

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 McCreadie at: clean@wi.rr.com

If you're interested in having Pizza with current residents

contact Glen Taylor at: 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:

Kriston Simons – President

Jeff Radtke – Vice President

Secretary – Laurie Schammel

Treasurer – Phil Grabski

Jennifer Evancy

Scott Elston

Michael Ingrilli

Mary Lee Grady

Glen Taylor

Cindy Wadd

John Movroydis

Jerrett Fernandez

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Rob McCreadie-Past President

Bob Olson – Past President

John Aschenbrenner – Past President

James Dropik

William Aspley

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Kate Thornton

Adrienne Koclanis

Rick Siewert

Dylan Bass

Matthias Scheuth – Director of the Rogers Foundation

Dr. Dana Marlowe, MD – Medical Director of the

Herrington Recovery Center

Please send feedback and Newsletter ideas to:

Jim Doyle, Editor

Jbdoyle90@icloud.com

Send name, telephone, address & email changes to:

HMAA Box 13581

Wauwatosa , Wisconsin 53213

or by email to Wemart@aol.com

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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!



Herrington McBride

Herrington McBride

The Herrington McBride Alumni Association
Fall/Winter Edition, 2019

The Herrington Recovery

Alumni Association Quarterly

From the Desk of our President

By: Kristin Simons

Hello to Alumni and Friends near and far. We are here to serve each other. The mission of our alumni organization is to support the residents of the Herrington Recovery Center while they are in treatment and as they transition into their home recovery communities.

Our mission just doubled in size! The Herrington Recovery Center West Allis is finally open! We are so excited about this expanded opportunity to serve those among us who still struggle with addiction. This means even more opportunities for our alumni to give back. We are hopeful to expand many of the activities we sponsor at the Oconomowoc campus to the new program in West Allis. Please reach out to our alumni board of directors (listed on the back page) to find ways you can get involved.

Along with a fellowship of experience, strength, and hope, we sponsor a variety of activities for the Herrington Recovery Center residents and our alumni. Our main event is the annual alumni and friends picnic (3rd Saturday) every June, open to all of you! For the residents, we also sponsor a Halloween Event, New Years Eve party, New Year/January Retreat, quarterly pizza night, quarterly newsletter, weekly alumni speakers, family and friends speakers, outpatient program speakers, one-on-one sponsorship, and many more opportunities to encourage each other.

Thank you to those of you who currently volunteer, we value and appreciate you and the time you give to others in recovery. We still need you. We are currently looking for volunteers for sponsorship and speaking at BOTH Herrington Recovery locations. Get involved! I look forward to seeing you "around the tables"!

Blessings in Recovery, Kristin Simons
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
Jeff Radtke HMAA Board Member

persevere (verb)
to persist in anything undertaken; maintain a purpose in spite of difficulty, obstacles, or discouragement; continue steadfastly.



Pieces of Change

My name is Blake, and I'm an addict and alcoholic. For those of you that remember me, I published my story a little over a year and a half ago for the spring edition of the 2018 HMAA newsletter. For those of you who didn't get a chance to read it, I'll give you a little background information about myself.

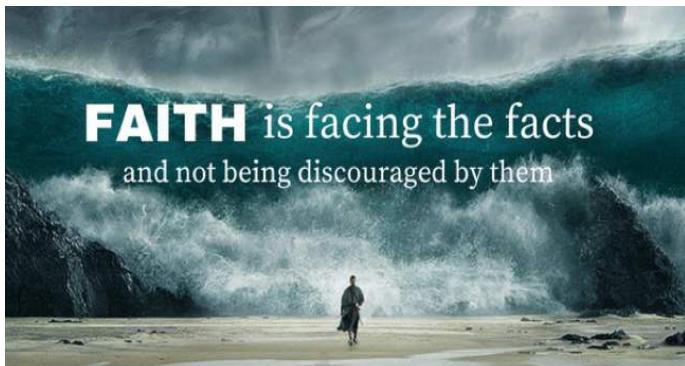
I'm 23 years old and the past 7-8 years of my life have been devoted to one purpose, getting drunk or high. I started out just drinking and smoking weed, then a couple years later I was a full-blown addict and alcoholic. I would pop handfuls of pills and started shooting heroin. In my short time of abuse, I managed to rack up countless tickets and charges, 3 OWI's, multiple hospitalizations, lost any amount of self-respect I had, and visited death's door on more occasions than anyone rightly should. I also tore my family apart and treated them as if they were nothing even while knowing my father had been fighting cancer as well. I did things I never could've imagined myself doing. Ultimately my rock bottom was a never-ending pit of abuse and despair and I only kept digging myself deeper. I can't tell you how many people have given up on me, and I don't blame them. I'll be honest with you, before I got sober, I was a piece of shit. My life was a joke, and I saw no interest in pulling myself together, let alone living. I didn't care who you were or of what importance you were to me. I'd lie to you, steal from you, take advantage of you, do anything I could so I could chase that one thing I needed most. In short, all that mattered was me.

I attempted sobriety and recovery many times which includes staying at Herrington for a month but nothing would make me change my ways.

The last letter I wrote for you I was in a cell in county jail. This time, I'm in a maximum-security prison. So, if you are wondering why I didn't pull it together after my first letter, I want you to know I did. I went from spending 9 months in jail to spending 3 more years in prison. On November 21st of 2016 I was in a car accident that forever changed my life. I broke my neck, pelvis, ribs, had a concussion, and lost consciousness.

When I woke in the ICU, I was told that my best friend that was driving the car had died on impact right next to me. Not only had the trauma physically destroyed me, but mentally and emotionally as well. After my release a week later, my use escalated and I began to drown myself in booze and drugs to block out the whole accident. I had hoped the sea of booze and drugs I was swimming in would repair my shattered heart and I could forget it all. Unfortunately, that never was the case. A year and a half later on February 1st 2018, I was indicted and charged with her death. At the time of the accident, I was 19 and she was 17. Because we were at my apartment before the crash, I was responsible for her actions. Being over 18, I never should have let her drive under the influence and because I did, I'm paying the price for it. On July 23rd I was sentenced to 8 years; 3 in, and 5 on parole. I personally think the worst punishment isn't the prison time, but knowing that my friend isn't here anymore, and I consider that my life sentence. There isn't a day that passes where I don't think about how much I miss her and our memories, or where she would be today if none of this would have happened. Yet, as hard as it is to say this, I truly believe this experience of the best things that has ever happened to me.

I obviously wish she was never taken from me; I'd give anything I have ever had and everything I ever will have to get her back, but what happened is done and over with, and I need to do what she would want for me. Some like this changes you. It breaks you into pieces and slowly puts you back together but the sum total is different. Do I think this prison sentence is what I deserve? Maybe, but do I think this prison sentence is what I need in order to get my life together? Absolutely. If I had not come here, I'm convinced I would be dead. Over the next couple years I have all the time in the world to see where I went wrong and can begin to change myself for good. For those of you that don't know, drugs and alcohol are just as easy to find inside these walls as they are outside of them. The way I like to look at it is if I can't stay sober in here, then how will I ever have a chance out there? These demons that I have will never leave me, they will always be here waiting to catch me off guard. I know that they can and will come at me in any form they can, but this time around, I'll be waiting, ready to fight back.



Herrington McBride Sponsored 33rd Annual Winter Retreat January 3rd - 5th, 2020



Friday Registration 3:00 - 6:00 pm until Sunday Afternoon 12:30pm

(Attendees must be recovering from their Addictions)

Redemptorist Retreat Center

1800 Timber Trail Lane - Oconomowoc, Wisconsin

All Registration Forms must be Sent by Monday, December 16th 2019

“God Grant Me”

Keynote Speaker: Sloan B.

Cost is \$225.00/individual or \$400/married couple which includes all meals & 2 night's lodging.

A limited Number of scholarships, through “The Brian Kenevan Scholarship Fund” are available for those who require some financial assistance to total the cost of registration. Those requesting scholarships are asked to contribute what they honestly are able to, if possible. Requests are confidential. Please contact Jim Dropik for all scholarship requests. We set our rate to just cover costs.

Please Note: Anyone arriving under the influence of any mood-altering substance will be asked to leave immediately – no refund will be given. Refunds will be made only up to two weeks prior to the retreat, as we have to pre-pay at the retreat center.

Contact information : jamesdropik@sbcglobal.net - (414) 640-3055.

REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____ Email: _____

Need a 1st floor room? Yes _____

Roommate? Yes _____ Roommate's Name: _____

Willing to share a room? Yes _____ No _____

Registration Fee: \$225.00 Married Couple \$400.00

Donation to Brian Kenevan Scholarship Fund : _____

**Donations will help those needing scholarships*

Total Amount of Check \$ _____

CHECK MUST
ACCOMPANY
REGISTRATION

MAKE CHECK
PAYABLE TO
HMAA.

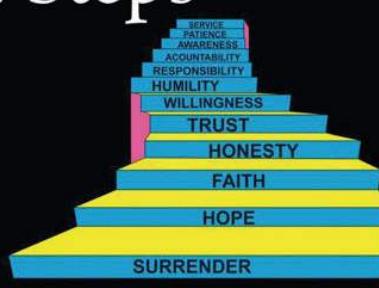
Send directly to:
Jim Dropik
3626 S. Brust Ave.
Milwaukee, WI 53207
jamesdropik@sbcglobal.net
(414) 640-3055

Upon my release in a couple years, I plan on doing a lot of things with my time. I want to go to school and earn a degree and start a new career. Since I've been locked up my father has passed away due to his cancer. He fought a long 6 years but it was finally his time. It's been such a hard experience losing him while in here and knowing I wasn't there with him in person. But I do know one thing for sure; I was and still am there with him in spirit. I know my old man is up there with my friend watching down on me, proud of the man I continue to become. It hurts daily to think about the people I've lost in such a short period, but I know where I'm supposed to be for a reason. It would be my dream to someday become an AODA councilor and help others with their battles and assist in showing them that they can do it. I'd love to go to meetings and speak not only to help others, but in honor of my friend Brielle. I want to show the world the new sober Blake, and how good it looks on me. I'm not someone who's ashamed of my past, I'm actually really proud. I know I have made a lot of mistakes

but, they in turn were my life lessons. I wouldn't have been able to do all this if I didn't have the loving family and support I cherish, especially my sponsor. I thank God for giving me another chance in this world daily. Today is a new day, and it will be that way

everyday for the rest of my life. One thing I have learned through all this, is that it doesn't matter who you used to be, what really matters is who you become.

12 Steps



Success doesn't come from what you do occasionally. It comes from what you do consistently.

The Brian Kenevan Scholarship Fund

Brian was a young man and alumnus of our Association. He was known as a wonderful athlete who had a very kind heart – helping others less capable. When in treatment you'd find him helping an elderly gentleman in and out of the elevator or van. Everyone he touched came to love him. He accidentally died of his addiction in 2010, and many memorials at his funeral were given to our Association and earmarked for our Annual Retreat – for those individuals who could not afford the entire cost of our Retreat. Those of you attending the retreat and able to make a donation to the fund are able to do so on the registration form (rear cover.) Those of you who are not attending the retreat and wishing to make a donation to the less fortunate who wish to attend, can send your donation to:

Jim Dropik, 3626 So Brust Ave. Milw, WI 53207.

Check made out to HMAA. Every penny of your donation goes to a worthy participant.

Thank You,
Alumni Association



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 Jpruscha@rogershospital.org



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