From the Desk of our President

By: Kristin Simons

We are coming full swing into the holiday season and I hope that each and every one of you finds some time to be thankful for the blessings you have in your life today. I know that this time of year can bring additional challenges to our recovery and I hope that you have extra safeguards in place to continue in a clean & sober lifestyle throughout the holidays. Reach out and embrace your home recovery community for the extra support you may need. As an alumni organization we are so thankful for all of you who give of your time and resources to support our mission and encourage each other.

Our mission is to support the residents at the Herrington Recovery Center both as they begin their path of recovery in treatment at the HRC, and as they transition to a home recovery community. A special thanks to those of you who work to provide activities, fellowship, speakers, and sponsors to the HRC residents. Our organization depends on and functions because of your dedication and willingness to help others. Our most recent Halloween event and pizza night were great fun!

We are putting the final touches on our planning for the annual New Year’s Eve Party for the residents at the HRC, and our January Alumni Retreat (Retreat info included in this newsletter!). We welcome and need your support and involvement.

There are always opportunities to serve. Contact one of our board members if you would like to find ways to get involved (listed on the back page of each newsletter). We strengthen each other in recovery when we are in service together.

I try to take a moment to “reflect” as one year comes to a close and a new year begins. Where did I struggle? Where did I grow? Where did I flat out fall on my face AND how did I get back up? Where do I go for help when I need it? Where am I putting my recovery in my life today? May each of you look forward to 2019 with new commitment to your recovery journey. Merry Christmas and a Happy, Healthy, Clean & Sober 2019!

Blessings in Recovery,
Kristin Simons
drkjsimons1@gmail.com

Friday Registration 3:00 - 6:00 pm until Sunday Afternoon 1:00pm
(Attendees must be recovering from their Addictions)
Redemptorist Retreat Center
1800 Timber Trail Lane - Oconomowoc, Wisconsin

All Registration Forms must be sent by Monday, December 17th 2018

“Forgive Us Our Trespasses”

Keynote Speaker: Jerrett F.

Cost is $225.00/individual or $400/married couple which includes all meals & 2 night's lodging.

A limited Number of scholarships, through “The Brian Kenevan Scholarship Fund” are available for those who require some financial assistance to total the cost of registration. Those requesting scholarships are asked to contribute what they honestly are able to, if possible. Requests are confidential. Please contact Jim Dropik for all scholarship requests. We set our rate to just cover costs.

Please Note: Anyone arriving under the influence of any mood-altering substance will be asked to leave immediately – no refund will be given. Refunds will be made only up to two weeks prior to the retreat, as we have to pre-pay at the retreat center.

Contact information: jamesdropik@sbcglobal.net - (414) 640-3055.

REGISTRATION FORM

Name: ____________________________
Address: ________________________________
Phone: ( ) __________________ Email: __________________

Need a 1st floor room? Yes ________
Roommate? Yes ________ Roommate’s Name: __________________________
Willing to share a room? Yes ________ No ________

Registration Fee: $225.00 Married Couple $400.00
Donation to Brian Kenevan Scholarship Fund: __________________

*Donations will help those needing scholarships

Total Amount of Check: $ __________________

CHECK MUST ACCOMPANY REGISTRATION

MAKE CHECK PAYABLE TO HMAA.

Send directly to:
Jim Dropik
3626 S. Brust Ave.
Milwaukee, WI 53207
jamesdropik@sbcglobal.net
(414) 640-3055

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Kristin Simons
drkjsimons1@gmail.com
Mark Your Calendars:

**AA Meetings – Rogers Hospital – Oconomowoc**
- Monday – 7:00 Evening
- Wednesday – 7:00 Evening
- Saturday – 7:04 Morning (Nobody makes it by 7:00)
- Sunday – 8:30 Morning

**NA Meetings – Rogers Hospital – Oconomowoc**
- Saturday – 7:00 Evening
- Rogers Hospital – West Allis
- Sunday – 6:00 Evening
- Wednesday – 7:30 Evening (NA Meeting)
- Saturday – 9:00 Morning

**Al-Anon Meetings Rogers Hospital Oconomowoc**
- Tuesday – 7:00 evening

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents contact Rob McCreadie at: clean@wi.rr.com

If you’re interested in having Pizza with current residents contact Glen Taylor at: fglentaylor@gmail.com

Pizza nights are every second Tuesday of March, June, September, and December

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**Herrington McBride Board Members**

Serving our Recovering Alumni & Their Friends:

- Kristin Simons – President
- Jeff Radtke – Vice President
- Laurie Schemmel – Secretary
- Phil Grabski – Treasurer
- Jennifer Evancy
- Scott Elston
- Michael Ingrilli
- Mary Lee Grady
- Glen Taylor
- Cindy Wudd
- John Movroydis
- Jerrett Fernandez
- John Hopkins – Past President
- Bill Martens, M. D. – Past President & Archivist
- Rob McCreadie – Past President
- Rob Olson – Past President
- John Aschenbrenner – Past President
- James Dropik
- William Aspley
- Jim Doyle – Newsletter Editor

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**Welcome to Rogers of Oconomowoc!**

The Rogers Oconomowoc campus welcomes all forms of addiction to any of the support groups held at this location. Whatever form your addiction may take we are grateful to have you contribute to discussions around our tables.

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**Sarah’s Story**

Hi, my name is Sarah, and I’m a bubbly, bright, and witty, thirty-year-old. I’m also an alcoholic. My sobriety date is April 23, 2017. This past January, I received a scholarship to the Herrington McBride 31st Annual Winter Retreat. I am incredibly grateful for the scholarship and refer to it as my Christmas gift. This scholarship is one of the best gifts I have ever received. The retreat strengthened my sobriety and continues to do so long after.

About me… My parents brought me home the first week of my senior year of college because my drinking and eating disorder were out of control. Despite being in and out of numerous eating disorder treatment programs and seeing more therapists than I can count, the next nine years of my life became an endless cycle of pain, hopelessness, and self-destruction. Life passed me by. My drinking only worsened over time. I had legal problems and was hospitalized twice with severe medical issues caused by alcohol use and malnutrition. I had a seizure one morning at Target, and that did not stop my disease. In November 2016, I received my 3rd OWI. However, it is the best thing that has ever happened to me. It forced me to seek the help I desperately needed and begin my journey of sobriety. It has changed my life. I completed Rogers’ dual-diagnosis partial hospitalization program, was accepted into the Waukesha County Alcohol Treatment Court program, and became involved in A.A. shortly after.

After many months of sobriety, the broken pieces of myself and life slowly began to be rebuilt. I was still living at home, had insurmountable debt, and worked limited hours for my church, but putting my sobriety first. I heard about the retreat and scholarship at one of Rogers’ A.A. meetings. I could readily list all the reasons why I was NOT interested in going on a sober retreat, as it was something completely outside my comfort zone. I have severe social anxiety and spending the entire weekend with strangers—let alone crazy alcoholics—is something I would have typically avoided like the plague. I also do not travel well, which is an understatement. Therefore, I thought the retreat would be perfect for me. In sobriety, I am learning to do things I ordinarily wouldn’t and make myself uncomfortable. I knew it would greatly benefit my long-term sobriety. When I received a scholarship for the retreat, it was hard to believe that I was deserving of something so gracious. I literally jumped up and down after I got off the phone with Jim Dropik (the retreat organizer).

The retreat was an incredible experience. The speakers struck me with how open and honest they were with their deepest and rawest emotions, and I took pieces away from each and every one. I was surrounded by people who thought and felt the same way as I did at the very core of my being and they were recovering and overcoming their disease. However, in my small groups it was hard for me to truly open up.
In Need of Facilitators for Closed Meetings at Rogers West Allis Adult Inpatient Unit

Greetings to some of my favorite people!

It has been about 7 weeks since I transitioned from Herrington Recovery Center to Rogers West Allis Adult Inpatient Unit as an Addictions Counselor.

Closed meetings began on the adult inpatient unit at West Allis on August 5, 2018. The goal was and is to have nightly 12 step meetings on the adult inpatient unit and the time to be from 7 PM to 8 PM. There has been much excitement to be able to offer our patients the hope that life can be different. Better who our brothers and sisters who live the 12 steps and have experienced the promises to engage our patients and introduce them to the miracles of recovery and hope for long term sobriety.

As we know, 12 step meeting attendance, working the steps, obtaining a sponsor, and full engagement in the fellowship is vital to long term sobriety and recovery. I refer to the fellowship as the medicine for the disease of addiction. I have discovered at Rogers West Allis, that patients have little knowledge and exposure to the fellowship, 12 step meetings, and what it means to work a program.

I am grateful for the people who have come forward and have started to facilitate the meetings at West Allis. Recruiting people who are working a program and who will commit to facilitating a meeting has been an enormous undertaking. Talking with the patients about their meeting experience and desire for more information has been inspiring and rewarding. I am grateful for the continued learning experience. In order to keep it; it must be given back.

I am in the process of recruiting more speakers/facilitators for our nightly meetings. I am looking for members in AA, NA, CA, HA, and ALANON fellowship who are working a program, to come and share your experience, strength, and hope to those still suffering. We are in need in West Allis. If you are interested in pairing up with another person in the fellowship, that is great as this will be of benefit in case one cannot make the meeting.

The protocol involves arriving on time, bringing in no candy or items that may be looked at as contraband, coming to the reception desk and getting a visitor badge. You will be escorted by a staff member to the locked unit and a staff person will be outside the closed door in case there is need for some assistance. After the meeting, you will then be escorted back to the reception area. You are then free to thank HP for another hour.

I thank you in advance for your willingness to share your experience, strength, and hope with those still suffering.

I look forward to hearing from you. Let the scheduling begin! Peace and Blessings to All!

Contact information is:
Jean Pruscha CSAC ICS Addictions Counselor
Rogers Memorial Hospital West Allis
11101 W. Lincoln Ave
West Allis, WI 53227
441.328.3722
Cell: 262.949.6299
jpruscha@rogershospital.org

Let the Challenge go forward!
Johnny and his Germans challenge Johnny and his Greeks to the Annual Retreat Tournament.
It’s time the Greeks finally take “The Losers Trophy” back to their crumbling Acropolis, where they keep boasting about Hippocrates, Socrates, and Plato – biological flukes whose genetics have not proliferated.

"Die Deutschen werden zussamen halten"

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“Alone we can do so little; together we can do so much”