

Willing to Name Drop for a Good Cause?

In politics, who you know can make a big difference. If you have connections that could help Rogers Memorial Hospital become more visible to government officials, we're hoping you'll drop some names our way. As a freestanding non-profit hospital, Rogers Memorial can be significantly impacted—for better or worse—by local and state legislative decisions. We need a receptive ear in government—who do you know who may be willing to listen?

Health care is a major government topic today, with issues such as parity between medical and mental health insurance benefits, and Medicaid funding for treatment costs. Our goal is to make sure that when these issues are discussed, our position is included in the discussion.

We currently are forming a community advocacy and awareness group. We are inviting political dignitaries and influential people to learn more about Rogers Memorial, but establishing relationships often requires an introduction. If you would like to take part of this group or know local or state officials or other influential people, please call Dave Moulthrop, President and CEO of Rogers Memorial Hospital at 262-646-4411 x230 or David Franczyk at 414-962-3570.

Has recovery become an exciting and new way of life?

Then join us at
www.hmrecovery.org
 where friends in recovery come together.

Sponsored by
 The Herrington/McBride
 Alumni Association

04/2001

spring 2001 • 4

ONE SPIRIT, MANY PATHS ...

A Weekend of Discovery and Renewal

presented by

Min Kennedy, MS-ATR
 Registered Therapist

Marge Nixon, MSW
 Psychotherapist

Thomas Shiltz, MS, CADC III
 Therapist and Rogers Memorial Training Specialist

July 20-22

Friday, 9 a.m. - 9 p.m.

Saturday 9 a.m. - 9 p.m.

Sunday, 9 a.m. until 12 noon

Rogers Memorial Hospital
 Oconomowoc, WI

Registration fee of \$395
 includes breakfast and lunch daily
 as well as workshop materials.

Developing and maintaining a meaningful relationship with "a Power greater than the self" may be the single most important factor in long term recovery from an addictive disease.

One Spirit, Many Paths draws from Christian, Jewish, Eastern, Native American and Twelve Step philosophies to provide participants with an opportunity to experience this Power in a personal and meaningful way.

Those in recovery as well as friends, family and significant others are encouraged to attend.

You are invited to ...

- Walk our labyrinth
- Create a mandala
- Create a prayer stick
- Experience the healing circle
- Learn meditation and centering skills
- Participate in drumming
- Share your spiritual story
- Enjoy fellowship and communing

For more information or to register, call Rogers Memorial Hospital at 1-800-767-4411 x296.

The Moving Finger

Vol. XIII, No. 3

The Herrington McBride Alumni Association

Spring 2001

Summer Alumni Family Reunion

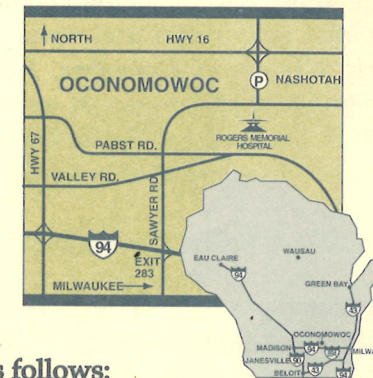
The Herrington/McBride Alumni Association announces its

Annual Summer Alumni Family Reunion

Saturday, June 23, 2001

Rogers Memorial Hospital grounds

Oconomowoc, Wisconsin



It's time, once again, to pack the kids in the van or remember where you put those airline tickets. Herrington House is again welcoming home its alumni from the the Herrington House and the former McBride Center for the 2001 Summer Reunion.

What is it like traveling back to the beginnings of one's Life in Recovery? I asked one of the individuals who left Herrington House three years ago and who joined us for the reunion last year just that question. He thought a moment as he began searching his soul:

"The trip back to Rogers Hospital and Herrington House found me thinking back to those early days and hours of my recovery—the pain that gradually melted into a new way of approaching life, and the joy and spiritual renewal I found and that continue to enrich my developing recovery. As I drove up the ancient tree-lined road to Herrington, whispers and bits of memories flooded my being, and from deep within I knew I was coming home. I was coming home to the beginnings of a life in recovery that continues to grow within me. Again, and often throughout the day, I felt that 'safe feeling' we all came to know as we learned to approach our lives more positively. And fun? It was a great day—old friends, the new people I met, the hugs, the smoking grills, the speakers, the volleyball—and just sitting under one of those big trees in the perennial garden talking with 'One of Our Own'—our hopes, our disappointments, our dreams. I will never miss the Annual Reunion, no matter how far I find myself from Herrington House. I keep my Hawaiian shirt and Saturday cap hanging in the closet all year, reminding me the middle of June will once again be upon us—and once again, I'll be going home."

Agenda for the day is as follows:

- 9:45 a.m. Welcome Coffee, Tea, Juices and Bagels
- 10:00 a.m. Opening Welcome
- 10:15 a.m. AA Speaker
- 11:00 a.m. ALANON Speaker
- 11:45 a.m. Annual Meeting
- 12:30 p.m. Picnic Fare & Fun

The afternoon will continue into the evening for those alumni wishing to remain. A listing of Oconomowoc area sights you can visit will be available. The picnic will be held adjacent to the English Garden which contains the benches donated by HMAA. Take some time to sit on the benches and meditate.

8:00 p.m. Campfire Open AA Meeting
 We will gather around an open campfire on the Ropes Course grounds adjacent to the Herrington House. The campfire meeting will be lead by Mickey and Sandy Gabbert. The subject of their talks will be, "Enriching Our Lives and Souls in Recovery."

Registration is requested! Deadline for registration is Monday, June 18. To register, call the Herrington House at 1-800-767-4411 x240. There is no cost for the event.

If you are in need of overnight accommodations, visit the local information section of the Rogers Memorial Hospital website at www.rogershospital.org for a list of hotels in the area. If you do not have access to the Internet, call 1-800-767-4411 for a complete listing.

Please note, if weather is inclement, the event will take place in the Multi-purpose Center which is adjacent to the Herrington House.

"The Moving Finger writes, and having writ, moves on." - The Rubaiyat of Omar Khayyam

Financial Report



The Board is aware of concern expressed as to where and how HMAA money is spent, so they have decided to publish current figures in this newsletter. Figures are outlined below.

A detailed list of revenues and expenses is also provided in our financial report, which is distributed yearly at our annual meeting. Members are also able to access the HMAA books at any time during the year. And as required by the bylaws, an audit of HMAA finances was completed in January.

The following figures represent totals as of April 3, 2001:

BALANCES

Savings account balance	\$11,760.04
Checking account balance	\$1,201.76

EXPENSES

Newsletter printing, envelopes and postage	\$1,044.48
Web site maintenance	\$225.00
Coffee mugs given to residents at the end of their stay at The Herrington Recovery Center	\$60.95

DONATIONS

HMAA donated \$1,000.00 last fall to purchase benches for the English Garden located outside the Herrington Recovery Center. The benches have plaques attached which indicate their donation by HMAA.

We co-sponsored the Rogers Memorial Hospital Foundation Awareness Day last April at which William Cope Moyers was the speaker. One thousand dollars was earmarked for the event.

HMAA also underwrites a portion of the annual retreat in order to make the retreat more affordable to those attending.

Recently, Northwestern Mutual awarded HMAA an additional \$500.00 from its Volunteer Support Program. This is in recognition of volunteer hours by HMAA President John Hopkins.

QUESTIONS OR CONCERNS?

An updated financial report will be presented at the annual meeting on June 23rd; however, if you have any question or concerns, please contact one of our board members.

Taking Time to Care

"Every morning upon rising, when all continues in its quiet and solitude, I take the first moments of the new day to center myself. I sit and quietly read my meditations in the early morning light. Such a simple discipline tells where my focus is, in remaining in and in nourishing my continuing recovery from addiction. I do this every morning for a half hour, except on those extremely hectic and difficult days when everyone will be demanding my attention and I have to face time constraints and overwhelming obstacles and situations. On those mornings I make certain I take a full hour."

- Anonymous

Coincidence?

Our recovery programs continue to have amazing happenings associated with them. Here are two examples of recovering people coming together in unlikely situations:

- At the January retreat, participants learned of an individual from Illinois who was at the Retreat Center for personal reflection and meditation. We were asked to respect her privacy. At dinner on Friday evening, the individual shared that she was in recovery and would be delighted to join in with the retreat!!
- On a recent trip to Freeport on Grand Bahama Island, two HMAA women attended an AA meeting and were pleasantly surprised to find that two other HMAA women were also present at the meeting!! Of the eight people at the meeting, four were HMAA alums!!

BOOKS, PAMPHLETS, AND VIDEOS

Thank you to everyone who donated books, pamphlets and videos for the residents at Herrington House and the Milwaukee facility. Many alums donated money earmarked for purchase of literature related to recovery from addiction. The need still exists for additional literature.

Items can be dropped at either the Oconomowoc or Milwaukee facility. Monetary donations for purchases would also be greatly appreciated.

Chemical Dependency Awareness Event

Plans are underway for an educational/awareness event in regard to chemical dependency. A date, place and time are not solidified at this time, but details of the event will be announced in the summer or fall issue of the *Moving Finger*.

Initial plans are to have the event in the auditorium of the Medical College of Wisconsin in Wauwatosa. As many of you old-timers remember, we have hosted the event there in past years. It will be held at the end of October or early to mid-November in the evening.

As a speaker, we hope to schedule an individual from Michigan who is one of the first (if not the first) recovery house residents, established back in 1985.

The event will be open to the public. We also wish to encourage medical students and residents to attend. The goal of the presentation will be to not only provide education in regard to chemical dependency, but also publicize the fact that recovery is an ongoing and joyous journey.

Retreat Update

A spiritually uplifting retreat was attended by 33 people in January at the Redemptorist Retreat Center. Mickey Gabbert, Manager of AODA Services at Rogers Memorial introduced the theme of the retreat, "RECOVERY IS DISCOVERY." The theme was reiterated throughout the next two days by those attending in a series of talks and breakout sessions.

As has been customary for many years, everyone enjoyed custard sundaes on Saturday evening. Good conversation, fellowship and a serene environment contributed to a delightful weekend.

Plans are already underway for the 2002 retreat. Planners welcome ideas for a theme and retreat activities. Many individuals who attended expressed interest in a summer retreat; however, because of the reunion/picnic on June 23rd, it was not deemed possible by the HMAA Board. However, the June 23rd reunion will incorporate some retreat aspects.

Visit us on the web at
www.hmrecovery.org

Upcoming Events

Summer Reunion

June 23, 2001
Rogers Memorial Hospital, Oconomowoc
Details on page 1 of this newsletter.

One Spirit, Many Paths Retreat

July 20-22, 2001
Rogers Memorial Hospital, Oconomowoc
Details on page 4 of this newsletter.

Chemical Dependency Awareness Presentation

Fall 2001
Location to be determined.
Details on this page, column one.

HMAA Retreat

January 4-6, 2002
Redemptorist Retreat Center, Oconomowoc
Details on this page, column one.

HMAA Board Meetings

June 6, August 7, October 2
and December 4, 2001
Please call for time and location.

AA Meeting

Every Monday at 8 p.m. and
every Wednesday at 7 p.m.
Rogers Memorial Hospital, Florida Room

Rap

Every Tuesday at 6 p.m.
Herrington Recovery Center
Must be arranged with Rap coordinator.

HMAA Board of Directors

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Julie Kubik—Advisor
Mickey Gabbert—Advisor

The *Moving Finger* is published by and for the Herrington
McBride Alumni Association.
Please send story ideas and feedback to:
34700 Valley Road, Oconomowoc, WI 53066.
Newsletter Editor: Natalie Zimmerman