

SERENITY LANE'S
Stepping Together
Spring 2015

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Serenity Lane is a private, not-for-profit treatment center
Spring 2015

The Importance of Attitude & Gratitude in Recovery

by Mary Helen Dyer

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." A.A. Milne

"Cultivate an attitude of gratitude." This is an overused catch phrase, but it's true – attitude and gratitude are huge factors in recovery. They are actually learned skills that will help you in ways you never imagined -- even when things get tough or when you feel that relapse is looming.



Psychologists at Columbia University Medical School found that a daily decision to practice gratitude, even in very small ways, can not only make you happier; it can boost the immune system, improve sleep, and create more energy.

Gratitude doesn't mean you're thankful for a sporty new car or a fancy house. Even millionaires who seemingly "have everything" can be miserable and unhappy. Gratitude means taking time to cultivate an attitude of appreciation for the things that daily life brings.

Cultivating an attitude of gratitude requires a shift of mindset from what you lost to substance abuse or addiction to what you've gained through recovery: a new sober life, clearer thinking, improved health, renewed relationships and improved self-esteem.

This shift in attitude can be difficult. For people who struggle with addiction and have lost so much, it can be challenging to see the good things that life offers. On the other hand, keep in mind that it's impossible to see the good things when you're focused on your problems, or overwhelmed with regrets about the past.

People who navigate the waters of recovery successfully must admit that they are powerless over their drug of choice. However, powerlessness over the substance doesn't equate to powerlessness over thoughts and actions.

If you have trouble seeing the good things, start with the obvious. You're alive. Your heart is beating. You're breathing. Look for simple things -- a phone call from a friend; a good movie; a sunny day. Don't generalize. Be specific, and be sure that recovery is on the top of your list.

The way you develop this new attitude is up to you. Many experts recommend writing in a journal for a few minutes every morning or evening. According to Harvard Medical School, people who write about gratitude daily for ten weeks are physically healthier and more optimistic about their lives than people who write about daily irritations. Don't turn it into a big deal. You can even make a few notes on your cell phone when you find yourself with a few minutes to spare.

Letter from the Editor



LETTER FROM THE EDITOR & ALUMNI COORDINATOR; SHELY RAHIMI

Recovery is a marathon, not a sprint

Chronic health conditions have a profound effect on our lives. Unlike acute illnesses, successful treatment requires constant vigilance. From diabetes to heart disease to addiction, effective disease management requires ongoing monitoring with the help of trained professionals. Treatment is just the beginning of this process, introducing the proven and effective tools to maintain sobriety. But putting these principles into practice is a lifelong commitment. Learning to cope with this drastic change in lifestyle can be an uncomfortable and arduous task, leading to feelings of sadness and anxiety, but striving to make healthy decisions and adopting new habits will transform all aspects of your life.

Recovery is a marathon, not a sprint, and preparing for a marathon involves proper education, training and support from the sidelines. In the beginning, you may need to completely immerse yourself in recovery, putting other aspects of your life on hold, but over time you will gradually find it easier to deal with life on life's terms. Serious hurdles could derail your progress, but through discipline and endurance, you have the power to stay motivated and overcome your obstacles. Making mistakes is often part of the recovery process and relapses are common, but the most important thing is to never give up. There will be times when you feel overwhelmed, exhausted and compelled to slip back into old destructive patterns, but the negative consequences could be devastating and potentially fatal. You have worked very hard to get where you are today, and recovery must remain a top priority in your life because without your health, nothing else matters.



Upcoming Events & Happenings

Albany

Albany Alumni Meetings- 1st and 3rd Thursday at 6 p.m., each month at Albany Serenity Lane office, 1050 Price Rd. SE, Albany

Bend

Alumni Potlucks- Every First Friday of the month, 5:30 p.m., Sons of Norway Lodge, 549 NW Harmon Blvd.

Alumni Picnic- Save the date! Sunday, September 20th- 1-3 p.m., Shevlin Park, Aspen Meadow, 18920 Shevlin Park Rd. Bend

Eugene

Bowling- Saturday, April 18th 1-3 p.m. Save the date!, \$11 includes two hours of bowling and shoes. Non-alcoholic drinks provided. Strike City, 1170 Highway 99 N., Eugene.

Potluck/Speaker Meeting- Friday, May 15th, 6 p.m. Bring your favorite dish and come hear Dwight Lee talk about spirituality and the power of thought. Eugene location, 2133 Centennial Plaza, IOP Office.

Portland

Bowling- Saturday, April 11th, 1-3 p.m. Bowling is \$12 per person, includes shoes and two hours of bowling. Serenity Lane will provide non-alcoholic beverages. Please RSVP for this event by calling (541) 284-8606 or e-mailing jslater@serenitylane.org. Wilsonville Lanes, 29040 Town Center Loop East, Wilsonville.

Potluck/Speaker Meeting- Friday May 8th, 6 p.m. Bring your favorite dish and come hear Dwight Lee talk about spirituality and the power of thought. Portland IOP office, 10920 SW Barbur Blvd., Portland.

Alumni Picnic- Save the Date! Sunday, August 30th, 1-4 p.m., Cook Park, 17005 SW 92nd Ave., Tigard.

Roseburg

Planting Party- Saturday, April 11th, at 10 a.m. Bring a planting pot (or pots) of your choice and the Roseburg Alumni Committee will provide the soil, plants and flowers. Hotdogs, burgers and sodas will be served for lunch! \$12 fee and proceeds go to the alumni committee to support future events. Meet at the Roseburg Serenity Lane Office, 2575 NW Kline St., Roseburg.

Alumni Potluck /BBQ- Saturday, June 12th. 4 p.m., River Forks Park, 380 River Forks Park Road, Roseburg.

Alumni Potluck / BBQ- Saturday, August 22nd at 4 p.m. Bring a dish to share, families welcome! River Forks Park, 380 River Forks Park Road, Roseburg.

Salem

Salem Alumni Coffee and Dessert Meeting, Tuesday, April 7th at 6 p.m., Salem Serenity Lane office, 1885 Fisher Rd. NE, Salem.

To get up to date information about events in your area join our e-mail list by e-mailing jslater@serenitylane.org, or



Andrea D. with Santa at the Eugene Alumni Christmas Party

Interested in starting an alumni group in your area?
Contact Larry at lbradley@serenitylane.org, (541) 284-8609
or Jennifer at jslater@serenitylane.org, (541) 284-8606.

Alumni Connections

Today I am 27 years clean and sober. I am grateful beyond words for Lane County Area of Narcotics Anonymous and the members in the rooms. I picked a clean date January 7, 1988 and kept it. I graduated in 1988 from Serenity Lane. I looked at treatment as an educational institution. I was an eager learner.

I remember the one thing that I wanted when I got clean was my driver license back. I was told by NA members that I would get that and more if I stuck around. Whatever that meant.

I have been in a long term relationship for 21 years, and I have all my children, grandchildren, parents and siblings in my life. I have long term friendships spanning over 47 years. Those are the things I am most grateful for.

I have graduated from both Lane Community College, and then the University of Oregon. I have worked for Lane Community College for 15 years. There is much more that I want in my life. I always say if your dreams don't overwhelm you then you are not dreaming big enough.

I want to spend more time with my family and friends. I want to DANCE daily. I want to get my Masters. I want to see ALL of Oregon (I am a 4th generation Native Oregonian). I want to learn how to play the guitar. I want to jump off high bridges. Bag my first deer. Hold my first great grandchild (not right away). I want to open my own business. I want to retire in 5 years.

I won't be able to do anything without staying clean. I did not do this alone. I am never alone. Seriously. I was told, if you want what we have, do what we do, Meetings, Steps, Sponsor, Service Work. Repeat.

I have seen the birth of my grandchildren, been present when friends and family have crossed over to the other side and all the in-between life challenges and never had to use.

I have room for growth. I am sure that some could take my inventory and let me know just where I could grow. I am a very strong willed woman so I would tell them thank you and move on.

One of my favorite books is "Little Tree". There is a quote....."granma said when you come on something good, first thing to do is share it with whoever you can find; that way, the good spreads out where no telling it will go. Which is right"

Love 'n blessings. One Day at a Time.

-A Grateful Alum



1st Annual Roseburg Alumni Chili Cook Off!



On January 21st, the Roseburg Serenity Lane Alumni Committee sponsored its First Annual Chili Cook-Off. Over 50 people attended the event, with eight contestants, displaying their wares. First prize was a \$50 gift certificate for Macy's and the delightful title of being

"King or Queen of the Bean for 2015." Second and third place contestants received \$20 and \$10 gift certificates. Three judges scrutinized each and every chili sample with enviable proficiency based on taste and presentation. After totaling up their scores the winners were selected.

Shayne, an active family member of one of the Serenity Lane patients, won first place and was titled "Queen of the Bean for 2015". She was genuinely excited to win the coveted prize and expressed great joy in her winning. She was presented with a \$50 Macy's gift certificate, along with a beautifully framed certificate. Attendees then devoured the remaining chili and nominated the "Citizen's Choice Award".

All in all it was a wonderful evening of great fun and laughter. According to one of the judges, "That was fun, but I don't think I can eat another bite! I'm stuffed!" Maybe next year he will come better prepared with antacid in hand!

Supporting a Loved One Who Relapses

by Mary Helen Dyer

The ultimate goal of treatment is to achieve freedom from substance abuse and addiction. However, relapse is common and it can happen to anybody, especially during the first few months of recovery.

NIDA (the National Institute for Drug Abuse) reports that 40 to 60 percent of people in treatment will relapse at least one time. Some people experience several relapses before giving up alcohol or drugs for good.

It's important for friends and family to remember that relapse doesn't indicate failure. It doesn't mean the addicted person has lost the great strides he made during recovery, or that he is back at square one.

However, understanding that relapse can be a normal part of recovery doesn't make it less devastating for family and friends. If somebody you love has relapsed, remember that even though you feel frightened, angry and discouraged, relapse isn't the end of the world.

Take a deep breath and think about the ways you can help your friend or family member regain her footing and get back on track to a healthy, substance-free life.

The relapse isn't your fault, so don't blame yourself. Keep in mind that he must deal with the relapse; you can't do it for him. As much as you care and want to help, recovery is his journey. Try not to obsess about the relapse and your loved one's addictive behavior. Don't take his problems on your own shoulders.

Don't blame your friend or family member or try to make her feel guilty; it's almost certain that she already feels plenty of self-recrimination, guilt and regret for the relapse. However, it's important to hold the person accountable for her actions. Allow her to experience the normal guilt and remorse that follows relapse. Getting back on the path to recovery requires the addicted person to learn from the experience, which helps prevent relapse in the future.

Establish boundaries about what you are willing to accept and what you are not able to tolerate, then stand firm. Relapse may be part of your loved one's recovery, but that doesn't mean you must sit by and watch it happen. Never allow yourself to be mistreated in any way. Don't allow use of drugs or alcohol in your presence or in your home. Don't pay his debts or solve his problems.



Be positive and express hopefulness for the future. If she is a member of a Twelve-Step group, encourage your friend or family member to talk to her sponsor or attend meetings. Remind her of her original treatment or aftercare plan. It may be necessary to return to treatment.

Take care of yourself. Eat healthy foods. Get enough sleep. Exercise regularly to relieve your. Do things you enjoy and spend time with friends and family.

Seek help for yourself if the person you care about isn't ready to seek treatment. If necessary, talk to a counselor or join a support group. For example, Al-Anon or Nar-Anon are support groups for people who have been affected by someone else's drinking or drug use.

Most importantly, don't be discouraged during this difficult time. Never give up hope.

*Courage does not always roar.
Sometimes Courage is the quiet voice
at the end of the day saying,
"I will try again tomorrow"*

- Mary Anne Radmacher



Paving the way

Become a part of Serenity Lane's Legacy for years to come by purchasing a personalized, **commemorative brick or paver** for yourself, a loved one or your business. **Your engraved brick or paver will be prominently displayed in one of two areas on our new campus in Coburg, Oregon.**



Your brick or paver will become a lasting tribute for future generations.

There are many ways to participate in this program and leave your legacy.

Alumni

The brick and paver program is a unique opportunity for Serenity Lane alumni to express their gratitude for recovery, leave their imprint, and give hope to future patients. Alumni can engrave their 4" x 8" brick or 12" x 12" paver with their graduation year.

Friends, Families and Groups

If you are a family member or friend of someone who is living the miracle of recovery, this program is a beautiful way to honor the accomplishments of someone you love! Pavers are the perfect size to include large groups of people or families.

Inspirational

You can engrave a paver with your favorite verse or saying, or dedicate it to a special person or group.

Organizations and Businesses

You can engrave the name of your organization or business on a paver.

To order your brick or paver, go online to:
serenitylane.org/paverprogram.html

Or contact:

Larry Bradley: lbradley@serenitylane.org, 541-284-8609

Jennifer Slater: jslater@serenitylane.org, 541-284-8606

Serenity Lane is a not-for-profit organization formed under section 501(C)(3) of the Internal Revenue Service Code.

The "Tops Fellowship" and Legacy Planning: How Do You Want To Be Remembered?



In 1973, Dr. Thomas Kerns, with his wife "Tops" by his side, founded Serenity Lane, thereby fulfilling his vision of providing treatment to those who suffered from the disease of alcoholism. Serenity Lane has created the Tops Fellowship to reflect her spirit of giving. You can become a member of

the Tops Fellowship by including Serenity Lane in your estate plan through bequests, charitable trusts, gift annuities, and other forms of planned giving.

What are the Benefits? Tops Fellowship members have the satisfaction of knowing that your contribution is helping future generations find the gift of recovery. You will also be acknowledged in a prominent place of honor at Serenity Lane's Coburg campus.

Becoming a member is simple. All you have to do is notify the Serenity Lane Development Office that you have included Serenity Lane in your estate plans. If you would like to include Serenity Lane in your estate planning but do not have a Financial Advisor, call us, we can help.

Contact Larry Bradley, VP of Development
(541) 284-8609 or lbradley@serenitylane.org



Coburg Campus Update

by: Jennifer Slater

Serenity Lane is heading toward a new and exciting time in our history. We broke ground on our new campus in Coburg, OR in September of 2014 and are expecting to start treating patients there in the Spring of 2016.

Construction is on target, yet we are still fundraising for four buildings, including the Meditation and Fitness Centers. To find out how you can get involved in our fundraising efforts or to schedule a tour for you or someone you know, call **Larry Bradley at: 541-284-8609** lbradley@serenitylane.org.

You can also visit the website at: www.serenitylane.org/donations.html or like us on **FaceBook** for more information and construction updates.

Serenity Lane wishes to thank the following contributors who donated in-kind materials to the Coburg Campus project.

- Seneca Sawmill Company
- Murphy Company
- Exterior Wood Inc.
- Wildish Construction Co.
- American Laminators
- Swanson Group
- Exterior Wood, Inc.



1. Campus Overhead View
2. Serenity Lane's Environmental Services staff take a tour of the campus project
3. Administration Building



Thank you to the Obie Family Foundation and Oregon Community Foundation who each awarded Serenity Lane \$25,000 for our Capital Campaign.

“Oregon Community Foundation is proud to support Serenity Lane in their construction of a new residential substance-abuse treatment center. The new facility will double their capacity to serve individuals from around the state who are seeking long-term recovery from drug and alcohol abuse.”

– Kathleen Cornett, Vice President, Grants & Programs

We also wish to thank all of our supporters, alums, staff and others who have donated to our Coburg Campus Campaign. Because of you we will soon be able to save more lives in a serene, peaceful environment. Thank you for your continued support throughout the years.

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Hold the vision,
Trust the process.

-author unknown



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