

McBride Alumni

Game Night 90

**PRIZES!!!
GAMES!!!
MORE PRIZES!!!**

SATURDAY, FEB. 17, 1990 BROWN DEER PARK PAVILION
7600 North Range Line Road

Ice-Breaking 6:00 P.M.
Buffet Dinner 6:30 P.M.
Fun & Games 7:30 P.M.
Prizes! Prizes! 10:30 P.M.
Fireside Chats Continuous

**\$12.50
Per Person
(Spouses, Guests Welcome)**

Silent Auction

Door Prizes

Cards and Games Provided
(But feel free to bring your own)

Buffet Dinner

Raffle Drawing

Sumptuous buffet dinner, soda, coffee, snacks and DOOR PRIZES all included for the low, low donation of \$12.50 per person. TV set raffle tickets (available in advance; you needn't be present to win) are \$1.00, six for \$5.00. Group games (such as Pictionary and Outburst) are slated but others are welcome. Come as a group or plan on mingling. Dress is casual; it's an ALUMNI PARTY! Spread the word; talk it up. BE THERE!!!

DEADLINE FOR RESERVATIONS: FEBRUARY 14

All McBride Alums and their guests are invited to this great opportunity to blast the wintertime blahs. Merchandise premiums will be on display and will go to the highest bid registered during the "silent auction" throughout the evening. Door prizes and the big raffle TV set will be awarded at the close. **Proceeds benefit the Foundation and its new Endowment Fund.**

Make Checks Payable To: THE McBRIDE FOUNDATION

Name Phone
Address
City St. ZIP
No. in Party _____ @ \$12.50 = \$ _____

MAIL TO:

**Tom Dutton
3365 Town Trail
Brookfield, WI 53005
(414) 781-5156**

Directions to Brown Deer Park on Page 2.

The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. VI, No. 1

Milwaukee, Wisconsin

Winter, 1990

Milwaukee Psych "Downsizes"

McBride Shifted To New Quarters

McBride has moved! For longer-term alums, the scene was both eerie and sad as they arrived for the AA meeting Tuesday evening, January 9, and found the unit dark and barren; the door locked.

As is customary for such actions, there was no advance announcement that Milwaukee Psychiatric Hospital was "downsizing," a euphemism for budget-cutting consolidation of programs and services.

Visitors were surprised, then, to learn that patients in both the Dewey Center and McBride programs are now housed in a single 30-bed wing previously occupied by the Sleyster Unit.

At the former Dewey facility, where utilization had been down, renovation and possible conversion to other uses is being considered.

Despite the physical consolidation, the two treatment programs will remain separate, according to hospital officials. There will be little or no change in group and other therapy activities.

Increased emphasis on outpatient programs, plus the market dilution produced by the recent opening of several new mental health and chemical dependency programs in the Milwaukee area, forced the downsizing, the hospital said.

McBride currently operates outpatient programs in Wauwatosa and Madison.

All beds at McBride were occupied at the time of the move, and it was noted that consolidation will eliminate the need to house excess patients on other units.

Hospital occupancy levels in most departments have slipped over the past year, officials said, and the total bed compliment is being reduced from about 145 to just over 100.

The 15-bed McBride wing, opened in January, 1985, will remain closed indefinitely.

No changes are anticipated at the two Recovery Houses.

Grateful Alums Give Generously To Endowment

From \$10.00 to \$1,000.00, the checks have been coming in!

Like the 12 Promises of AA, the McBride Endowment Fund is growing "sometimes slowly, sometimes quickly."

But it is definitely growing. Details and procedures are now being worked out to make the fund available to needy patients for whom Recovery House residency has been prescribed. Initially, assistance will be in the form of low-interest loans.

Recipients will be selected on the basis of need, demonstrated sincerity and dedication to recovery and commitment to repay the loan. Applications will

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It's Fun And Games Time Again!

With a new location, a new format and an unprecedented array of door prizes, this year's Winter Blahs-Buster, better known as McBRIDE GAME NIGHT 90, is truly "bigger and better!"

Headlining the new look for the February 17 evening of group games, cards and general good times is a silent auction, featuring a variety of merchandise going to the highest bidders. Proceeds will benefit the new Alumni Foundation Endowment Fund.

As in the past, generous donors have also assured a supply of door prizes for holders of lucky numbers on their dinner tickets. And chances are already on sale (\$1.00 per donation; six for \$5.00) for the big raffle drawing for a color television set.

The Alumni's chief gamester, Tom Dutton, said that a full menu of games, from Pictionary and Trivial Pursuit to the popular Outburst, plus sheepshead and bridge and other more traditional games will be available. Or bring your own favorite. Further details and registration information are found on Pages 2 and 4.

As chairman of the event, Tom is also looking for volunteers to help keep things organized and other chores to assure another big Alumni social success. He's also the one to contact if you'd like to donate a door prize. Give Tom a call at 781-5156.

Admission for the entire fun-night package, including a sumptuous buffet dinner, plus snacks, soda and coffee, remains at \$12.50 per person. Don't miss this gala event **Saturday, February 17**, at the Brown Deer Park pavilion on Milwaukee's northeast side.

Recovery Hopes Ride On Endowment Fund

(Continued From Page 1)

be reviewed by a committee representing both the Foundation and the treatment team.

Established last November as a conduit for Alumni gratitude, the trust fund is seen as the first major step toward a truly meaningful role for the McBride Foundation.

Those who have found recovery as a rebuilding of their own lives can now help others to follow their path.

Recovery House residency, often cited as the most beneficial phase of treatment, is generally not covered, or only partially so, by insurance.

The Endowment Fund will serve as an additional, if not last, resort for individuals in temporary financial distress.

Other, even more ambitious, uses for the fund will be explored as resources permit.

Contributions (fully tax-deductible) should be mailed to: The McBride Alumni Foundation, 17935 Country Lane, Brookfield, WI 53005.

Other Needs

As emphasized in the Fall Moving Finger, the Endowment Fund is not used for operating expenses of the Alumni Association.

The rising costs of publishing and mailing the newsletter, underwriting programs and retreats, making an annual gift

to the McBride Center, and other activities are another matter.

Though it has shunned the idea of mandatory dues, the Board of Directors has urged all alums to consider an "in-lieu-of dues" annual donation of at least \$10.00 to the Foundation to sustain our fellowship.

Brunchers To Meet At New Location

In response to a number of requests, the monthly "Brunch With The Alumni Bunch" is moving to the Tyrolean Restaurant.

The new location at 1657 South 108th St. (Mayfair Rd.) not only offers a wider menu selection but is also lower priced than the former 76 Club breakfast buffet.

For the past two years, Alums, spouses and guests have been getting together for an "unstructured" brunch on the first Sunday of each month.

It's not a meeting; there are no speakers. It's simply an opportunity to sit down together for no other reason than to socialize.

No reservations are required, but an arrival time of about 10:30 a.m. is suggested to assure seating as a group. The next brunch will be Sunday, February 4.

Alumni Offering Table Service

Changed your address? Need information about an upcoming event? Like to donate to the Foundation or Endowment Fund?

Alums attending the Tuesday Night AA meetings (7:30 at Milwaukee Psych) now have a convenient access point for these and other McBride activities.

Every week or two, a table will be staffed either in the lobby or outside the Auditorium doors. Fellow alums will be on hand to answer questions and provide assistance.

Reward Yourself By Helping Others

Conducting "Rap Sessions" with inpatients and Recovery House residents is probably the most noticed, but alumni volunteer work can take many forms.

Workers are also needed, for example, to help out with the varied events and programs organized by the association throughout the year.

Anyone wishing to gain the personal rewards of such activities is invited to register at the Alumni table at the Tuesday night AA meetings.

Three rap sessions are held each week on the unit and once a month at the Recovery House. Alums meeting certain criteria, such as a year of sobriety, are eligible to participate.

Route To Game Night

Locating Brown Deer Park, the site of Game Night 90, ought to be a snap. Bordering Good Hope Road (7200 North), the park's entrance is at 7600 North Range Line Road (the equivalent of North 25th St.). That puts it about 1.5 miles west of the Good Hope exit off the I-43 Freeway. Drive north four blocks on Range Line and turn left at the park entrance. Follow the park road (.3 mile) as it bends to the left, then turn left at the pavilion drive.

Mark Your Calendars

- Monthly Sunday Brunch* February 4
- Board Meeting February 13
- Game Night 90 February 17
- Sunday Brunch* March 4
- Board Meeting March 13
- Sunday Brunch* April 1
- Fourth Annual McBride Summer Retreat June 1-3

* Brunch First Sunday Every Month at the Tyrolean Restaurant, 1657 S. 108th (Mayfair Rd.)

5th Anniversary Marked Alums Honor Herrington, Hospital

Recognizing it as a milestone event, two plaques were presented by the Alumni Association at McBride's Fifth Anniversary Awareness Program November 28.

The organization's first "Golden Hug Award," went to Dr. Roland Herrington, founder of the McBride program for professionals. The plaque carries

Good Luck, Dean; We'll Miss You

There were some tears but, for the most part, it was an afternoon of fond memories, warm hugs and best wishes that marked the retirement of "Counselor Extrordinaire" Dean Grunewald in November.

Toasted at a surprise farewell pizza party, Dean wrapped up nearly five years of McBride service that began shortly after the Center opened its doors. Nearly 100 of his former patients were on hand for the sendoff.

Several gifts and a certificate designating lifetime honorary membership in the McBride Alumni Association were presented during the emotion-charged get-together.

Known for the care and compassion that hides beneath a shell of tough love, Dean is now a resident of Florida, where he is trying (a word insiders know he associates with steers) his best to keep busy.

the following quotation from The Big Book of AA:

"To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss."

Beneath Dr. Herrington's name, it reads:

"For the way that you have lived and shared that experience, for the way that you have provided leadership, guidance and counsel, and, most of all, for the encouragement, hope and inspiration that you have offered along our way, The McBride Alumni Association salutes you on this, our Fifth Anniversary."

An Award of Appreciation was presented to Milwaukee Psychiatric Hospital and was accepted by Hospital President Gerald Schley. The framed certificate reads:

"As the parent facility behind The McBride Center, the hospital has provided both guidance and support. As a dynamic partner, it has provided strength and stability. Like the Center itself, The McBride Alumni Association is proud to

be a part of the hospital and its long tradition as a respected member of our healthcare community. Through our infancy and our early years, it has stood behind us, and for us. Now, on this the observance of our Fifth Anniversary, we thank you."

The presentations were part of the annual program at the Medical College of Wisconsin, which co-sponsored the talk by Dr. Max A. Schneider, a Los Angeles physician and noted speaker in the field of recovery.

ADMC Doctors Feeling Better

With good prognoses and high spirits, Dr. Roland Herrington and Dr. Len Worman are both on the mend.

Dr. Herrington is recuperating in California after cardiac angioplasty in Milwaukee and Dr. Worman is regaining his strength at home following radiation treatments for a throat tumor.

Both have conveyed their appreciation for all of the prayers, expressions of concern and messages from alums.

Retreats Can't Be Beat

"They keep getting better" seems to be the best way to describe McBride retreats, and the Winter 1990 version was no exception.

From Dr. Benzer's opening talk to the always-emotional closing, it was a time for reflection and discovery. Old friendships were renewed and new ones established. The fellowship and sharing that again had participants wondering how time can fly by so quickly was the sixth such weekend program for alums.

Focusing on the 12 Promises of AA, talks and small-group meetings gave everyone an opportunity to take stock of themselves and to recharge the batteries of their recovery. There were walks in the crisp winter air and camaraderie in the warmth of a crackling fire. And there was plenty of spirited fun to balance the more somber moments.

On the accommodations side, Perpetual Help Retreat Center, on Crooked Lake southeast of Oconomowoc, proved itself ideal regardless of the season.

Calendars are already marked for the Summer Retreat, set for the same spot June 1-3, and the possibility of having an optional day, with arrival on Thursday instead of Friday evening, is being considered. Details and registration information will be included in the next Moving Finger.

The Moving Finger is published quarterly by and for the McBride Alumni Association. Please send address and telephone corrections to:

The McBride Foundation
17935 Country Lane
Brookfield, WI 53005

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