

P.O. Box 11 informs readers of news, events and people that enhance recovery.

## Hazelden president brings passion for recovery to his new job

Mark Mishek has all the right credentials to lead Hazelden as president and CEO. He has extensive health care law experience; he was chief legal counsel for Allina Health System for 21 years; and for the past five years, he was president of United Hospital in St. Paul and senior vice president of Allina Hospitals & Clinics. But perhaps the most intriguing asset he brings to the job is that he's a gratefully recovering alcoholic.

Mishek began his new position on Nov. 3, and don't be surprised if you hear him mix a few Big Book statements with talk of Hazelden's operating revenues and expenses. "Half measures availed us nothing," he might say while inspiring the Hazelden faithful. He is open about his recovery.

### 'HAZELDEN GAVE US OUR DAD BACK'

"What attracted me to Hazelden, by far, were its mission and my personal connection to Hazelden," says the 57-year-old Mishek, the seventh president in Hazelden's 59-year history. "My dad went through treatment at Hazelden in 1971—and I know he wouldn't mind my saying that. We were a family with 11 kids, and we were at great risk for losing our dad. But Hazelden gave us our dad back. My dad died sober in 1978, and his recovery is something we still cherish, something we celebrate to this day. Hazelden put our family back together, and I'm



Says Mark Mishek, new Hazelden president and CEO: "Hazelden put our family back together, and I'm forever grateful for that."

forever grateful for that."

In addition, one of Mishek's children began recovery at Hazelden's Center for Youth and Families. "We got our child back at Hazelden," says Mishek. "If eight years ago you would have told me that this child would have earned a master's degree from a major university, I'd be shocked. The job Hazelden did with our family was remarkable. The staff at Center for Youth and Families was super in making it our child's sobriety, not ours."

Throw in the fact that Hazelden has been instrumental in Mark Mishek's recovery, and you have a walking billboard for Hazelden. Mishek says Hazelden has played a key role in sustaining and building on his recovery. He did his Fourth and Fifth Step work at Hazelden and has found a lifeline of recovery through Hazelden literature, including the Step pamphlets and several meditation books.

Mishek was a heavy user from age 19-21—"alcohol, cocaine and other drugs," he says. He fell in love with his wife to be, Joan, while at the University of Minnesota, and she "helped me clean up my act." His use decreased, but he continued to drink every day and drank to excess on the weekends. As time went on, he admits he wasn't dealing with the spiritual dimension of his life. "I wasn't dealing with life on life's terms," he says.

### 'I HAD TO SURRENDER'

Mishek was successful in law school and throughout his career, but he continued to use and sought refuge in drugs. He found pills convenient and became addicted to painkillers in the early 1990s. He was a person always needing to be in charge, he says. "I was always directing, and never being directed." Finally, in February 1995, he was at wit's end, he says. "I had no

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## Many faces, voices help achieve parity

On Oct. 3, 2008, a great victory was earned by Hazelden and all advocates of fair treatment for people with alcohol and other drug addiction.

On that day, President George W. Bush signed into law the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008, as part of the financial rescue package. The bill essentially puts care for addiction and mental illness on equal footing with other medical and surgical conditions.

"It was the collective voices of thousands of constituents, including many dedicated Hazelden alumni, who pushed parity over the finish line," said William Cope Moyers, executive director of Hazelden's Center for Public Advocacy. "Those many faces and voices of recovery helped to

humanize the face of addiction."

Under the new Act, 113 million people across the country will have the right to non-discriminatory addiction and mental health coverage, including 82 million individuals enrolled in self-funded plans who previously lacked parity protections. The new law requires co-pays, deductibles and annual and lifetime caps on addiction and mental health benefits to be the same as those for medical and surgical benefits. If an employer with more than 50 employees chooses to provide coverage for addiction, then it must do so on the same basis as it does for other conditions. The law does not require insurance plans to cover addiction and mental health benefits, but 93 percent of large employers currently provide such coverage. The law, which takes effect Jan. 1, 2010, does not

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**SOBRIETY HELPS US REALIZE OUR DREAMS, TOP THE CHARTS**

I lost both of my parents a little over three years ago, and I really hit rock bottom while going through a meltdown dealing with their death. That meltdown led to a divorce of a five-year marriage as well. I'm also a father of a five-year-old daughter named Madison. After the divorce, I started going through an isolating depression from the abuse of drugs and alcohol, which eventually ended in an intervention led by my family and friends to convince me to go to rehab. I stayed at Hazelden in Center City for 28 days and really had a spiritual awakening there. Shortly after rehab, I started to do things I love and enjoy.

I started studying acting (a long-time childhood passion of mine) and eventually got an agent a year later. I went out on my first "on-camera" audition about a year ago and booked the job. It was for a music video of Kenny Chesney's called "Don't Blink." The song was No. 1 on the country charts, and the video was No. 1 on CMT in September and October 2007. If you watch the video, you'll understand how much this song relates to my life after all I've been through.

I'm going on three years sober now and can't explain enough to people how rewarding my life is at this time. My relationships with my daughter, friends and family couldn't be stronger. And for the first time in many years, I have the capacity to love again. My life is all about not blinking, slowing down, and appreciating the day. I hope I can inspire someone out there to keep their chin up and follow their dreams.

— Joel W.

**P.O. Box 11 welcomes letters.** To share a story or testimonial or to offer an opinion, please send your letters to Lisa Reynolds, Hazelden, RC 1, P.O. Box 11, Center City, MN 55012-0011 or to lreynolds@hazelden.org.

# Mishek has personal Hazelden connection

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way to deal with people or conflict," he says. "I had to surrender.

"While I was using, I didn't know the word fear," says Mishek. "But as I look back, it was all about fear and feelings of inadequacy, a fear of failure. I was very isolated. I was successful in business, but hollow inside. Everything about me was very compartmentalized."

The Twelve Step program brought honesty, openness and willingness to his life. "I started feeling good—I was healthy,"

he says. "I discovered a spiritual life. I gained an understanding of a personal

relationship with God, with my Higher Power—a relationship based on acceptance and humility. That discovery changed everything. It has made life enjoyable, a real adventure."

That Mishek understands and lives recovery is a big plus, says William Cope Moyers, executive director of the Hazelden's Center for Public Advocacy. "Mark's business acumen and his leadership in health care are vital to meeting the challenges and opportunities facing Hazelden," Moyers says. "But it is his grounding in his personal experiences with addiction and recovery—as a son, a father and a man who's 'been there and done that' himself—that resonates and reflects the essence of Hazelden's mission to help people. Mark was with us when staff and board members went to Washington, D.C., in September to push for the passage of the parity legislation, and members of Congress were impressed both by his professional expertise and his personal story.

He put a face and a voice to the issues around treatment."

**LISTEN AND LEARN**

Mishek says some of that Twelve Step philosophy, such as openness and honesty, will certainly apply to his new job. "Hazelden is an organization with a very rich legacy and well-defined culture," he says. "It has a professional and caring staff. It would be presumptuous of me to come in with an agenda. I plan to listen and learn during my first 90 days. I want to listen to the organization and

*"... But it is his grounding in his personal experiences with addiction and recovery—as a son, a father and a man who's 'been there and done that' himself—that resonates and reflects the essence of Hazelden's mission to help people."*

—William Cope Moyers

its people and understand our current strategic direction. Then we can begin work on a strategic plan for 2009 and beyond."

Mishek says it's a difficult time in the world of treatment and recovery. "Health care is under siege in terms of cost and access, and it's important that Hazelden respond," he says. "Hazelden needs to ensure access to its services to as many people as possible and reach out to people worldwide with its broad continuum of services and products.

"My job at United Hospital was wonderful," says Mishek. "But Hazelden presents a new challenge, and it provides a deep personal connection for me. With its reputation as a leader, Hazelden has a great opportunity to spread the message that addiction is a treatable disease, just like cancer, diabetes and depression; treatment works; and recovery pays dividends to all in society."

## Mark Mishek at a glance

**PROFESSIONAL BACKGROUND**

- 2003-2008** President of United Hospital and Senior Vice President of Allina Hospitals & Clinics
- 2001-2003** Executive Vice President for Law & Public Affairs and General Counsel, Allina Hospitals & Clinics
- 1994-2001** Senior Vice President for Law & Public Affairs and General Counsel, Allina Health System
- 1983-1993** Chief Legal Officer and General Counsel, HealthSpan and Health One Corporation (predecessor of Allina)
- 1981-1983** Director of Legal Services at Metropolitan Medical Center
- 1977-1981** Associate Attorney, Felhaber, Larson, Fenlon & Vogt, P.A.
- Summer 1985** Bush Foundation Fellow, Cornell University Executive Development Program

**EDUCATION**

- 1977** J.D. with honors, University of Minnesota Law School
- 1974** B.A in English, with high honors, University of Minnesota

**PROFESSIONAL ACTIVITIES**

**Board Member:**

- St. Paul Area Chamber of Commerce (Chair, 2008)
- Capital City Partnership
- ClearWay Minnesota
- Portico Healthnet (2001-2007)
- Minnesota Hospital Association Program Planning Committee (2006-2008)

**PERSONAL**

**Background:** Born in St. Paul and raised in Merriam Park area of St. Paul and White Bear Lake, Minn. Graduated high school from St. Thomas Academy.

**Family:** Married 35 years to wife Joan, with four adult children (Justine, Emily, Chris and Mary) and two grandchildren.

**Hobbies:** Playing with his grandchildren, running and sailing.

# Tobacco recovery: Your next step to a fuller recovery

When Paul R. went through treatment at Hazelden in 2004, he knew he'd be coming back—to address his nicotine addiction. He received the usual recommendation to stop smoking while in treatment. But he couldn't imagine quitting both alcohol and nicotine at the same time. Paul made the choice to wait. "One thing at a time," he said, and his Promises Unit counselor respected that choice.

"I could never have done both together," Paul says. "I just wasn't ready. Quitting smoking is by far much harder than quitting alcohol and other drugs. Alcohol and drugs was a cakewalk compared to nicotine. You don't realize the grip nicotine has on you until you quit smoking."

Now looking back, Paul says that the Twelve Step principles that he learned in treatment at Hazelden planted the seed for his return two years later, when he would tackle his tobacco addiction.

Paul returned in May 2006 to participate in Your Next Step, Hazelden's Twelve Step-based, seven-day residential tobacco recovery program. Your Next Step, held at the Dan Anderson Renewal Center in Center City, Minn., allows individuals a chance to immerse themselves in a serene, healing environment, away from the stresses of daily life. The program dedicates a full week to one thing: getting you and your peers to become smoke-free. It addresses the whole person—body, mind and spirit—and uses a team consisting of a certified tobacco addiction counselor, spiritual care professional, psychologist, wellness specialist, nutritionist, acupuncturist and more.

## PEERS BUILD STRONG BOND

Like his Your Next Step peers, Paul had tried several times to quit smoking. The first day of the program, a goodbye ceremony was held in which the group tossed their nicotine products into the trash. An immediate bond was built among the participants, and they pledged their support for one another. The fellowship of the program had started.

Unlike other nicotine cessation programs, Your Next Step does not promote nicotine replacement therapy. "The bottom line is, when you leave the program, you *will be* nicotine free," says Ann Gademsky, supervisor of Tobacco Recovery Services. "Programs that promote pharmacological therapy may help the participant stop smoking, but they also prolong the dependence on nicotine."

The first 72 hours of abstaining from nicotine are the most difficult, because nicotine is still present in the bloodstream. Historically, this is when most people who are trying to quit relapse. The support and interventions of Your Next Step help manage the physical and emotional withdrawal symptoms that are at work during this critical relapse period.

As the week progresses, patients assess their triggers, learn how to manage their cravings, learn new life skills, and work with staff to develop a relapse prevention plan.

"Because I had a solid Twelve Step foundation under me, I understood how to apply the same principles to nicotine," says Paul. "A few days into the program, I had an 'aha moment.' I realized



Says Ann Gademsky: "The bottom line is, when you leave the program, you *will be* nicotine free."

that *I can't smoke for the day*. I've been taking it one day at a time ever since."

Nicotine is an addictive substance. The recovery needs are the same for nicotine as for any other addiction. This means working a program of recovery. Participants work with staff to develop a continuing care plan that uses the Twelve Steps and the fellowship of Nicotine Anonymous, a Twelve Step mutual-support group.

According to a Surgeon General study, people who quit without assistance or education have a less

than 10 percent success rate after six months. Hazelden outcome studies report that one year after participating in Your Next Step, 50 percent of



the participants report being nicotine free. Another 25 percent report reduced nicotine use.

## 'ONE DAY AT A TIME'

Your Next Step showed Paul how to put the Twelve Steps to work and remain nicotine free. "I know I can't smoke—one day at a time," Paul says. "That's the only way I could have ever quit. I tried the patch, cold turkey, acupuncture and hypnosis, and none of those things worked for me.

"I also learned not to put myself in situations where I might be tempted to smoke," he continues. "I avoid bars, restaurants and other places that allow smoking."

Paul's recommendation: "When you decide to quit, make sure that your reasons are pure," he says. "Do it for yourself, and not to get somebody off your back. To be tobacco free is not for your daughter, wife or doctor. It's for you.

"I have a fuller recovery now," continues Paul. "I work out regularly—I can run again. My lung capacity is greater, my clothes don't smell, my teeth are better, my skin color is better. My overall health is much improved."

**Your Next Step will be offered** Jan. 18-25, March 1-8 and May 24-31 in the first half of 2009. For more on Your Next Step, call 800-257-7810 or visit [hazelden.org/quitsmoking](http://hazelden.org/quitsmoking).

—by Lauren Smrekar

## Center City, Minn.

### 1,000 alumni and friends turn out for A Night to Remember

About 1,000 alumni and friends gathered at 14 cities throughout the country on Sept. 25 for Hazelden's 16th annual A Night to Remember event to share their gratitude for recovery. In addition to the cities with organized gatherings, small groups of alumni in other locations gathered for a collective moment of silence at 8 p.m. to reflect on the gift of recovery.

"We're grateful for all of the people who came together to help organize events in their cities," said Sara Connolly, Alumni Relations event coordinator. "Every year we get more people involved, new cities added, and increased participation in several cities. Alumni and recovery communities really came together to make NTR a big success."

Even alumni-to-be—about 200 patients at Hazelden in Center City—took part in the event, which included a dinner and inspirational talk from Betty Davis-Reynolds. Cities taking part and their attendance included: St. Paul, 186; New York City, 134; Portland, Ore., 73; Chicago, 70; Chagrin Falls, Ohio, 61; Detroit, 50; Omaha, 45; Boston, 32; Washington, D.C., 29; Tucson, Ariz., 23; Carolina Beach, N.C., 20; Bermuda, 16; and Toronto, 8.

### Campbell replaces Loecher as Renewal Center coordinator

JoAnn Campbell, PhD, a certified spiritual director and educator with more than 20 years of teaching experience, is the new renewal program and spiritual care coordinator of the Dan Anderson Renewal Center. She replaces Elene Loecher, who will continue to lead

retreats and teach meditation at the Renewal Center on an on-call basis. Loecher has



JoAnn Campbell is the new coordinator of the Dan Anderson Renewal Center.

transitioned from her full-time position of 24 years and is building a spiritual-direction private practice in the Twin Cities.

Campbell recently earned her certificate in spiritual direction from the College of St. Catherine in St. Paul. She has extensive experience in higher education and is active in the spiritual community. She earned a doctorate degree in English at the University of Texas and spent 14 years at Indiana University as an assistant professor of English and director in the Office of Community Outreach and Partnerships in Service Learning. She is active in the Central Park United Methodist Church—the Recovery Church of St. Paul—and volunteers her spiritual expertise to several nonprofit organizations.

## Minneapolis

### Minneapolis office offers assessments

Hazelden's Minneapolis office is now providing chemical use assessments to provide convenient and accessible service to people near the downtown area. The chemical use assessments, for both youth and adults, identify and evaluate a client's strengths, limitations and problems. They include a questionnaire, clinical interview and appropriate recommendation for services. The Minneapolis office is located on the

seventh floor of the U.S. Bancorp Center at 800 Nicollet Mall. To schedule an assessment, call 651-213-4018.

## Newberg, Ore.

### Springbrook breaks ground on \$10 million expansion, renovation

Hazelden broke ground on Oct. 9 at its Springbrook campus in Newberg, Ore., on a new \$10 million expansion and renovation project that will allow the center to treat more people and enhance its environment of care. The Springbrook facility will add more than 22,000 square feet of new space and renovate 6,500 square feet of the existing campus, nearly doubling the area for patient service.

The expansion will allow for the relocation of extended care patients from off-site housing to a new on-campus facility. The move will enhance the continuity of care and enable greater interaction among patients. In addition, the renovation project will expand Hazelden's primary care medical unit. The treatment center will have greater flexibility in accommodating patients, since the new rooms have been designed for use by primary or extended care patients.

### Springbrook Holiday Bowl is Dec. 12

Alumni and friends are invited to participate in the annual Springbrook Holiday Glow Bowling event from 6 to 8 p.m. on Dec. 12 at the Tigard Bowl in Tigard, Ore. Bowling, shoes, pizza, beverages and dessert are all free, but registration is required; please call Stefanie A. at 503-554-4339. The event benefits Central City Concern, a nonprofit organization in Portland that supports needy families who are trying to rebuild their lives. Participants are asked to donate clothing or household items.

## Outpatient alums form new Twin Cities chapter

A new alumni chapter for graduates of Hazelden's outpatient treatment programs has formed in the Twin Cities and is meeting at 7:30 p.m. on the second Thursday of each month at Fellowship Club in St. Paul. The group's goals are to connect outpatient alums with one another, have fun in recovery, stay connected with Hazelden recovery resources, and welcome newcomers to the group. For more information, contact Jon M. at 612-812-0548.

Hazelden alumni chapters exist "to enrich the lives of Hazelden alumni and their families by providing local activities that promote fellowship and service opportunities, connect us to other alumni, and welcome new alumni." To join a chapter near you, see the chapter listing below.

## Alumni Chapters

**ARIZONA Phoenix:** Meets the first Wednesday of each month at 6 p.m. for an hour at 2701 E. Camelback, Suite 140, Phoenix, followed by a casual dinner at 7 p.m. for those who can attend. Contact Lloyd F. at 602-301-0029.

**BERMUDA** Contact Rich S. at 441-735-6800.

**CALIFORNIA Los Angeles:** Meets the first Sunday of the month at 5 p.m. at Johnnie's New York Pizzeria, 1444 3rd St. in Santa Monica. Contact Philip E. at 626-616-5727 or Roger C. at 818-749-4211.

**San Francisco:** Meets second Wednesday of the month at 6:30 p.m. For location, contact Craig H. at 415-217-9196.

**CANADA Toronto:** Contact Andrew W. at 647-400-2759 or Herb W. at 416-726-2481.

**DISTRICT OF COLUMBIA Washington:** Meets the first Wednesday of the month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Contact Callie W. at 202-462-1821.

**ILLINOIS Chicago:** Meets second Friday of the month at 5:30 p.m. at Hazelden in Chicago. Contact Grant A. at 773-406-0254 or Kimberly M. at 773-251-7048.

**MEXICO Mexico City:** Meets the last Thursday of each month at 5 p.m. at Café O, Monte Libano, Las Lomas. Contact Alex T. at 55-2624-3533.

**MICHIGAN Detroit:** Contact John J. at 248-790-9480.

**Traverse City:** Contact Tom G. at 231-590-8800, Molly A. at 231-933-6609, or Susan S. at 231-932-7605.

**MINNESOTA St. Paul:** Contact Graham C. at 651-228-0681 or Caryl C. at 612-695-5969.

**Intensive Outpatient Program Chapter:** Meets at 7:30 p.m. on the second Thursday of each month at Fellowship Club in St. Paul.

**NEBRASKA Omaha:** Meets at Vivace' in the Old Market. Contact Glenn P. for meeting dates and times at 402-558-4737.

**NEW YORK New York:** Contact Paul R. at 845-238-1899.

**OHIO Cleveland:** Contact Stan S. at 216-346-1251 or Amanda G. at 216-382-7877.

**OREGON Newberg:** Meets the third Friday of the month at 6 p.m. for chapter meeting followed by "Alumni Supper" at 7 p.m. and speaker meeting at 8 p.m. at Hazelden's Springbrook campus, 1901 Esther St. Contact Debbie Voorhees at 503-554-4353.

**TEXAS Dallas:** Contact Rebecca W. at 214-403-8534.

**WASHINGTON Seattle:** Contact Marcus C. at 206-910-6355.

For more information on chapters, call Nathan Wardwell at 612-659-8755 or 888-257-7800, ext. 8755.

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apply to plans with 50 or fewer employees.

"Parity is not the end-all," said Moyers. "But it is a major step toward expanding access to treatment and recovery by requiring employers and insurance companies to help people the same way they help people with diabetes, heart disease, cancer and other illnesses. We anticipate that more people will get help, because insurance will now cover addiction and mental health conditions more fully."

The victory of parity also helps prepare for the bigger fight in 2009 in the area of health care reform, said Moyers, and making sure that addiction treatment is part of the conversation.

It's difficult to predict parity's impact, in terms of increased numbers of people who will access care. But the bill signals a strong civil rights victory for addiction and mental health. The passage of parity "shines a bright light into a dark corner of health care," said Moyers. "Addiction is a bipartisan disease and deserves a bipartisan approach. It's an illness that reaches across both sides of the aisle in Congress."

The late Sen. Paul Wellstone (D-Minn.) and Rep. Jim Ramstad (R-Minn.) were long-time supporters of parity in Congress, while Sen. Pete Domenici (R-N.M.) and Rep. Patrick Kennedy (D-R.I.) were more recent

champions. Groups like Faces & Voices of Recovery provided a strong grassroots push for parity.

The passage of parity marks almost 13 years of hard work and perseverance. "Beginning in 1996, when the first parity bill was introduced in Congress, to as recently as the week before the law was signed, when Hazelden board members and senior staff were on Capitol Hill in a final push for parity, Hazelden has never wavered in its support for parity," said Moyers. "Hazelden celebrates the success of our mission to help people who need help. Thank you alumni and friends for being part of this effort. Thank you for honoring our mission."



Delia Jurek is one of several presenters who bring extraordinary expertise and passion to their work at the Renewal Center.

## Workshops & Retreats

### ROAD WORKSHOPS OFFER A TASTE OF THE LODGE, RENEWAL PROGRAMS

Hazelden alumni and others in recovery can get a taste of the Lodge Program and the Dan Anderson Renewal Center by attending workshops in several cities. The Lodge Program is a Twelve Step immersion program designed to help integrate the simple directions of the Big Book into daily life. The Renewal Center offers a range of retreats to meet the needs of people in recovery. Several special Lodge and Renewal workshops will be offered in 2009 throughout the country. For more information or to register, please call 800-262-4882. For a listing of the Renewal Center's retreats at the Center City campus, please visit [hazelden.org/renewalcenter](http://hazelden.org/renewalcenter).

### SECOND SUNDAY RETREATS

The Second Sunday Retreats are held from 9 a.m. to 3:30 p.m. on the Center City campus and include lectures, relaxation, and group discussions. They are open to anyone 18 or older who is involved in a Twelve Step program. Dates and speakers are listed in the events calendar on this page. Cost is \$12, which includes a noon buffet. No preregistration necessary; register at the Cork Center. For more information, call 800-257-7800.

### Get alumni news via email

To receive email information about alumni activities for you, please send us your email address at [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org). Include your full name and mailing address so we can locate you in our database and add you to our email list.

## alumni events calendar

Visit [hazelden.org/alumni](http://hazelden.org/alumni) for events update or call 888-257-7800, ext. 4588

### December

<b>MINNESOTA</b>	7	St. Paul	Fellowship Club Open House
	14	Center City	Second Sunday, Fred Holmquist
<b>OREGON</b>	12	Newberg	Holiday Glow Bowling
<b>TEXAS</b>	6	Dallas	Renewal Workshop, Elene Loecher, Lovers Lane United Methodist Church
<b>OHIO</b>	20	Chagrin Falls	Gratitude Brunch, Pine Lake Trout Club

### January 2009

<b>MINNESOTA</b>	11	Center City	Second Sunday, Earnie Larsen
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### February

<b>MINNESOTA</b>	8	Center City	Second Sunday, Raymond Rickels
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### March

<b>MINNESOTA</b>	8	Center City	Second Sunday, Al Tighe
	19-22	Center City	Tiebout Unit Reunion*

### April

<b>MINNESOTA</b>	12	Center City	Second Sunday, Betty Davis-Reynolds
	16-19	Center City	Shoemaker Unit Reunion*

### May

<b>MINNESOTA</b>	1-3	Center City	Alive and Free
	14-17	Center City	Simpson Unit Reunion*

### June

<b>MINNESOTA</b>	4-7	Center City	Lilly (Women's Extended Care)
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### WOMEN HEALING CONFERENCES

Dec. 5-6, 2008	Chicago
April 17-18, 2009	Minneapolis/St. Paul
May 15-16, 2009	Tampa/Safety Harbor
Oct. 9-10, 2009	Seattle/Bellevue
Oct. 30-31, 2009	White Plains, N.Y.
Dec. 4-5, 2009	Chicago

To register or for more information, call 888-257-7800, ext. 4429 or visit [hazelden.org/womenhealing](http://hazelden.org/womenhealing).

### Weekly and monthly fellowship

<b>MINNESOTA</b>	Wednesday	Center City	Open AA meetings, Dan Anderson Renewal Center, 8 p.m.
	Third Thursday	Center City	Medallion Night, Bigelow Auditorium, 7 p.m. (call 651-213-4786 to schedule medallion presentation.)
	Last Saturday	Plymouth	Alumni Night with guest speaker of the month, Center for Youth and Families, 7:30 p.m.
	Friday	St. Paul	Open AA speaker meeting, Fellowship Club, 7 p.m.

## 2009 alumni reunions kick off March 19-22 with Tiebout Unit

Hazelden peers in recovery will once again have the chance to connect with one another, unit staff, and current patients to share their fellowship and gratitude at the annual unit reunions in Center City. The reunions begin with the Tiebout Unit on March 19-22 and conclude with the Silkworth Unit on Oct. 15-18. See calendar above for reunion dates. Each unit reunion has developed special traditions over the years, but all find common ground by inspiring, informing and rejuvenating attendees. To provide opportunities to build one's spirituality in a deeper way, the Renewal Center will offer a

			Unit Reunion*
	14	Center City	Second Sunday, Karen Casey
	18-21	Center City	Simmons Unit Reunion*

### July

<b>MINNESOTA</b>	12	Center City	Second Sunday, Elene Loecher
	16-19	Center City	Dia Linn Unit Reunion*
<b>OREGON</b>	17	Newberg	Ice Cream Social and Barbecue
	18	Newberg	Springbrook Alumni Reunion

### August

<b>MINNESOTA</b>	9	Center City	Second Sunday, Mary Hayes-Grieco
	20-23	Center City	Cronin Unit Reunion*

### September

<b>MINNESOTA</b>	10-13	Center City	Promises Unit Reunion*
	13	Center City	Second Sunday, Saul Selby
	17-20	Center City	Jellinek Extended Care Unit Reunion (for men and women alums)*

### October

<b>MINNESOTA</b>	2	Minneapolis	Hazelden's 60th Anniversary Celebration
	11	Center City	Second Sunday, Al Bradley
	15-18	Center City	Silkworth Unit Reunion*

### November

<b>MINNESOTA</b>	9	Center City	Second Sunday, Cecelia Jayme
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\*Come early and attend a special-topic retreat at the Renewal Center before your reunion. Call 800-262-4882.

### ILLINOIS

Monday	Chicago	Open Al-Anon meeting, 6 p.m. and Overeaters Anonymous, 6 p.m.
Tuesday	Chicago	Families Anonymous, 6 p.m.
Wednesday	Chicago	Women's Fellowship, 7 p.m.
Wed.-Sunday	Chicago	AA meetings
Friday	Chicago	Alumni Speaker meeting, 7 p.m.
Saturday	Chicago	Teen AA meeting, 8:30-10:30 p.m.

### NEW YORK

Friday	New York	Open AA meeting, McBurney YMCA, 7 p.m.
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### OREGON

Monday	Newberg	Twelve Step meetings, including AA, Al-Anon, Sex Addicts Anonymous, and Sex Addicts-Anon, all at 7:30 p.m.
Wednesday	Newberg	AA meeting for women, 7:15 p.m.
Thursday	Newberg	Narcotics Anonymous, 7:15 p.m.

specially tailored retreat for alumni before the reunions. For more on the special retreats and reunions, call 800-262-4882.

### Unit-specific apparel offered

A special line of unit-specific T-shirts and sweatshirts is being offered to Center City alumni by Hazelden. The apparel features the unit name embroidered on the front and a common color for each unit. T-shirts are \$18, and the zippered sweatshirts are \$60 for men, \$53 for women. To view the exclusive wear, visit [hazelden.org/alumniapparel](http://hazelden.org/alumniapparel).

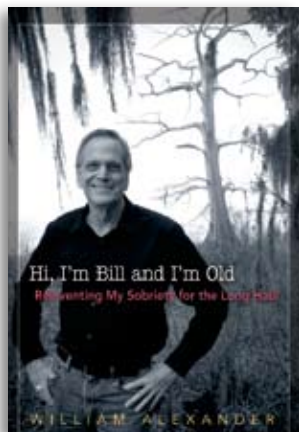
# Hi, I'm Bill and I'm Old: Reinventing My Sobriety for the Long Haul

It was July 16, 2007. William Alexander was 65 years old and 23 years sober, and he had just snapped to after a dream that included a quart of Jack Daniels. His "dark twin" had been fed, he said, and, despite the fact that nothing happened, he was disturbed.

"I had never wanted a drink since that day in June 1984. Drinking had never occurred to me, during good times or bad. Not for over 23 years. Why now?"

He couldn't understand. His life in recovery was good; he was content. Yet he was thinking of drinking again. For the next several days, he pondered why. He was "restless, irritable and discontented." He called his friend Hugh for answers. "You're getting old," said Hugh, "and you don't want to."

With that revelation, William recognized that he was "powerless again"—this time over aging. With this, the stage was set for his new book, *Hi, I'm Bill and I'm Old: Reinventing My Sobriety for the Long Haul*.



His "oblivion reverie," as he called it, was the inspiration to put his personal reflections and insights to paper and attack the challenges of recovery that come with aging. The book was his charge to find power again, "re-vision" his life, and reinvent the meaning of sobriety. In the book, Alexander, author of the popular *Cool Water* and *Still Waters*, proceeds to take readers on a journey of discovery and helps them overturn clichés of aging. He reveals how to let go of old ideas, experience meditation in a new light, and discover the virtues of idleness.

"Citing inspiration from sources as diverse as Buddhist sages, Woody Allen, Christian scripture, the Big Book and his grandmother, Alexander takes us on his journey of self-discovery as he faces both the harsh and personally fulfilling lessons of growing old," says Sid Farrar, editor of the book. "A born storyteller, Alexander shares his struggles and triumphs with bald honesty and humor, sprinkled with sparks of wisdom that will provide inspiration to people on the same journey of renewing their recovery as they make peace with and even embrace getting older."

The book is a must read "if you're a child of the '60s," says Farrar. Alexander says it's for anyone

who ages. "If you are drug free and 25 or 35 or 45, this book is still for you," he writes. "Elders are simply the gatekeepers and the guides to the territory ahead."

*Hi, I'm Bill and I'm Old* is a Hazelden softcover book (#7399, \$14.95). It is available in bookstores or can be ordered at [hazelden.org/bookstore](http://hazelden.org/bookstore) or by calling 800-328-9000. Alexander is also a splendid teacher who leads recovery workshops at places such as Hazelden's Dan Anderson Renewal Center, the Union Theological Seminary and the Esalen Institute. He will co-lead a retreat called "Radical Sobriety" on March 26-29 at the Renewal Center.

## Hazelden 60th to be held on Oct. 2

Hazelden's 60th anniversary celebration at The Depot in Minneapolis will be held on Oct. 2, 2009, instead of Sept. 11, as previously announced.

The 60th anniversary will be a celebration for alumni, the recovering community, and all friends who share in the Hazelden mission. It will feature a casual dinner with a special guest speaker, a symposium for professionals presented by leaders in the addiction field, a panel discussion on Hazelden history, and appearances and book signings by Hazelden authors. For more information, contact Patricia Broat at [pbroat@hazelden.org](mailto:pbroat@hazelden.org) or 651-213-4429.

## PO BOX 11 alumni news & views

P.O. Box 11 informs readers of news, events and people that can help build recovery. The mission of Alumni Relations is "to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service."

*The personal stories of recovery included in this newsletter are published with the written consent of those individuals.*

## DECEMBER 2008

If your address needs to be updated or removed from the mailing list, please call 800-257-7800 or email [mailinglist@hazelden.org](mailto:mailinglist@hazelden.org).

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888-257-7800, ext. 4588

[hazelden.org/alumni](http://hazelden.org/alumni)

## Alumni referral line: 877-429-5082

Are you or a loved one in need of Hazelden treatment services? If so, please call our toll-free number: **877-429-5082**. This designated line is a service for alumni and provides quick and easy access to our admissions process 24 hours a day.

**hazelden.org**  
**800-257-7800**

We invite you to call us with questions.  
We are available 24 hours a day.

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.



**Hazelden locations**  
CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA