12 & 12, page 89) We continue to do our Spring Cleaning in step 10. Throughout springtime at the end of the day, "having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received." (12 & 12, page 95)

If you are interested in channeling some of your springtime energy, please feel free to join the Alumni Committee at Turning Point of Tampa. Contact Tina or Susan at (813) 882-3003 for information.



"Spring Fever"

by Elvis Presley

"A little bird, he told me so
He said, Come on, get on the go.
Open your eyes
The sky is full of butterflies.
The blossoms on the trees
Stir up the honeybees.
Spring makes my fever right.

Spring fever comes to everyone,
Spring fever, it's time for fun.
Get up, get - spring is everywhere!"

Become Involved

Would anyone like to be involved in the Alumni Committee?
Please contact Tina or Susan at (813) 882-3003.
Your help is appreciated.

A Refresher Course on Nutrition and Weight Loss, *continued from page 1*

ineffective for long term weight loss. They have many side effects like nervousness, sleeplessness and irritability. Diuretics and laxatives should never be used for weight loss because of the dangerous potential for electrolyte imbalances and cardiac problems. You won't lose weight, you'll lose fluids and can become dehydrated. Be aware of pills that may contain Ma Huang, an herb with the stimulant ephedrine. The FDA has issued warnings because of many reports of adverse reactions including high blood pressure, heart rate, heart attack and stroke.

It is not surprising that many eating disorder clients have tried many fad diets in the past, and often have a long history of diet pills, laxatives and other supplements.

Some of the more popular fad diets that I **disapprove** of are:

- **Dr. Atkins and the Scarsdale Diet** (high protein, high saturated fat and low carbohydrate)
- **The Blood Type Diet** (eat only foods compatible with your blood type – no scientific evidence based on this, but rather creative, don't you think?)
- **Fit for Life** (based on food combinations, don't eat certain foods together for appropriate digestion?! Wow – that's a stretch – No fruit after 3:00 p.m. because you can't digest it?)

Of course, I disapprove of all diet pills, weight loss supplements, diuretics, caffeine pills, etc. These can be really harmful for you.

I was recently asked to review the new South Beach Diet. The first phase resembles a little of Dr. Atkins approach but emphasizes lean protein, lots of vegetables, small amounts of dairy and low saturated fats. Phase II adds back some fruits, and also complex carbohydrates, slowly. Both phases are lower in calories and will produce weight loss results and eliminate sugars and all refined carbohydrates. Phase I is unbalanced and I'm

glad the doctor advises patients to stay on this a maximum of two weeks. The Phase II diet is still low in calories but has a better balance of all food groups. The recipes are simple, but look interesting. I do like the author's description of medical conditions in relationship to obesity which is based on scientific evidence. He happens to be a cardiologist who wanted

to help his obese cardiac patients. One of my reservations with his food list is that he eliminates some healthy foods like bananas, carrots, beans and corn. All of these can be added to a food plan without weight gain or problems.

To lose weight, a simple formula must be put into action. Calories in must be less than calories out... it's important how we do this for our health. People need

a lot of variety to assure different vitamins and minerals are provided. Exercise will usually play a role to increase our energy burning. The food plan used at Turning Point is very healthy for individuals because it includes all major food groups and we specifically eliminate sugar, white flour and caffeine. These foods are trigger foods that produce a lot of cravings and can lead to a binge. Because it is so balanced with lots of fiber and low in fat, clients who need to lose weight, lose mostly fat... not muscle.

While many people will try to lose weight on their own, it is proven that people have a support system in place are more successful. I like to refer clients to the support and assistance offered by Overeaters Anonymous, TOPS (Take off Pounds Sensibly) or Weight Watchers, depending on their situation. Even the help of a close friend, relative or professional can make all the difference. A registered dietitian can be of assistance in devising an individualized food plan and help you set realistic goals.

Be aware of fad diets and fraudulent "health" supplements that can be harmful or unnecessary. Be informed, use common sense and ask a professional for advice when needed.

