

BEYOND THE MIRACLE



AUGUST 2017

MESSAGE from our Alumni Coordinator

Dear Alumni friend,

As August comes to a close, we say goodbye to summer and hello to a new season. I've always loved this time of year because, as a child, it meant the beginning of school. New notebooks, new pencils, and more importantly, new friendships. Going back to school meant new opportunities to find and create a community.

The older I get, the more I recognize the importance of community. To belong to a community, something we feel a part of, is vital to our well-being. It provides a place where we can connect, share goals, and feel acceptance, love and support. Community has become my new way of life.

Finding a community can sometimes be difficult, especially as we age. Work responsibilities and the demands of everyday life often distract us. I know I'm guilty of getting stuck in my ways and isolating a bit too much. And when I do, I feel it-like the energy has been drained from my body and I could sleep for days. That's when I know I need to reach out to my community.



Alumni Coordinator Courtney Martinez

Whether it's a support group, a painting class, or yoga, I find something that gets me out of the house. I've started to fill my time doing things I love and meeting new people along the way. Sometimes it can feel like a struggle, but I'm always grateful once I get there. Even if the event or activity wasn't what I thought it would be, I have the knowledge and experience for future reference. And, I tried something new.

Recently I was invited to go roller-skating and took the opportunity as a personal challenge. I haven't strapped on a pair of roller skates in well over a decade, but I was curious and wanted to see if I still had it in me. I did not ... at least at first. I started slowly, hugged the wall, and wobbled for balance every few seconds. I was embarrassed, but when I looked up, I could see other people were struggling too. We were a community of wobblers and suddenly I felt at home.

As I inched my way around the rink, I could feel my confidence growing. I focused on being present (because let's face it, you've got to be when you have wheels strapped to your feet). Later I started thinking about how roller-skating is a great metaphor for life:

- 1) Good practice for falling down and getting back up.
- 2) Confidence leads to success.
- 3) Age, weight, height ... none of it matters, it just takes practice.
- 4) For those of us less skilled, tenacity makes all the difference. Determination is key.
- 5) Even the best of us fall down.
- 6) Looking silly is part of the fun!
- 7) It's OK to hug the wall until you feel more comfortable. Persevere - you'll get the hang of it.
- 8) Good music is crucial.
- 9) Giving up control makes it much easier.
- 10) Enjoy yourself!

By the end of the evening, I was skating like a pro. I laughed so hard, grinning from ear to ear. I was glad I took the opportunity to try it and grateful to find a place in which I belonged. I found my community.

Speaking of community, we are excited to announce the launch of two [continuing care groups](#) for our alumni in Tucson and Seattle! Starting September 7 in Tucson and October 3 in Seattle, these therapist-facilitated groups will meet twice monthly. I will be there to help kick off both groups.

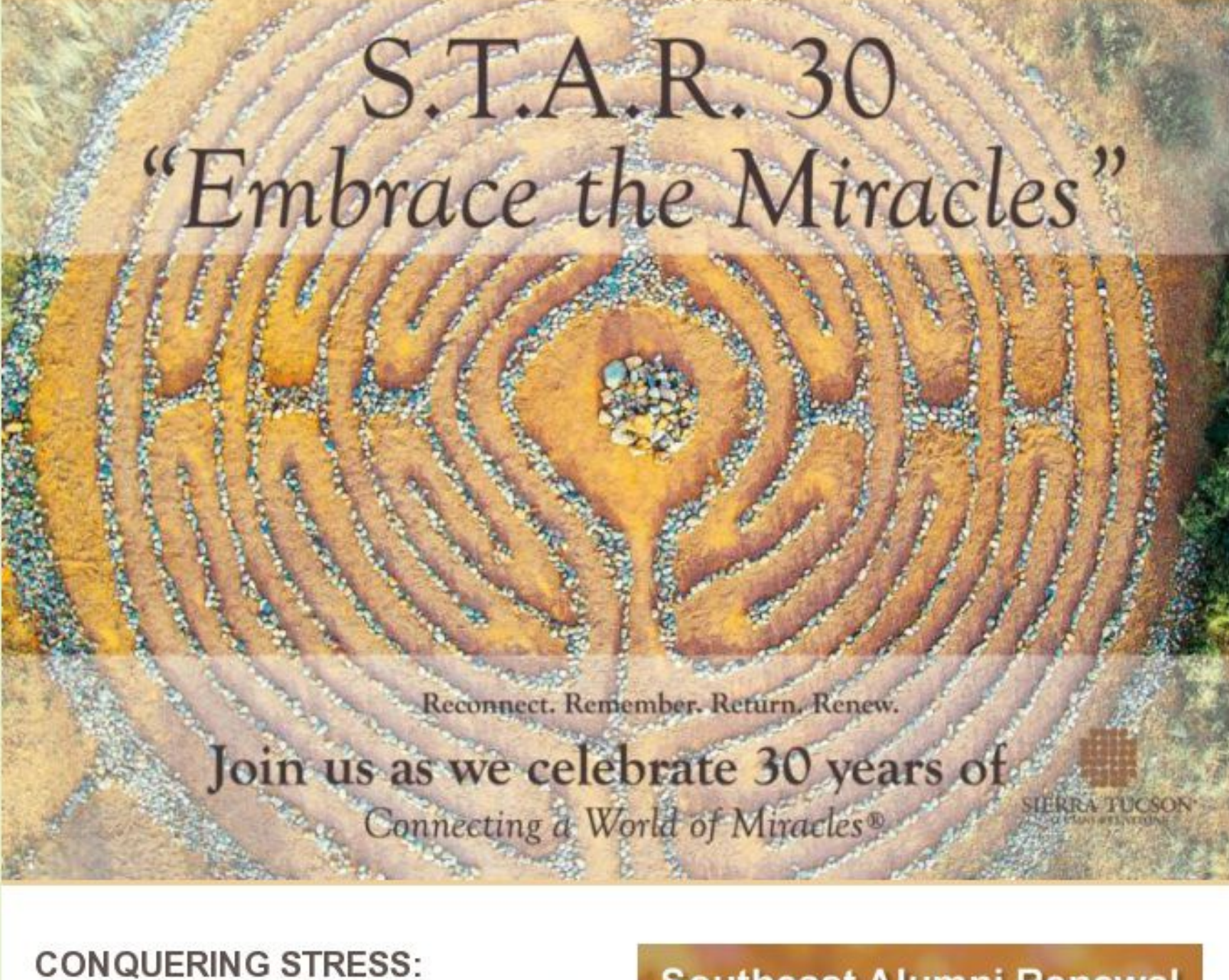
Not to mention, our [Sierra Tucson Alumni Retreat \(S.T.A.R. 30\)](#) is just around the corner! I encourage you to join our alumni community as we *embrace the miracles*. There will be great speakers and lots of laughter, love, and support. And I promise, no roller skates! We hope to see you there.

Respectfully,

Courtney Martinez, MS
Alumni Coordinator

THERE'S STILL TIME!

Register for the [Sierra Tucson Alumni Retreat \(S.T.A.R. 30\)](#).



CONQUERING STRESS: A stress management seminar for recovery warriors

Resident and Family Member Alumni are invited to join us on Saturday, September 23 for our Southeast Alumni Renewal in Atlanta, GA! Dr. Antoinette Giedzinska-Simons, director of behavioral medicine at Sierra Tucson, will present an interactive seminar on how to become masterful warriors in the battle against stress. We will also enjoy lunch and gentle yoga.

We encourage you to take the weekend for yourself to nurture your recovery and *de-stress*. You'll be glad you did!



[REGISTER TODAY!](#)



ALUMNI GROUPS

[support](#)

Scottsdale, AZ
Chicago, IL
Boston, MA

[continuing care](#)

Phoenix, AZ
Tucson, AZ (**NEW!**)
Los Angeles, CA
San Diego, CA
Newport Beach, CA
Denver, CO
Atlanta, GA
New York, NY
Austin, TX
Dallas, TX
Seattle, WA (**NEW!**)

2017 ALUMNI WORLD TOUR

August

19 [Houston Alumni Workshop](#) (Tim)

September

9 [Chicago Alumni Workshop](#) (Tim)
7 [NEW Tucson Alumni Cont. Care Group](#) (Courtney)
11 [San Diego Alumni Workshop](#) (Courtney)
12 [Newport Beach Alumni Workshop](#) (Courtney)
13 [Los Angeles Alumni Cont. Care Group](#) (Courtney)
18 [St. Louis Alumni Workshop](#) (Tim)
20 [Atlanta Alumni Cont. Care Group](#) (Alison, Tim)
23 [SE Alumni Renewal](#) (Alison, Tim)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these August 2017 Birthdays:

Two Years

Bill A. - Boston, MA

Three Years

Emily B. - Rochester, NY

Five Years

Debra P. - Chicago, IL

Six Years

Andrew L. - Columbus, OH

Seven Years

Stephie G. - Seattle, WA

Nineteen Years

Patty R. - Baldwinsville, NY

Twenty-Five Years

Nancy K. - Efland, NC

Twenty-Eight Years

Tina F. - Oxford, MS

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc. in the month of September, please **send an email to Alison Broderick** that includes:

- First Name
- First Letter of Last Name
- City and State
- How Many Years You Are Celebrating

Sierra Tucson is ALL about Celebrating the Miracles!

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