

## Contact Numbers

Serenity Lane  
Alumni Office  
2133 Centennial Plaza  
Eugene, OR 97401

Information:  
Shely Rahimi  
541-284-8632  
alumni@serenitylane.org  
www.slalumni.org

### Serenity Lane offices:

Albany: 541-928-9681  
Bend: 541-383-0844  
Coos Bay: 541-267-5081  
Eugene: 541-687-1110  
New Hope: 541-485-1577  
Portland: 503-244-4500  
Roseburg: 541-673-3504  
Salem: 503-588-2804

### National Websites:

Alcoholics Anonymous  
(AA)  
www.aa.org or  
www.alcoholicsanony-  
mous.org

Narcotics Anonymous  
(NA)  
www.na.org

Cocaine Anonymous (CA)  
www.ca.org

For Family & Friends:  
Al-Anon & Alateen:  
www.OregonAl-Anon.org

Adult Children of  
Alcoholics (ACA)  
www.adultchildren.org

Serenity Lane...  
1-800-543-9905  
www.serenitylane.org  
www.slalumni.org

# Stepping Together

*Serenity Lane's Alumni Newsletter*

Summer 2008



of saving lives & putting families back together again

## Leaders of the pack!

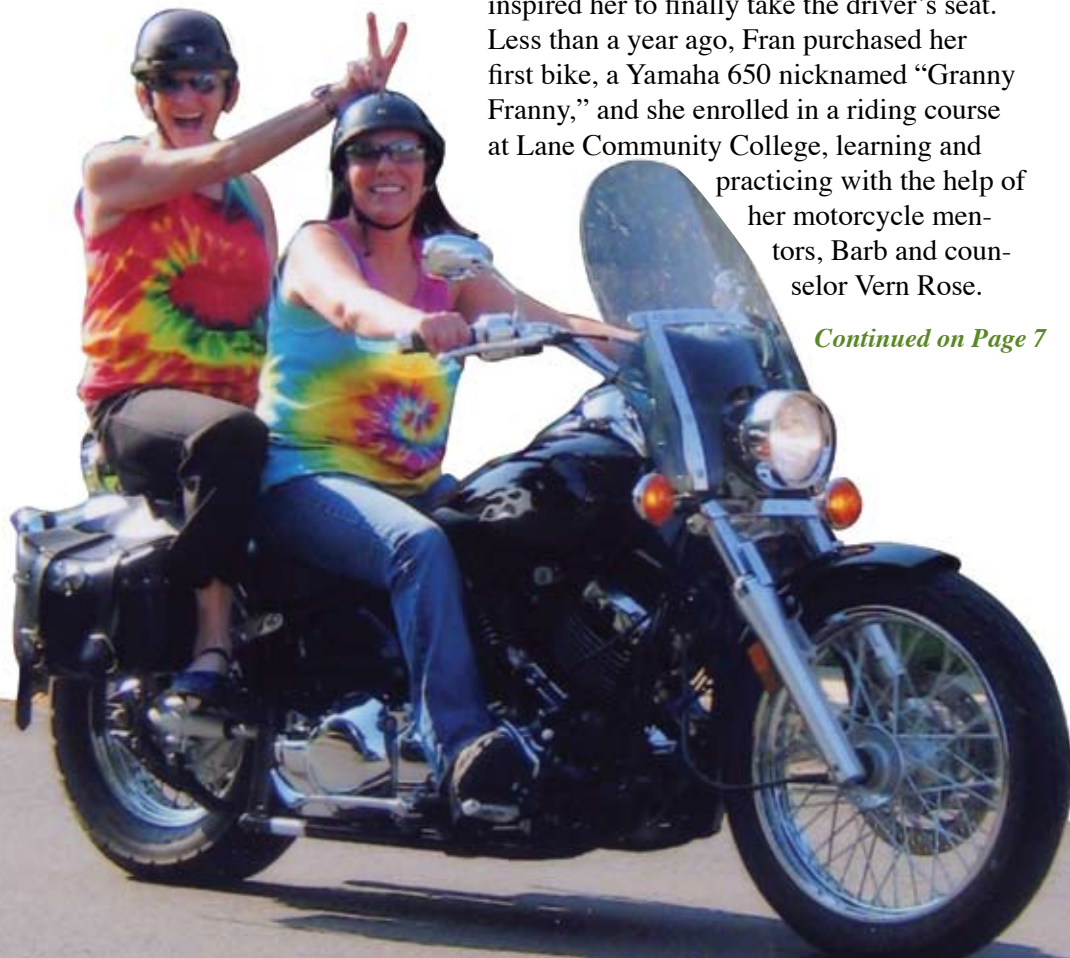
by: Shely Rahimi

Serenity Lane's employees devote countless hours to the mission of saving lives and helping put families back together, and their dedication to this work is deeply engrained in their lives. However, when the work day draws to a close, this tight-knit unit disperses, taking time to pursue their diverse leisure activities. The unique interests of our clinicians and administrators range from extreme sports to painting, and a glimpse at the personal lives of Serenity

Lane's staff members reveals an abundance of hidden talents and surprising hobbies.

Recently, we discovered an unexpected sub-culture in our female counseling staff: The Motorcycle Mamas. Led by soft-spoken Residential Counselor Fran Coughlin, this pack is geared up to experience the thrills and freedom of the open road. Fran was initially exposed to this exhilarating sport by her family, but she was recently reintroduced to her love of riding by fellow counselor and motorcycle veteran Barb Rayley, who inspired her to finally take the driver's seat. Less than a year ago, Fran purchased her first bike, a Yamaha 650 nicknamed "Granny Franny," and she enrolled in a riding course at Lane Community College, learning and practicing with the help of her motorcycle mentors, Barb and counselor Vern Rose.

*Continued on Page 7*



# From your Editor



Greetings Alumni,

I've been concerned about the rapidly declining economy in recent months. Growing gas prices, the weakened dollar and the battered housing market are all sources of anxiety and hardship for many Americans. However, I want to underscore the potential for those in recovery to meet these challenges and develop the financial skills that lead to a vibrant and promising future.

By taking responsibility for your recovery from drug and alcohol dependency, you are able to regain control of your life. For many, the burden of addiction negatively manifests in legal problems, employment issues, financial crisis and internal conflicts with outlook and motivation. Now that you are no longer struggling to support your addictions or escape from your reality, you become better equipped to manage all aspects of your life, making you healthier: physically, emotionally, spiritually and financially.

I am reminded of Serenity Lane's former Marketing Director and my dear friend Jerry Schmidt, who was once a heavy smoker. Among the wealth of rewards for quitting his destructive habit, most importantly the health benefits for himself and his loved ones, Jerry also kept a running total of the financial impact of his decision to quit. The money he saved each year was astounding, reaching tens of thousands of dollars.

As the nation collectively worries about the state of the economy, I encourage you to focus on your recovery plan and the remarkable progress you've made in maintaining a life of sobriety.

Best wishes,

Shely Rahimi  
Alumni Coordinator

## Newsletter Committee:

Angie Delaplain.

Mary Daniels,

Neil McNaughton

& Shely Rahimi.

# Outpatient Happenings

## Portland



Elizabeth Call

We are delighted to announce that Elizabeth Call has been hired as the new alumni liaison in Portland. Serenity Lane is excited to have found the perfect person to fill this position - someone with a solid background in event planning and organization and with an enthusiasm for recovery. She will be making contact with all of our Recovery Support patients in the Portland area, asking for ideas and feedback on how we can assist our alumni in staying connected and joyful in their recovery. We will be keeping you all apprised of future events in coming newsletters as well as posting planned activities on our alumni web pages. Elizabeth has already hit the ground running with her first project... organizing an alumni picnic in the Portland area. **See picnic details next page...**

## Salem

NEW.... alumni meetings started July 28th at 7pm and will continue on the last



Christa Brandenburg

Monday of each month  
at St. Paul's Episcopal  
Church, 1444 Liberty  
St. S.E., Salem.

*For more information  
call 503.588.2804*

*In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.*

~~Dietrich Bonhoeffer





# It's Picnic Time Again!

At Eugene's picnic this year we thought we'd try something entirely different. Instead of a team of volunteers putting on our barbeque, we've hired "Hole in the Wall Barbeque" and plan on having them cater the entire affair. We are also changing our venue so there's plenty of free parking. We look forward to another year of fun, friendship, entertainment and prizes.

## Eugene Picnic...



**Sunday, September 7, 2008**

**Noon - 4pm**

**Alton Baker Park,  
Shelter #2, Eugene**

**BBQ served between 1pm and 3pm.**

**Come hungry! (Don't be late!)**

**Buttons the Clown, Music, Games & Prizes.**

## Portland Picnic...

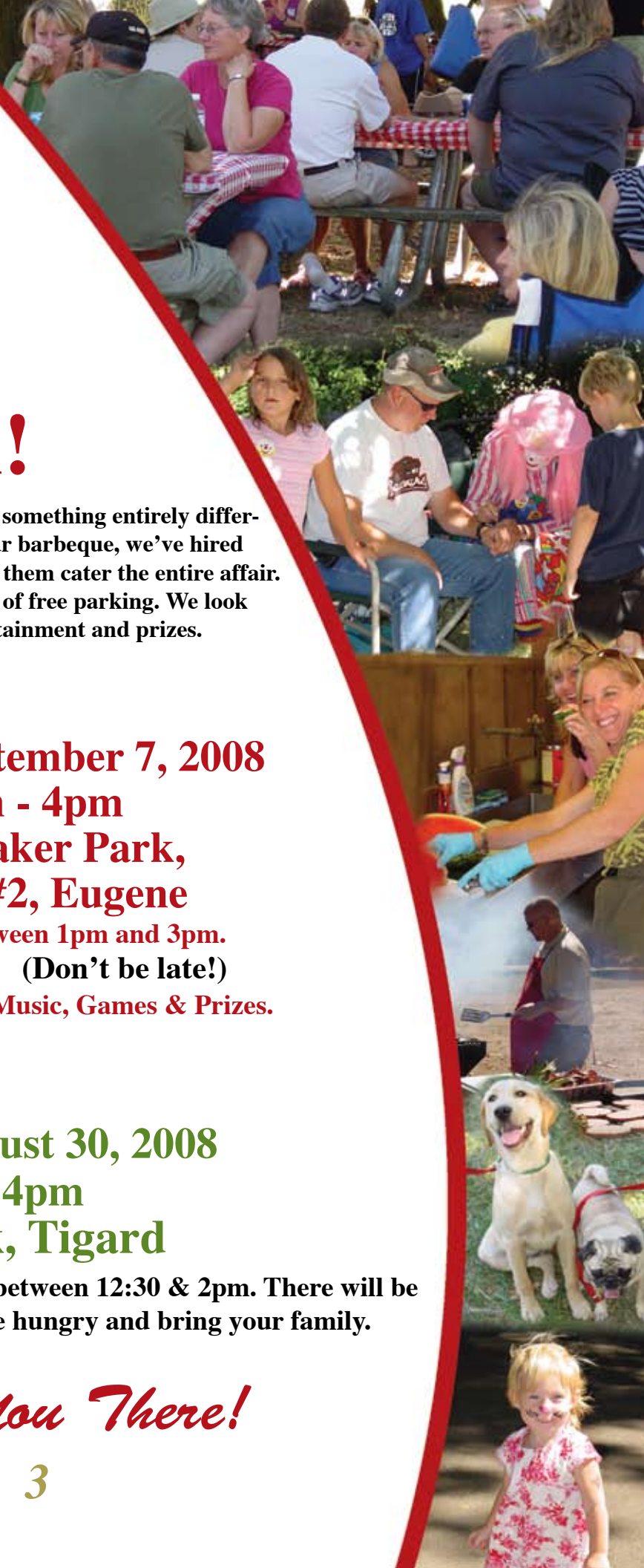
**Saturday, August 30, 2008**

**Noon - 4pm**

**Cook Park, Tigard**

**All food is provided and will be served between 12:30 & 2pm. There will be entertainment and prizes too! Come hungry and bring your family.**

***We'll See You There!***



# Matchbox shrines for Recovery

by: Christa Brandenburg



**S**uit up and show up. Act as if. Bring the body and the mind will follow. Just do the next right thing. One day at a time. Are these hokey slogans or recovery wisdom? It can depend on our mood, attitude, state of mind, stress level, or post acute withdrawal phase.

At Serenity Lane, we believe that “Accountability is Good Treatment.” We place a high value on accountability. This can be commitment to following through with treatment plan goals, to speaking the truth in group, to courageously changing the things we can. A key measure of accountability in treatment is consistent attendance. We track group attendance percentages and, on a monthly basis, the group with the highest rating does something a little different as a reward.

In the Salem office, groups have often opted for pizza and a movie (recovery related, of course). Shellee Rodriguez took her Intensive Outpatient group bowling- all had a great time. Yes, fun can be part of the treatment experience.



In May, Paul Bert’s winning Intensive Outpatient group took up the offer to have an “art experience.” Dayna Collins, counselor and artist, wrote the following summary and posted photographs of some of the results of the experience in her blog:

“I recently had the pleasure of leading my Matchbox Shrine workshop in Salem. It was the “reward” for one of the Intensive Outpatient groups who had the best attendance in May. As some of the patients straggled in, their faces brightened when they realized they would be doing a creative project rather than their regular group (no offense, Paul!). There were nine patients and their regular counselor; five women and five men, so it was a great mix. The shrines that everyone created were filled with thought, emotion, and significance— all reflected hope in their sobriety and a commitment to their recovery.”

Patient feedback to Paul was that they loved the experience. It was a powerful way of taking a look at who they really are on the inside and at what they show to the world.

After all, isn’t this the business of recovery? Showing up, doing the next right thing regardless of the fleeting thoughts and emotions. Showing up for yourself and for your group (during treatment, in Recovery Support and out there in the recovery community) can make all the difference. Who knows? You may have a good time while you’re at it.





# We're Going green!

As with most organizations, the cost to mail a hard copy newsletter to thousands of subscribers is very expensive. In order to help trim some of those costs and to transfer those savings to patient care, we are inviting you, our subscribers, to pursue another alternative.

We'd like to encourage as many of you as possible to opt out of receiving the hard copy, mailed version of "Stepping Together" and to access it online instead.

To do this, simply send an email to us at [alumni@serenitylane.org](mailto:alumni@serenitylane.org).

Be sure to include your full name and mailing address as it appears on your "Stepping Together" newsletter. We will notify you when subsequent issues of "Stepping Together" are available, and we'll provide a link to our website where you can access the latest alumni newsletter, as well as past issues. The email will NOT have an attachment, just a link. If you no longer wish to receive "Stepping Together," please let us know and we'll remove you from our database.

We will continue sending printed copies of "Stepping Together" to those who request it. Our goal is to fulfill our promise to provide the best opportunity for lifelong recovery.

## Access "Stepping Together" Online...

Help Serenity Lane cut costs and be environmentally conscious. We'd like to offer you the Alumni newsletter "Stepping Together" online instead of receiving a printed copy. Make the switch by sending us your email address and we'll notify you when the next "Stepping Together" is available.

Contact us at:  
[alumni@serenitylane.org](mailto:alumni@serenitylane.org); with "Stepping Together online" in the subject line and please include your full name and mailing address in the email.

## Address Changes/Deletions

Help us keep our mailing list current: clip and send this form to:

SL Alumni Office  
2133 Centennial Plaza  
Eugene, OR. 97401

or email us at: [alumni@serenitylane.org](mailto:alumni@serenitylane.org)

Change ☐

Add ☐

Delete ☐

☐

I choose to receive my Newsletter by e-mail or online

email: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# What Happened?

by: Fritz Dygert., Counselor



**W**hen I first got into recovery, I often heard from the 5th chapter of the Big Book these three things: *What it was like*; *What happened*; *What it's like now*.

First, I'd hear stories about *What it was like*. When people told their stories, there were a lot of laughs and tears. Many of us could relate to their experiences and some of the crazy stunts that they pulled.

Then, the storyteller would describe *What happened* -- Why the drinking and/or drug use was out of control and why they sought recovery. The stories varied from interventions by family, employers or friends to legal or medical problems. Whatever happened, it was enough to break through the fog of addiction and lead the person into recovery.

Then, depending on their length of recovery, they'd talk about *What it is like today*. Some of these stories were short and some were longer, but all talked about how much their lives improved.

Sometimes the teller would talk about being in the program before and relapsing and how having to do it all over again was really painful.

This story falls into

the category of forgetting What happened in the first place -- What brought them to their knees and into recovery the first time around. Almost everyone I know who has relapsed said the same thing: They forgot the pain of what happened and thought that they could handle just one.

Some of these people had stopped going to meetings, stopped calling their sponsor and stopped working the steps. Some were still going to meetings, talking with their sponsors and working the steps, but not telling the truth to anyone.

The key is that they FORGOT the PAIN that their addiction had caused themselves and the people around them.

So, for me, I must remember the pain that brought me to recovery, and I must work my program, so that I can stay in recovery one day at a time.



# Historically Speaking...

by: Larry Lombard



*As Serenity Lane's Quality Assurance Manager, Larry Lombard's job consists of helping Serenity Lane deliver the highest quality addiction treatment using evidence-based practices and helping to assure that patients and staff have a safe environment to do their recovery work.*

One of my passions is the history of addiction and how we addicts have been treated throughout time. Here is a brief history of a word that has been used in reference to alcoholics.

The slang word “lush” was first noted in the Oxford English Dictionary in the late 1700s. Lush initially meant “to drink alcohol” and was also a term for “strong beer,” but the definition has evolved to describe an alcoholic, typically a female alcoholic.

Although its origin is obscure, the word “lush” may be an alteration of the Old English word “lash” or from the Old French lasche meaning “lax.” It became associated with a “drunk” possibly as a humorous use of “lax” as in lax (or poor) control. Other possible derivations include an English brewer named Lushington or a London club where actors and actresses drank called City of Lushington.

The word luscious is an older English term meaning “full of juice,” and in many languages, “juice” is slang for alcohol. For example, in Scotland, whiskey is called “juice of the barley.” Perhaps because the word luscious is often used to describe a beautiful woman, this may be the reason lush is now associated with female alcoholics. This definition is reinforced in Hollywood movies (such as *Key Largo*) dating back to the 1940s, which used the term lush exclusively for female alcoholics.

The word lush came to have a condescending tone and lacks a sense of hope, but there is a bright side to addiction. It is called recovery. Stigmas like this slow down many of us from getting into recovery, and female alcoholics have had even more stigmas attached to their situation. However, stigma is reduced when we become appropriately open about our recovery status. Celebrate your sobriety every day and stand up and be counted. ■

## Peach Iced Tea

Place ice in your blender instead of water so that the tea is chilled and ready to drink. You could also replace the ice with sparkling mineral water or club soda to make the drink even more refreshing on a hot day.

### Ingredients for each serving

- 10 tbsp. Apple juice
- Juice of 1 Peach
- Tea
- Ice
- 1 tsp. sugar

### Method

- \* Prepare a strong infusion of tea; cool;
- \* place all the ingredients in a blender and combine; serve in a tumbler;
- \* garnish with a sprig of mint.



## Leaders of the Pack; Continued from Page 1

After talking with other women at Serenity Lane, Fran learned that she was not alone in her passion for motorcycles. Joining forces with co-workers Angela Bailey and Cynthia Johnson, along with experienced rider Rolita Leforge and newcomer Debbie Craft, this group of self-proclaimed “Soul Sisters” is planning on riding together after they all receive their motorcycle license endorsements. The group is steadily growing as more women are motivated to follow in Fran’s footsteps.

Fran has been in recovery from alcoholism for 35 years and has learned to be thankful for each day. As a counselor at Serenity Lane for 8 years, Fran currently conducts a women’s only residential group, and she believes that addicts should dive into life with the same fervor they had in pursuit of their addiction, shifting their energy to maintaining sobriety and seeking out the natural highs in life. Her philosophy of “following your dreams” led her to become involved in activities like white water rafting, softball and someday maybe skydiving. She encourages those in recovery to be spontaneous and adventurous, while making sure that they maintain balance.

Fran now rides a Suzuki S40, which suits her small frame, and Cynthia inherited the original “Granny Fran-ny.” Fran’s latest dream is to ride her motorcycle from the Coast to California on vacation next year, where she will visit her family and show off her new skills. With four children and 15 grandchildren, Fran is still grabbing life by the handlebars. ■



Serenity Lane/Stepping Together  
2133 Centennial Plaza  
Eugene, OR 97401

RETURN  
SERVICE  
REQUESTED

DATED MATERIAL

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No 305  
Eugene, OR

## Inside:

- Leaders of the pack
- Editor's Note
- Happenings
- Alumni Picnic
- Matchbox Shrines
- Going Green!
- What Happened?
- Peach Iced Tea

## *Budget Weekend Getaways -* *Tip: Keep the Itinerary Simple*

*By Mark Kahler, About.com*

**Take out a map of your region and draw a circle with a radius of about 300 miles from your home.** Look for a place or maybe two places to visit within the circle. These short trips are not designed for hectic itineraries or lengthy drives. Spending eight hours in the car going and coming back effectively cuts your four-day getaway down to two. Beyond limiting the distance you drive, consider these other itinerary tricks:

**Have a backup plan.** Be ready to switch destinations quickly if weather or other short-term problems crop up. The beauty of staying closer to home is that plans can be changed with fewer hassles.

**Map out your trip.** Even if a destination is fairly familiar, know precisely where you want to go and when to avoid wasting precious time and money.

**Try to stay in the same hotel for at least two nights.** The longer you stay, the more negotiating power you acquire. Don't be shy about asking for special treatment when booking a multiple-night stay.

**Establish priority activities and make those arrangements first.** If the museum exhibit you want very much to visit is only open Saturday afternoon, don't find yourself elsewhere at that time. Short trips provide fewer opportunities for correcting such mistakes.

**Discover the most expensive parts of the trip and weigh the merits of each.** Is a central hotel with all the amenities really important? If not, you can save quite a bit of money on that one item. Do your hotel search with location in mind.