
Recovery Road

Winter 2012



Celebrating Winter

**February – Black History
Month**

Trivia Day
January 4

Old Rock Day
January 7

Letter Writing Week
January 8-14

**Dr. Martin Luther King, Jr.
Day**
January 16

Valentine's Day
February 14

President's Day
February 20

St. Patrick's Day
March 17

First Day of Spring
March 20

CenterPointe has given me FAITH,
CenterPointe has given me COURAGE,
CenterPointe has given ME BACK,
CenterPointe has helped me rebuild RELATIONSHIPS,
I'm loved again, I'm trusted again. I believe in me again, and
most important, I have my life back. One I want to live; one I
had once given up on.
~ Kelli S.

Last Chance!!!

Here you are 50+, I would have thought by now
you would have realized that drugs and alcohol is
not for you but you just can't or won't make that
decision. Since age 14 curiosity got you on the
road to begin destroying your life. At age 29
you just had to try meth, wasn't that fun
watching you lose everything you tried so hard
to keep? You must like losing your license, jobs,
and most of all, your son! You did succeed in
making it to prison four times, good job! Four
treatments later here you are. I can see this
kind of life is not for you. Keep praying and try
to mend what you had. What impresses me is
that you are not court ordered to do so. You are
a hard worker, so keep it up. I don't ever want
to see you again because this is your LAST
chance.

~ Dave

Recipes:

Giblet Gravy

Ingredients:

- Turkey giblets
- 3 cups water
- Turkey juice
- 6 tbsp corn starch



Directions:

Begin by rinsing off the giblets then boil them in about 3 cups of water until cooked. Next, add juices from baked turkey to make 8 cups of liquid. Next, dice the giblets and add the pot and bring to a boil. In a separate bowl, add 6 tbsp corn starch to 6 oz. of cold water. Mix well, then add to the boiling pot and whisk to desired consistency. The longer the gravy boils, the thicker it becomes. Yummy! Enjoy!

-Joe

No Bake Cookies

Ingredients:

- 2 cups sugar
 - ¼ tsp salt
 - ¼ cup cocoa (dry)
 - 1/4/ cup water
 - ¼ cup butter or margarine
 - ½ cup peanut butter
 - 1 tsp vanilla
 - 2 ½ cup instant oatmeal
- Directions:

Cover baking sheet with wax paper. Over medium heat, heat butter, sugar, cocoa, water, salt. Bring to a boil for 1 minute. Remove from heat and add vanilla, peanut butter and mix well. Next add the instant oatmeal and mix. Quickly drop spoonfuls of cookie mix on covered cookie sheets. Let cool and serve.

I've been making these for my family for years and it brings back a lot of good memories. I really enjoy making these and I hope you do, too!

-Cheryl

CLIENT SURVEY

- Democrat:** 31%
- Republican:** 19%
- Independent:** 25%
- Non-voter:** 25%

~Anon.

CenterPointe's Favorite Songs
by Breanne

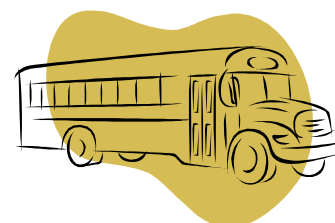
- Anon. - *Glitter in the Air*, Pink
- Anon. - *Moves Like Jagger*, Maroon 5
- Joe - *War is the Answer*, Five Finger Death Punch
- Steven - *Let it Be*, The Beatles
- Anon. - *Be Somebody*, 3 Doors Down
- Rick - *Time to Fly*, REO Speedwagon
- Cheryl - *Rolling in the Deep*, Adele
- Larry - *The Blues Man*, Alan Jackson
- Cami - *I See God in You*, India Arie
- Anon. - *Simple Man*, Lynard Skyard
- Sadarah - *Little Hell*, City and Color
- David - *Saving Me*, Nickelback
- Tammy - *Tapestry*, Carol King
- Breanne - *Bump and Grind*, R. Kelly
- Anon. - *The End*, The Doors



Favorite Outings at CenterPointe

1. Coffee houses
2. Mall
3. Air Park Rec.
4. Harley Davidson Store
5. Dollar Store

~R.J.



Recovery Word Search

C	A	W	A	X	O	R	E	L	A	P	S	E	V	J	N
O	A	S	P	O	N	S	O	R	B	Y	C	X	S	X	O
U	A	E	E	T	Q	F	A	C	W	I	S	D	O	M	V
R	G	R	X	H	M	R	N	O	W	K	O	H	Z	M	N
A	I	E	J	E	L	E	B	U	D	U	B	V	U	E	W
G	B	N	C	R	K	C	Y	N	T	O	R	E	W	D	P
E	D	I	R	A	K	O	L	S	L	J	I	G	F	I	G
P	S	T	E	P	S	V	Q	E	P	Z	E	C	T	T	P
S	F	Y	M	Y	N	E	R	L	I	M	T	U	H	A	G
Q	B	E	H	B	S	R	D	O	Y	S	Y	I	K	T	M
G	G	E	P	R	A	Y	E	R	D	M	T	N	O	I	R
R	R	U	J	I	V	B	I	G	B	O	O	K	J	O	L
I	C	F	H	C	T	D	T	R	E	A	T	M	E	N	T
E	Y	A	D	D	I	C	T	I	O	N	E	L	K	F	Z
F	G	Z	H	I	G	H	E	R	P	O	W	E	R	H	I

Recovery Word Search

Recovery
Sobriety
Treatment



Courage
Therapy
Prayer



Big Book
Higher Power
Counselor



Addiction
Serenity
Meditation



Wisdom
Sponsor
Grief



Steps
Relapse



Wake Up

I look to the day when I wake up and my first thought is about God.

I look to the day when I "wake up".

I look to the day when I wake up and I don't operate on fear.

I look to the day when I "wake up".

I look to the day when I 'm not the only person I think about.

I look to the day when I "wake up".

I look to the day when I wake up and I know who I am.

I look to the day when I "wake up".

I look to the day when I wake up and I can help others as I have been helped

I look to the day when I "wake up".

I look to the day when I wake up and I know true happiness.

I look to the day when I "wake up".

~Cami P.

P.S. Today I am happy I do wake up.

Untitled



As I sit here today, my 3rd week in, and second time around at CenterPointe Adult Residential the gratefulness I feel is almost overwhelming. Just to know that someone believes in me and my abilities has given me the strength to

come back to treatment, embrace my fears, and dig deeper into the trauma that has continued to control my life. I hope that I, too, can be well and be a productive member in society, in love, in my love for people, and in life. I hope to give it all back. Thank you to all, especially God, CenterPointe, and my peers.

~ Tammy L.

inSĀnĒ

<p>Trying to figure out what I did to deserve this To gain bliss, to fall into pits To give hits and the people spit Here I am trying to stand firm, for the long-term But it seems like I'm on my last nerve On the last curve, don't swerve Praying to god this is the last time My soul has spent its last dime Broke and I'm telling people I'm just fine When all I want is another line But this is why I'll make this rhyme I'm technician on a mission In my head the snakes hissing Telling me to abandon intuition But I keep fishing, for the truth Right now I need some proof That god ain't no freakin spoof That he will rip this noose Outta my hands and demolish it to frays and strands And gimme some peace, keep me off the streets Bangin and hustlin to make ends meet Good riddance to that would be a treat I don't trust myself and I'm stifling Step out of my life and see a heap of sin I have no idea, not a clue where to begin I feel like the walls are closing in But I use this pen, I'm still standin It's hurricane season I have no choice but to keep on believing Somehow, someway I'll find some reason And come out the other side still breathin Do you wanna get popped with a baseball bat at a bus stop? Well, I didn't want this either Mother said I love you as you are and I want to believe her</p>	<p>But when she's around, my face is a frown And I grind my teeth because I'm so down Sometimes I feel like Kurt Cobain A little bit off and a lot a bit insane God, I'm saying I can't do this again I'm, beggin you, take my addicted brain Help me stop thinking against the grain Cause they way I'm thinking is every bit untamed I promise I'll stop placing the blame, it's lame So if I start waving my finger, I'll point at my name Out there is more of the same Rain, shame, insane and pain Lying and dying and crying gets mundane Deer god, I'll sit out this game I'm not asking, I'm telling Don't make me start yelling From the mountains I'll be bellowing I'm done with all I'm craving I'm waiting, anticipating a saving From myself manipulating I'm just starting I need help To save me from myself He's hissing and dissing my mission Apocalyptic and grimacing I'm listening Cut the string, a new beginning My patience, my teeth I'm still gritting</p> <p>~Joe P.</p>
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What is Your Favorite Food on Christmas?

- Katie - Apple pie
- Meghan - Cinnamon Monkey Balls/Turkey
- Neil - Grandmas Chili
- Larry - Ham/Turkey/Dressing
- Anon. - Mashed Potatoes
- Breanne - Ham
- Sadarah - Grandmas home made dinner with onion rolls
- Anon. - Turkey
- Anon. - Ham/Turkey
- Anon. - Massed Potatoes
- Anon. - Turkey
- Joe - Fried Turkey/Cream Corn/Oysters
- Chris - Prime Rib
- Cami - Goose with Oyster stuffing
- Anon. - Stuffing
- Kelli - Peanut Butter Brittle
- Rick - Spiral Sliced Ham
- Tammy - Deviled Eggs
- David - Dressing/Mashed Potatoes with gravy
- Staff**
- Cat - Cinnamon Kuchen
- Mike - Prime Rib
- Emma - Home Made Mashed Potatoes and Gravy
- Nikki - Green Bean Casserole
- Teresa - Carp/Barszcz (red beet soup)
- Mary Jane - Stuffing
- Carmen - Turkey
- Ashley - Pumpkin Pie
- Phong - Rice
- Amanda - Stuffing
- Rachel M. - Grandmas Home Made Fudge
- Rachel J. - Deviled Eggs
- Trina - Green Bean Casserole

Haiku Poems

I am regaining fast,
I'm finding peace, hope,
faith
Living life again

Kelli S

The winter is white
The cool is really not fun
But Christmas is here.

Today I am free
Tomorrow I am better
Thank you so much God

The Joys of Winter
Bring me much comfort
today
And peace tomorrow.

Tammy L.

I will be set free
I still have some fears today
But not tomorrow

Today I won't use
Nor will I use tomorrow
I'll call family

Anon.

Snowy days ahead
The leave and grass are all dead
Our tummies are fed.

The angels all sing.
Melody starts with a ding
As the church bells ring.

Sadarah

The snow is falling
My heart is beating
faster
Snow is beautiful.

Cheryl H.



WINTER

It's cold outside now
Snow is falling gently
now
Whiteness covers all.

~Anon.

A new day dawns here
Sobriety has found
me

My mind is at ease.
~Anon.

One day at a time
I'm ok today
I'll be ok tomorrow

~Anon.

My son is my pride
I can finish my
treatment
Hold my head up high!