



Winter Retreat

January 3-5, 2003

Friday evening 5:00 p.m. – Sunday noon

Redemptorist Retreat Center
Oconomowoc, Wisconsin

H.O.W. – Honesty, Openness, Willingness

The Foundation of Our Recovery

Keynote speaker:

Diane C. Garrison, Ph.D.

Dr. Garrison is a licensed clinical psychologist. She has over twelve years of experience in the fields of alcohol and drugs, mental health and dual diagnosis.

COST: \$110.00* (Includes lodging and meals)

Attendees must be recovering from addiction to drugs and/or alcohol.

Sign-in begins at 5:00 p.m. with dinner an hour later. Most rooms are single but if you prefer a roommate, please indicate on registration form.

Space is limited. Register early.

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____

Check here if you prefer a double room.
Please give name of other person. _____

Registration fee: **\$110.00***

Donation to HMAA: _____

Total amount of check: _____

Make check payable to:
The Herrington/McBride
Alumni Association

Mail to:
Mary Krall
Box 265
Rochester, WI 53167

Registration Deadline:
December 27, 2002

*Financial support from the HMAA decreases the actual cost of the retreat.

The Moving Finger

The Herrington McBride Alumni Association

Winter 2002

Herrington/McBride Support

By John Hopkins, HMAA President

Many people deserve a big *thank you* for the support they give to the Herrington/McBride Alumni Association (HMAA). Thanks go the board members who give of their time and talent as well as alumni members who help with and attend alumni events. Others help by giving "Raps" on Tuesday evenings at Herrington House. We also receive a great deal of staff support from Rogers Memorial Hospital. However, HMAA is separate from the hospital and we are self-supporting.

Alumni support is essential to the continued success of the organization. The more people involved, the easier the task. Without alumni support, the association would die.

I realize that many of the alumni live far from this area. You too, as well as those of us living the Greater Milwaukee area can help financially. To run things such as the retreats, the reunion and the quarterly newsletter takes money and we rely on alumni for their support.

You may have noticed the envelope that accompanies each issue of *The Moving Finger*. I ask that you consider making a donation as often as possible. Simply enclose a check and return the envelope.

Just a few weeks ago HMAA co-sponsored a daylong seminar on recovery attended by two hundred people involved in the treatment community of Southeastern Wisconsin. We are trying to *give back* for our own recovery and help those who are still consumed by alcohol and/or drugs. We would like to continue this type of work as well as having functions for our own alumni.

I appreciate all you do for the recovery community, and again, I ask for your continued support. You may not realize it each day, but you do make a difference in other people's lives and in return we help ourselves in our own recovery.



Inside: And they're off! Herrington McBride Run/Walk for Recovery to be a new annual tradition.



Darkness or Light?

By Jeanine Blommel, HMAA Board Member

Darkness or light? Which do you choose? When considering it in that manner, it seems remarkable that our disease causes so many of us to relapse.

Recovery brings us serenity, peace and happiness. As recovering people, we know joy in our hearts we never thought possible when we were drinking or using. What does drinking or using bring into our lives? Self-loathing, shame, physical ailments and social and legal consequences. Are these negatives worth a few hours of oblivion?

I'm sure we would all answer with a resounding, "No!" So why does it cause so many to "slip?" Because our disease is cunning, baffling and powerful. It simply doesn't make sense to our rational minds!

Do you remember waking up with that horrible feeling of despair and regret? The turmoil in your gut? The bile rising in your throat? Your mind asking your clouded brain in the wee hours of the morning, "What did I do last night?" Do you remember? If not, you should.

Whenever self-pity arises and I ask myself at a social affair, "Why can't I have a drink like everyone else," I remember that despair and hopelessness that alcohol brought me. I remember the fear of not knowing what I had done. I remember that I am different and different doesn't mean lesser than. I am an alcoholic just as I have blue eyes. It is simply a fact of my being that I am no longer ashamed of.

So, when you are tempted by that sparkling beverage, that fine wine or frothy beer, ask yourself, "Do I choose darkness or light?" For today, I choose light!

www.hmrecovery.org

where friends in recovery come together

sponsored by the Herrington/McBride
Alumni Association

Date for 2003 reunion is set

June 28th is the date for the 2003 reunion-homecoming of HMAA alumni. As in the past years the event will take place on the grounds of Rogers Memorial Hospital adjacent to the Herrington Recovery House. John Ashenbrenner will again be the chairperson for this event.

Mark your calendars and begin making plans to attend this great event which is growing every year. Further information will be included in the spring issue of *The Moving Finger*.

Have you moved or changed your name?

Please notify us of any changes as soon as possible. We continue to receive a large number of newsletters returned due to expiration of forwarding time. Because we mail the newsletter first class, this has become quite expensive. More importantly, you will be missing announcements of upcoming events. You can send changes to:

HMAA Box 13581
Wauwatosa, WI. 53213

If you prefer, you can call 1-800-767-4411 ext 365 or send it via our website at www.hmrecovery.org

Upcoming/Ongoing Events

Board Meeting

December 3, 2002 at 6:00 PM
Rogers Hospital—Milwaukee

Retreat

January 3, 4, 5 2003
(see back page of newsletter for registration form and details)

Annual Reunion/Homecoming

June 28, 2003

RAP with Herrington Recovery

Center Residents

Every Tuesday at 6 p.m.
Must be prearranged with rap coordinator
Call 1-800-767-4411. Ext. 240

Pizza Party with Herrington Recovery Center Residents

by invitation only
Call 1-800-767-4411 ext. 240 if interested in attending
with an HMAA board member

HMAA co-sponsors event

On September 24th, HMAA joined with Rogers Hospital and other groups to sponsor a daylong conference presented by William L. White, the author of *Slaying The Dragon*.

Mr. White presented an informative and interesting history of addiction treatment in America. He urged those in recovery to share their recovery with others, as there are many with years and years of sobriety who need to be heard by those not yet in recovery as well as the general public. He urged a reform of many of our current treatment methods and a need to examine at how recovery happens.



William White (left) talks with a workshop participant during the event's lunch break.

What works for different ethnic, sex and age groups?

Mr. White believes that the focus of future treatment will move from institutions to the community itself. Treatment will be viewed as something that happens in indigenous networks of recovering people that exist within the broader community.

Certainly, we HMAA alumni need to get involved with those who are seeking recovery and support each other who are enjoying the joys of our ongoing recovery. HMAA lent financial support to the conference as part of its mission/purpose in supporting chemical dependency treatment programs. Money was donated in memory of Dr. Roland Herrington for whom the Herrington Recovery Center is named and who was instrumental in the formation of our alumnae association, for which we are all very grateful.

Rogers Memorial Hospital expands AODA services in Oconomowoc

Rogers Memorial Hospital has expanded its alcohol and drug treatment services to include evening treatment services at their Oconomowoc site located at 34700 Valley Road. "In response to community requests, we now offer treatment which is closer to home for individuals who otherwise had to travel to Milwaukee or Madison," said Mickey Gabbert, Manager of Chemical Dependency Services.

All treatment is under the direction of Jay Kasner, MD, certified addictionologist and Medical Director of Chemical Dependency Services of Rogers Memorial Hospital.

"Our treatment services provide intensive treatment for alcoholism and drug dependency in a safe, structured setting. The evening schedule allows participants to meet daytime responsibilities such as work or school," said Dr. Kasner. "We've had a strong, positive response from participants at our Milwaukee site and we are pleased to offer it to the Waukesha County community." With the addition of this new treatment option, the Chemical Dependency Services of Rogers Memorial Hospital extends its continuum of care to include inpatient detoxification and day treatment at both its Oconomowoc and Milwaukee campuses as well as long-term residential care at the Herrington Recovery Center located at its Oconomowoc campus.

Evening chemical dependency services schedule

6 p.m. to 9 p.m.
Monday, Tuesday
and Thursday
and
9 a.m. to noon.
Saturday

Typically individuals participate in comprehensive treatment supervised by an addictionologist, a medical doctor who specializes in the treatment of addictions, as well as group and individual therapy and family-focused treatment sessions with masters level therapists.

Treatment varies for each person and individuals may move to a less intensive level of care after two or three weeks. Participants must have a medical diagnosis of chemical dependency. Those with a mental health dual diagnosis are eligible if they are stable on medications their physician may have prescribed.

Gabbert said Rogers Memorial staff also work with referring physicians, clinicians, employers and family in continuing care prior to the patient's discharge from treatment, adding, "It is important for individuals to be linked with a local support network; our goal is to help individuals sustain positive and healthy recovery."

To find out more about the alcohol and drug evening services at Rogers Memorial Hospital in Oconomowoc, please call 1-800-767-4411.

Run/Walk for Recovery

Saturday, October 19, 2002 was a gray and blustery fall day. However, that didn't stop runners and walkers from coming out to the Rogers Memorial, Oconomowoc campus to participate in this year's Annual Run/Walk for Recovery. The event, which in previous years was hosted by Rogers Memorial Hospital Foundation and known as the Run/Walk for Mental Health, was transitioned this year to the Run/Walk for Recovery. The Herrington McBride Alumni Association will manage the run/walk in the future.

Over 175 participants enjoyed the fall color on the 10 Kilometer Run, 5 Kilometer Run or 5 Kilometer walk. The winners in male division were Ted Shue for the 10K and John Hallett for the 5K; the winners in the female division were Robin Treder for the 10K and Jean Lyons for the 5K.

Thanks to the Herrington Alumni and family members who volunteered at the event as well as the staff members of Rogers Memorial Hospital. We also appreciate the donations of food from Brownberry Ovens and McAdams Pick 'n Save, both in Oconomowoc.

HMAA Board of Directors

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Mickey Gabbert—Advisor

Ruth Muller—Advisor

Welcome new members

Scott Rex and Bob Olson have accepted membership on the board of directors of the Herrington/McBride Alumni Association. Welcome!!!

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