

## For the Weekly Calendar:



### AA Meetings –

#### Rogers Hospital – Oconomowoc

Monday – 7:00 Evening

Wednesday – 7:00 Evening

Thursday – 6:00 Evening

Saturday – 7:04 Morning (Nobody makes it by 7:00!)

Sunday – 8:30 Morning

#### NA Meeting - 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 Meeting-Rogers Hospital Oconomowoc

Tuesday – 7:00 Evening

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents contact **Rob McCreddie at: [clean@wi.rr.com](mailto:clean@wi.rr.com)**

If you're interested in having Pizza with current residents contact **Glen Taylor at: [fglentaylor@gmail.com](mailto:fglentaylor@gmail.com)**

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



## Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

### Elected Board Members:

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

### Advisors:

Kenny Blaine  
Sue Caliendo  
Kate Thornton  
Adrienne Koclanis  
Rick Siewert  
Matthias Scheuth – Director of the Rogers Foundation  
Dr. Dana Marlowe, MD – Medical Director of the Herrington Recovery Center

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Wauwatosa, Wisconsin 53213  
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The Herrington McBride Alumni Association  
Spring, 2019 Edition

# The Herrington Recovery

## Alumni Association Quarterly



### From the Desk of our President

By: Kristin

Dear Alumni and Friends,  
Hello to all of you in our great alumni fellowship. Did you know that we are almost 2,000 strong? We continue to add new Herrington graduates to our ranks, and we thank all of you who have been willing to reach out and support them. I remind you with every newsletter: Our mission as an alumni organization is to support the residents of the Herrington Recovery Center both while in treatment and as they transition into a recovery network in their own community. That includes support for all of us as alumni! I hope you are finding ways to reach out and connect with those around you in recovery.

An update on our association activities since the last newsletter: Two of our annual parties have come and gone with great success and feedback. Our Halloween event had new community attendees and was much fun with costumes for the residents, food (always food!), and “fortune telling”. The New Year’s Eve bash is also much appreciated sober fun for the HRC residents. Excellent steak dinner, billiards tournament, karaoke, and just good fun with clear & sober minds. Thank you to our board

members who plan and execute these great events. Our next quarterly pizza night is Tuesday March 12. If you like pizza!! And would like to come and spend some fellowship time with the current residents, reach out to one of our board members listed on the back of this newsletter.

We continue to need volunteers for temporary sponsorship and for our Alumni Partners program. If you have at least a year of continuous sobriety and are ready to “give back” to the place where it all began, please contact us! I can be reached at [drkjsimons1@gmail.com](mailto:drkjsimons1@gmail.com). Please also see the section in this newsletter about our Vetted Sponsor meet & greet with the HRC staff. If you are not sure if temporary sponsorship is for you, or if you live outside the Rogers area, consider our Alumni Partners program (info in this newsletter). Ask yourself “What am I doing in service to others?” as part of your own recovery. We need you!

Thank you again to all of you who give of yourselves to make our organization successful. We truly appreciate you. I hope that you continue to grow in your own recovery program and enjoy the great blessings that a clean and sober life has to offer.

Blessings in Recovery,  
Kristin Simons, HMAA President  
[drkjsimons1@gmail.com](mailto:drkjsimons1@gmail.com)

### Looking for an Opportunity to Give Back? Consider Our Alumni Partner Program!

The Alumni Partners program is a list of past Herrington graduates who are willing to connect with a recent Herrington graduate in their hometown and assist them in finding meetings. Many new graduates have difficulty and some anxiety finding and attending a new meeting for the first time. This is especially true for new graduates who live outside the immediate Rogers area. Please consider adding your name to this list, especially if you live far from the Oconomowoc area! This is not a commitment to sponsor. It is a willingness to meet up with a new alumni member in your area and help them find a few meetings. Remember what it felt like to go to those first few meetings where you didn't know anyone? Let's partner with the new alumni and help them get a good start after they graduate from Herrington. If you have at least a year of continuous sobriety/clean time and are willing to be an Alumni Partner, please contact Jeff Radtke from our board of directors [jeff.radtke@yahoo.com](mailto:jeff.radtke@yahoo.com)

## Meet and Greet for Temporary Sponsors and HRC Staff

We are planning another Vetted Sponsor meet and greet with the HRC clinical staff (docs, therapist, behavioral specialists, RC's) for this spring. This is an opportunity for the staff to get to know some of us in the community who are available as temporary sponsors. Please consider being added to this list. The goal is to provide the HRC staff a list of sponsors they can recommend to residents who might be having difficulty connecting with a temporary sponsor in a timely manner. This meeting allows the staff to get to know us sponsors and match residents with someone who would be a good fit.

Please contact Kristin Simons from our board of directors if you would like to be part of this group. [drkjsimons1@gmail.com](mailto:drkjsimons1@gmail.com).



## 32nd Annual Winter Retreat

The Herrington McBride sponsored 32nd Annual Winter retreat has come to an end. The focus for the weekend was on forgiveness. The retreat's attendance was at its highest and the four walls were filled with years of recovery, wisdom, and so many stories to tell. For those of you who are not familiar with this retreat, it takes place the first weekend of January at the Redemptorist Retreat Center in Oconomowoc, WI. The building and location provide a private and serene weekend getaway in the woods that overlook Crooked Lake. It is put together by Jim Dropik and his family and organized by amazing pillars in the program.

Over the course of the weekend, there were several speakers that told their stories and shared their strength, hope, and experience of how they found the program. The breakout sessions that followed each speaker allowed for fellowship, support, and time to heal what may be hurting some of us. Walls were broken down, friendships were made, and rigorous honesty was brought to the forefront. The retreat is a time for newcomers to the program to find their way, old timers to get re-energized, and for all of us to be reminded of how far we have come. There is a strong sense of family because by the end of the weekend no one leaves

feeling alone; but rather, they leave feeling loved and supported with a list of over 70 people they can now call upon in their darkest moments.

Our hope is that as we continue our tradition of the retreat, we will bring in more newcomers, reconnect old friends, and build the community of our fellowship. We want to extend a huge thank you for all of the donations from both the Rogers Memorial Hospital Foundation and the anonymous donors who made the scholarships possible for those who would not be able to attend due to financial situations. Thank you to all the speakers who shared their stories, for your strength, hope, and experience may have saved someone's life. Last but not least, thank you to Jim Dropik, his family, and his behind the scene dream team that made the entire weekend possible.

Kate K.

## Emily's Spiritual Weekend

The 2019 Herrington retreat was a truly pivotal moment in my journey of sobriety. I wasn't expecting to go this year because I couldn't afford it. The Friday morning of the retreat I got a call from a friend I met at the Sunday morning Rogers meeting saying there was one scholarship spot open and it could be mine. I cancelled all weekend plans and packed my bag. Like most people attending, I had some anxiety about going to a new place with new people. I was, of course, welcomed with open arms the second I walked up the driveway. It was a weekend of listening to others tell their story, self-reflection, laughing, crying, and connecting with others in the fellowship. My sobriety date is September 21, 2018 and throughout my journey, I've put a lot of focus on connecting with my higher power and have struggled with it. I also have had trouble with finding a sponsor I connect with. The retreat connected so many dots on the level of my higher power and I left the weekend feeling more spiritually fit than I ever have before. I also found a truly inspirational sponsor. The 2019 Herrington retreat dramatically transformed my sobriety journey in a beautiful way. I am so grateful I was given the opportunity to attend. Thank you so much to all who donated (Individual Donors & Rogers Hospital Foundation) to make the scholarships available for us and help us in our sobriety journey. It was truly a life changing weekend.

Emily H.



## 33<sup>rd</sup> Annual Herrington McBride Alumni Association Summer Picnic June 16, 2018

9:30 Continental Breakfast

10:30 Welcome from Glen T, Board Member

Opening thoughts and prayer from John A

10:45 Keynote address by Anna R

11:30 Annual Alumni Meeting chaired by HMAA President Kristin S

12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital)

1:00 NA Speaker - Ian M

Games and activities on the grounds with rec therapist till 2:30

1:45 Al-Anon Speaker - Marianne L

2:30 Recovery Olympics for present Herrington residents and any interested others till 4:30

See Olympics Activity Coordinators Jenny V and Jimmy D

Other activities available at this time:

Trivial Pursuit (Team Johnny the German vs. Team Johnny the Greek)

Corn Hole Giant Jenga Bocce ball Ping Pong

4:30 Bring your own grilling items (grill will be provided and grilling will be done for you)

6:00 Recovery Olympic participants return for results and awarding of prizes  
(Prizes provided by T-Lon Products Inc.)

6:30\* Fireside Open Gratitude Meeting hosted by Rob M  
\*approximate time

**We welcome not only recovering alums but family and friends of Herrington/McBride**

ALL EVENTS WILL BE HELD INSIDE THE MPC IF THE WEATHER IS INCLEMENT

**"The Best is Yet to Come"**



### Barbarians vs. Germans

Die deutscher Trieber Menschen haben gegen die Grecische Krieger Männer dieses mal im Trivial Pursuit verloren! Die Deutschen sind jetzt so ärgerlich und aufgeregt, das Mann kann nur Kriegschrein im Wald durch Tag und Nacht hören. Die Grecische Männer sitzen nur beim See und singen immer, nur etwas von Aristotle:

“Μπορούμε να κάνουμε πόλεμο που μπορούμε να ζήσουμε ειρηνικά.”

Wirklich? Wirklich?! Was für ein Dummheit ist das! Also, Greschische Kriegsmänner Erwach!!! – Wir habe es gesagt und geschreit.....”Nachstes mal gibt es kein mehr freundlich Grüße,“ und kein mehr besondere gutter deutscher Menschen werden Euch Grüßen. Wir werden Euch wirklich unterbringen, und auch mit die ganzen Greschische Civilization.

“Μπορούμε να κάνουμε πόλεμο που μπορούμε να ζήσουμε ειρηνικά.” Wirklich? Das ist wirklich dummheit von der Mund Aristotle!

### Translation.....

The German Tribes, to put it matter-of-factly, lost against the Greeks this time in Trivial Pursuit. The Tribal Germans are presently so enraged and so unable to contain themselves, that in the forests one can hear nothing but War Threats both day and night directed at the fading civilization spending their days lying on the beaches, eating grapes and singing words from Aristotle:

“WE MAKE WAR SO WE CAN LIVE IN PEACE” -Fa-la-la-la-la-la-la

Really? REALLY? What sort of a dumb-ass song is that? Grecian Warriors, take warning. We have thundered our warning again and again, “Next time, no more Mr. Nice Guy!” And you will not receive, as you have in the past, the welcoming barbarian hospitality. Now we will bring you down, including the entire Greek Civilization. Pompei will be considered child’s play!

“We make war so we can live in peace.” REALLY! That’s the dumbest thing Aristotle ever said!” Take heed as we again meet at the battle table of the Summer Reunion!



### 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!



Rogers Oconomowoc is undergoing heavy renovations across their campus. All support groups are still being held at their usual date and time. Groups convene in the Florida Room which is located thru the entrance and down the hall to your immediate right. We look forward to seeing you!



### 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 in 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. Who better than 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|pruscha@rogershospital.org

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