

Volume 1, Issue 14

Spring, 2011



ARMS ACRES

Alumni Newsletter

Arms Acres Alumni Spring Gathering

"Hello Here And Now"

April 3, 2011

11:00 - 4:45

Registration 11:00—11:30

Alumni Meeting 11:30-12:45

Alumni Spring Luncheon 12:45-1:30

"Passing The Message On" Meeting 1:30-2:45

Ice Cream Social 2:45—3:15

"Passing The Message On" Big Meeting 3:15-4:45

Special Alumni Music

Please RSVP by 3/20

With your T-Shirt Size

Susan Attebery 845-704-6198

sattebery@libertymgt.com

"STAY HEALTHY, SOBER AND DO THE RIGHT THING"

At 6 months old, my sister and I were left home alone by my cousin who snuck off to Woodstock. Growing up, I heard about my hippie cousin and when the Woodstock movie came out, my family watched to see if she was in it. Right there and then, I knew I wanted to grow my hair long and become a hippie. I grew up in a crazy Scotch and Irish town in Jersey full of hippies. By the time I was 8, I started drinking. At 10, I had my first hit of pot. Then I discovered acid. I went to my first Grateful Dead concert in 1985. When I arrived I realized I had found my people.....the hippies and I knew I was home. This is where it all began. At 17, I got my license, bought a car and hit the road to follow the Grateful Dead on tour. I followed them and other bands for many years. During this time, I led a life of drinking and drugging that basically destroyed the person who I really was. I had a good job that paid me well, but I chose to party and ruin my life instead. By 2004, I was living in a van at work. I woke up one morning in the back of the van hung over, broke, hurting, depressed, missed work again and was about to lose my job. All I cared about was how I was going to get high that day. At that point, I decided I did not want to live anymore. It was payday so I had \$1000. I went to the bar, got drunk, told my union hall I quit, went to my favorite restaurant and got my favorite meal to go. I planned to do a bundle of heroin in one shot; never did heroin before. I was going to park on one of those lovely streets in Newark, NJ, eat my last meal and sniff my life away. On my way to the spot to score, I got into a serious car accident. After spending 2 hours convincing the guy to not call the cops and giving him the \$1000, I realized I should be dead and there's a reason I am not. So, right there and then, I made the phone call to get help. I entered Arms Acres in Nov 2004. I weighed 260 lbs, had a beer gut you could sit a keg on and was in the most unhealthiest shape you could imagine. After treatment, I decided to change my life completely. I stopped using drugs and alcohol and moved as far away from all my old ways as I could. I went on a strict diet and worked out regularly. As a result of this, in 10 months, I lost 70 lbs, a beer gut, 2 chins and a lot of worries. I cannot describe how good it felt to see the looks on people's faces when they saw skinny and sober Hodge. In the last 6+ years, I have had lots of my dreams come true. I stayed sober. I now own a beautiful 4 story house on a lake and own my dream car. I have traveled to Hawaii, Europe and lots of U.S. destinations. I have been skydiving, wave running, snowboarding in Vail, CO and the Japanese Alps and lots of other things I had only dreamed of doing. I ended up losing my job, but due to doing the right thing, I got that back too. Getting healthy and sober has been the best thing that's ever happened to me in my life. So much good has come out of this. I can't wait to see how much more I can accomplish in the years to come and there is only one way I am going to find out.....that's to stay healthy, SOBER and do the right thing. Mark H.

Written by Elizabeth Perenelli
in loving memory of her son
Vincent L., alumni of Arms Acres

Ring
Lying here trying to sleep
Body is tired; thoughts run too deep
Dreamily, starting to fall
Ring
I want to answer this call.
What would I say if I could?
...You'd say "Whatz up?
-It's all good!"
Ring
Sleepy, I go to the door
Longing to see you once more
Hug you and kiss you;
Lord, how we miss you.
Ring
It's back to the real world for now
We power through,
Smile somehow;
The sun will still rise, so it seems
Child of mine
Lives in our dreams.

ALUMNI NEWS & GRATITUDE

I am currently finishing up my internship. I started going back to school after getting out and I am on my last stretch. I will be graduating this spring. I am majoring in a DARC program which is for Drug Alcohol Rehab Counselor and my GPA is 3.80. I need to start getting my hours in for graduation so hopefully when I am through I will come back and be able to share my success. I celebrated my 4th anniversary in February. William G.

I started college in January. Thanks to my higher power and the willingness to stop. Richard S.

Just want to tell you how grateful I am to be in recovery and I owe it all to everyone at Arms Acres. Thank God I am coming up on 5 years. You made me see that there is more to life than a drink or a drug. Today I can honestly say that I am living life to the fullest. Raymond R.

Before I got serious about my recovery I bounced in and out of all the rooms of AA with no success. I remember one such meeting. It was a 12 noon meeting at a local hospital. As usual, I went not so much to get help but probably to appease my wife. I usually did not pay too much attention, my mind would wander until the allotted time was up. But something was different that day. The speaker used the words "you can never drink again". I was so mad at that statement. I thought, how can I not drink at my daughter's wedding?" It's a right of passage. It was that meeting that made me seek help. I was in Arms Acres within a week and have been clean and sober every day since. That was 23 years ago, and my daughter, who was 5 years old then is getting married this Saturday (April 2010). Arms Acres gave me my life back. Peace, prayers and blessings to you and all at Arms Acres. Warren B. June 1987

ALUMNI GRATITUDE GATHERING FALL 2010



"In Memoriam"

*Christine E.
Michael C.
Victoria M.
Vincent L.
Yelena B.*

May Peace Be With You

If you have an alumni friend or a loved one that has lost their battle to this terrible disease and would like to include them in the "Memoriam" please send the name to:
sattebery@libertymgt.com

WHY STAY CLEAN?

- **BODY HEALTHY** (Outside and Inside)
- **FOCUS BETTER** (Decision making)
- **FAMILY**—They care about me and I do better by them when I'm clean.
- **SON**—Show him good example of how to live; be a better parent to him; do for him what you would do for yourself as a child.
- **FUTURE**—Without drugs I am promised a better future.
- **LIFE**—Live a good life, good and long. Life with drugs only shortens your life.
- **SIGNIFICANT OTHER**—Treat her a lot better; be more considerate of her feelings. Help her become a better person as she helps me become a better person as we enter adulthood.
- **GOD**—He does not want me to do this and by finding "happiness" in a drug or a drink, I limit my blessings. By limiting my blessings, I am limiting the blessing of the people around me.
- **MOM**—She is watching me and she wants me to be a strong man who is on the path of recovery. She wants me to overcome this drug demon like she did. She wants me to do the right thing. I am not like anyone else.....

"I AM IAN H."

Are you interested in being listed in an Arms Acres Alumni Directory? All entries would NOT include last names. The directory would be given to graduating, Arms Acres patients for AA/NA contacts in their area. If you are interested, please forward the below information to:

Susan Attebery
Arms Acres,
75 Seminary Hill Road
Carmel, NY 10512
Fax 845-704-6176
sattebery@libertymgt.com



First Name _____

Telephone _____

City _____

Home Group Location _____

Home Group Date/Time _____

Email _____

Anniversary Date _____

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Return Service Requested

[www.armsacres.com]
