

THE RAMMER RAM CLINIC NEWS AND VIEWS



NOVEMBER 21, 2008



HOLIDAY CLINIC CLOSURES

**RAM CLINIC
WILL BE CLOSED TO OBSERVE**

THANKSGIVING 11/27/08

CHRISTMAS 12/25/08

NEW YEARS DAY 01/01/09

All other days will have regular clinic hours.
Please try to present early the day prior to clinic closure as it means extra work for the nurses and the lines may be longer than usual.
**MAKE SURE TO BRING YOUR
TAKE HOME BOTTLES**

RAM CLINIC 5TH ANNUAL

**CHILDREN'S CHRISTMAS PARTY
DECEMBER 19TH
8:00 AM TO 11:30**

Bring the kids and yourself to see Santa and be photographed with him.

Please sign up with the Front Desk with children's names, gender and age so that Santa can hand select their gift. Don't miss out on this annual event, the kids and staff love it.

REMEMBER

Treatment Fees are
Increasing 12/01/08.
Maintenance \$240.00
Detox \$295.00

Payment agreements must be submitted by the 5th of each month. You must pay 50% of your monthly fee by the 15th of each month. All fees must be paid in full by the 25th, even with an agreement. Do not assume the business office knows what you intend to do, they are not mind readers.

NEW STAFF

As many of you have noticed, we have some new staff photos on the wall in the waiting room. All of them are new members to the treatment team and bring with them professional experience that will make the services you receive here even more effective. Teri Dillon, Melissa Fern and Rick Baumgartle have take positions as counselors and should be able to assist you with your treatment needs. Ron Brosius has joined the team as our In-take Specialist. Over the next few months many of you will have the opportunity to meet with him as he will also be completing the required annual Assessment and Evaluations for all of our patients. If you see them around the facility, please say Hi and make them feel welcome. We are excited to have them here and are sure that they will be able to assist many of you on your walk—or trudge—through the recovery process.

**METHADONE ANONYMOUS
MEETS HERE THURSDAYS AT
5:30 AM AND 11:00 AM
JOIN THEM FOR THE
SPIRIT OF RECOVERY FROM**

GOOD BYE

Some of the staff has moved on to other things which we wish them success in. A farewell to April Johnson, Marsha Hayes and Wayne Mallory as they progress in their individual careers.

TELL US YOUR STORY

In the last issue of the RAMMER we asked that some of you provide us with your story of success or even failure regarding Methadone Treatment. We are looking for some of these to include in the RAM CLINIC Annual Report and the new Patient Handbook that will be developed and printed the end of December. Some of you have indicated an interested in submitting this, however to this date none have appeared. If you would like to submit these to us, it would be greatly appreciated. We all know that patients are what make or break treatment programs and many of you have been so successful here, that it is a shame not to share it with people entering treatment for the first time or even those entering for the tenth. How does that saying go . . . "the therapeutic value of one addict helping another is without parallel". So come on guys, step up and tell us your story. Please try to get them to us by the 15th of December. Thanks for being a part of the solution.

FOOD FOR THE LIVER

Many of you have problems with liver disease or at least damage and ask what type of foods you can eat that will help treat this. Try to use the freshest available and if you can get organic ones, all the better. Nutrition is an important part of recovery and the more you do to take care of your physical health, the quicker your body will heal. The following foods will help repair some of the damage that has been done to your liver. Use them when ever possible.

APPLES	APPLE JUICE	ORANGES
CHERRIES	COLLARDS	PLUMS
BEETS	RASPBERRY	SPINACH
GARLIC	ENDIVE	LEMONS
WALNUTS	TOMATOES	OLIVE OIL
QUINCE	GRAPEFRUIT	CRANBERRIES
GRAPES	GRAPE JUICE	GOOSEBERRY
ARTICHOKES	CAULIFLOWER	
DANDELION GREENS	POMEGRANATE	
SESAME SEEDS	TURNIP GREENS	
WATERCRESS	RADISH JUICE	

THE REALITY IS . . .

There are many people who are using methadone illicitly in the Portland Metro area.

There are many people who believe that the best place to get illicit methadone is outside a methadone program.

There are many people who believe that people on methadone are always looking to sell or trade their take home doses.

There are many people who believe that people on methadone are always looking to buy pills or other illicit substances.

There are many people who believe the best place to do their illegal drug sales is in the area of the methadone treatment program.

THE REALITY IS . . . EACH OF YOU CAN MAKE THIS A LIE.

AND HOW CAN WE DO THIS..

Don't sell or trade your take home doses.

Don't buy or use illicit substances.

Report anyone who is in the vicinity of the clinic trying to sell, buy or trade substances.

Tell anyone who approaches you for illegal activity they don't have the right to endanger your life and to stay away from you.

Be proud of your recovery and treatment program, they are the things that save your life on a daily basis.

Best of all, keep of the good work and continue to be a productive member of society.

REMEMBER TO:

Safely store your medication at home out of the reach of children and animals. Do not keep your medication in the refrigerator, children might confuse it with juice. As with all medications take your take home doses about the same time you would take medication when you come to the clinic. Be sure to eat something before taking and maybe even afterwards. But most of all, remember it is prescribed for you and you alone. **DO NOT SHARE WITH OTHERS, NO MATTER WHAT.** Store the empty bottles, just like it is full and bring it back to the clinic with you.

