


september**2010**  
National Alcohol  
& Drug Addiction  
*Recovery Month*

# EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 NORA's 5 <sup>th</sup> Annual Ohio Recovery Ride Cleveland Metroparks Zoo
5	6	7	8	9 UH/Case Medical Center's Addiction Recovery Services Presentation: Adolescents & Chemical Dependency	10 ORCA House, Inc.'s 60th Anniversary Celebration	11 Rally for Women in Recovery Hitchcock Center for Women
12	13 Movie Monday with Bob Francis ADAMHS Board	14	15 Breaking the Chains of Addiction: Service and Reception St. Vincent Medical Center Rosary Hall	16	17 UH/Case Medical Center's Addiction Recovery Services Presentation on Alcoholism: A Family Illness	18
19	20 Movie Monday with Bob Francis ADAMHS Board	21	22	23 The Journey Continues: After Treatment Panel Presentation The Free Clinic Women & Family Services Open House Recovery Resources	24 8 <sup>th</sup> Annual NE Ohio Recovery Celebration CATS Women's Facility Open House A Continuum of Recovery Discussion Panel Care Alliance Health Center	25 Hitchcock Center for Women's 3 <sup>rd</sup> Annual Recovery Walk
26	27 Movie Monday with Bob Francis ADAMHS Board	28 Adolescent Treatment Program Open House Recovery Resources	29 UH/Case Medical Center's Addiction Recovery Services Presentation: Meditation & Mindfulness	30	 <p>Join the Voices for <b>recovery</b></p> <p>september 2010 National Alcohol &amp; Drug Addiction Recovery Month</p> <p>now more than ever!</p>	

\* Please see second page for complete details for all events.

# september2010

## National Alcohol & Drug Addiction Recovery Month

**September 4:** Northern Ohio Recovery Association's **5<sup>th</sup> Annual Ohio Recovery Ride** at the Cleveland Metroparks Zoo, rally begins at 10 a.m. Contact: Delilah Bell Fowler, (216) 324-4287.

**September 9: Addiction Recovery Services University Hospitals Case Medical Center (UHCMC) presentation *Adolescents and Chemical Dependency*** by Ray Isackila, LPCC, LICDC. For hospital personnel, patients and the public. Kulas Auditorium at UHCMC; 12 noon to 1 p.m. Contact Judy Majcen, (216) 983-0730.

**September 10: ORCA House, Inc. 60th Anniversary Celebration** at Windows on the River. Keynote Speaker: The Honorable Mayor Michael R. White. Tickets: \$60 for individuals, \$75 for includes private reception with Mayor White, \$750 for a table of ten and private reception with Mayor White. 5 p.m. to 9 p.m. Contact: Lynette Clayton, (216) 231-3772.

**September 11: *Calling all women in recovery!* Hitchcock Center for Women's Rally for Women in Recovery** offers food, fun and fellowship for all women in recovery, and their friends and family, 1 p.m. to 5 p.m. Contact: Doris (Dee-Dee) Chatman, (216) 386-8377, or Teresa Sanders (216) 421-0662.

**September 13, 20 & 27: The ADAMHS Board** of Cuyahoga County hosts **Movie Mondays with Bob Francis**, LICDC, featuring each of the three videos in his **Keep It Simple** Video Series: ***Our Path***, an explanation of why most clinicians direct clients to Alcoholics Anonymous' 12-Step program, September 13, 2010; ***Relapse Dynamics: It's a Thought Process***, reviews how to lessen the effects of "stinkin' thinkin,'" and stay on the road of recovery without getting a new sobriety date, September 20, 2010; and ***Religion vs. Spirituality: It's Way Simpler Than You Think***, with it perspective on AA's 12<sup>th</sup> step, September 27, 2010. Mr. Francis will lead the post-film discussions. Credit hours are available. Register for one, or all; 4:30 p.m. - 6 p.m. Contact: Evelyn Swope, (216) 241-3400, x811.

**September 15: St. Vincent Charity Medical Center Rosary Hall will host a service and reception, *Breaking the Chains of Addiction*.** Free and open to the public, the event includes a panel discussion with two Rosary Hall patients who'll share their stories about breaking free from addiction, a worship service with song and dance by the Cathedral Worship Centers Praise Dancers, a historical perspective on Rosary Hall and a lecture by Dr. Ted Paran; 3 p.m. to 5 p.m. Contact: Mary Crenshaw, (216) 363-2508.

**September 17: Addiction Recovery Services UHCMC presentation *Alcoholism: A Family Illness*** by Tonda Sill, LICDC. Free for hospital personnel, patients and the public. Brown Bag lunch optional. W.O. Walker Center, 10524 Euclid Avenue, Suite 3200; 12 noon to 1 p.m. Contact: Judy Majcen, (216) 983-0730.

**September 23: The Free Medical Clinic of Greater Cleveland** is hosting ***The Journey Continues: After Treatment***, a panel presentation of recovering persons from AA/NA/CA who'll discuss their experiences throughout recovery, including during treatment; 6 p.m. to 9 p.m. Contact: Maryaitta Elston, (216) 707-3456.

**September 23: Recovery Resources** is hosting an **Open House and tour of its Women & Family program's new location**, 3950 Chester Avenue. Meet staff, view client artwork, and enjoy

refreshments; 12:30 p.m. to 3 p.m. Contact: Minda Brown Jaramillo, (216) 431-4131 ext. 1115.

**September 24: The ADAMHS Board** of Cuyahoga County and the Northern Ohio Recovery Association (**NORA**) present the **8<sup>th</sup> Annual Northeast Ohio Recovery Celebration**, 6 p.m. to 11 p.m., on its new night - a FRIDAY - at the Crowne Plaza City Centre, 777 St. Clair Avenue, Cleveland, Ohio. Evening includes dinner, program, advocacy awards presentation and dancing. Tickets are \$40 per person. Reserved seating for tables of eight are available for \$320. Contact: NORA (216) 391-6672 or visit [www.norainc.org](http://www.norainc.org)

**September 24: Community Assessment and Treatment Services (CATS)** offers tours of its new **Women's Facility** during an **Open House** from 1 p.m. to 4 p.m. at 8415 Broadway Avenue in Cleveland. Contact: Roxanne Wallace, (216) 441-0200.

**September 24: Care Alliance Health Center** hosts a **discussion panel, "A Continuum of Recovery"** with current and former clients sharing the challenges and success of recovery, from the beginning to now; 1:30 p.m. to 3 p.m. Contact: Marie Whitson, (216) 781-6724.

**September 25: Hitchcock Center for Women's 3rd Annual Recovery Walk** starts in the parking lot at 1227 Ansel Road with a kick-off address by Michelle Woods at 9 a.m. Route is a 2.5 mile loop. Entry fee: \$15 for seniors, \$20 for pre-registered walkers, \$25 day of race. Check in opens at 8 a.m. Rain or shine. Contact: (216) 421-0662.

**September 28: Recovery Resources** is hosting an **Open House to introduce its new Adolescent Treatment program** at the Lakewood office, 14805 Detroit Avenue, Suite 200. Refreshments will be provided; 4 p.m. to 6 p.m. Contact: Jennifer Tulli, Program Manager, (216) 431-4131 ext. 4201.

**September 29: Addiction Recovery Services UHCMC presentation *Meditation and Mindfulness*** by Judy Majcen, MA, LSW, LICDC, Senior Chemical Dependency Counselor. Free for hospital personnel, patients and the public offering the latest medical research, how meditation can help manage stress and its compatibility with 12-Step programs, and a guided meditation. W.O. Walker Center, 10524 Euclid Avenue, Suite 3200; 12 noon to 1 p.m. Contact: Judy Majcen, (216) 983-0730.

**Recovery Month** provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment and recovery programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. To learn more, visit <http://www.recoverymonth.gov/>