

Glenbeigh

Glimmer

Glenbeigh
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

Glenbeigh, P.O. Box 298
Rock Creek, OH 44084
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A Newsletter for Glenbeigh Family and Friends

June 2018
Vol. 16 • Issue 1

CEO's Corner



Pat Weston-Hall, CEO

Dear Friends,

When I started working at Glenbeigh, it was a small hospital serving the Northeast Ohio corridor. Today, it's a world-class provider with Rock Creek and 6 outpatient centers meeting the healthcare needs of a diverse population of patients with alcohol and drug addictions.

Over the years, our personalized treatment plans have adapted to accommodate our patients. We created dedicated programming as more women sought gender specific treatment. We added specialty pathways for people with dual diagnosis or suffering with pain management issues. We built our expertise to encompass the provision of seamless care for licensed professionals. And in response to increased need, I am pleased to announce the addition of a business professionals plan to meet the specialized needs of executives.

As always, Glenbeigh's staff strives to deliver top quality care in the right setting. Our reputation is solid and reflected by the number of people referred to us for treatment. What differentiates Glenbeigh is the feeling of community we foster along with our commitment to recovery that goes beyond treatment.

The alumni picnic is by far Glenbeigh's biggest annual event. The picnic is open to all members of the recovery community as well as family and friends. It's our way of giving back while acknowledging and strengthening the fellowship that broadens our recovery.

One thing that hasn't changed over the years is that Glenbeigh's alumni are family. Each year, we welcome everyone back to Rock Creek to celebrate recovery and all the blessings that have come our way. I want to personally invite you to join your extended family for a day of fun on Saturday, July 21st. If you've never attended, this is the year to start. I'd love to see you.

Pat

Pat Weston-Hall
Chief Executive Officer

2018 Alumni and Recovery Community Picnic

Saturday, July 21, 2018

2:00 PM to 4:30 PM

It's picnic time at Glenbeigh Rock Creek! On Saturday, July 21st Glenbeigh welcomes back alumni and members of the recovery community for an afternoon of sober celebration. Bring your family and friends to enjoy a picnic buffet, music, recovery lead and fellowship. Reconnect with friends, a special counselor or staff member and enjoy quality time sharing with others.



Glenbeigh brings back live music featuring Gary Prisby. Prisby covers a variety of classic and contemporary rock, blues and alternative music. This year's lead will be by Sam G. who tells a compelling story of how his life has changed for the better in recovery. Children's activities are provided during the lead.

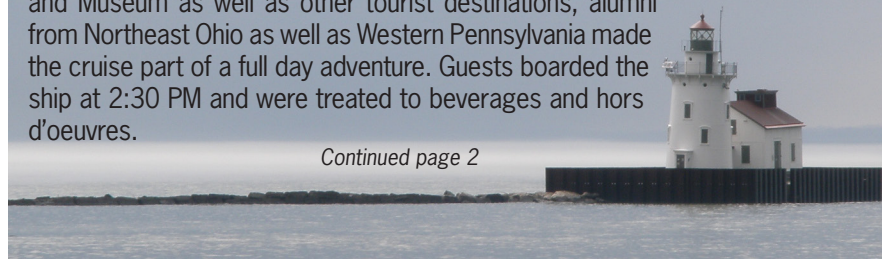
The picnic begins at 2:00 PM. Hot dogs and hamburgers will be served for lunch and an assortment of carnival treats will be available for guests to enjoy. After the lead, all in attendance will be invited to circle the pond for the traditional singing of "Lean on Me".

The alumni picnic is held annually rain or shine. All activities are offered free of charge for members of the recovery community, friends and family, as part of Glenbeigh's community benefit initiative. For more information, please visit www.glenbeigh.com or call 440-951-7000. Glenbeigh is located at 2863 State Route 45, Rock Creek, Ohio 44084.

Glenbeigh Sails Lake Erie Onboard Goodtime III Sold Out Recovery Comedy Cruise Great Success

Overcast skies didn't keep nearly 400 guests from boarding the Goodtime III on Saturday, May 19th for a cruise down the Cuyahoga River and a portion of Lake Erie. Ticket sales began in late March for Glenbeigh's first cruise adventure and sold out quickly. Located by the Rock and Roll Hall of Fame and Museum as well as other tourist destinations, alumni from Northeast Ohio as well as Western Pennsylvania made the cruise part of a full day adventure. Guests boarded the ship at 2:30 PM and were treated to beverages and hors d'oeuvres.

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Glenbeigh is a non-profit specialty hospital.

Glenbeigh Sails Lake Erie Onboard Goodtime III

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A view of the Cleveland skyline from onboard the Goodtime III. The cruise featured great food, music and comedy.



Pawley Bornstein, alumni coordinator, with Carrie Artman, administrative assistant to CEO Pat Weston-Hall, enjoyed the view of the Flats area as the Goodtime III sailed down the Cuyahoga River.

Once the Goodtime III cast off, unlimited pizza and salad were available to enjoy.

Torrential rains half-way through the cruise didn't dampen the spirit of guests. They enjoyed great music served up by the Goodtime III DJ and the antics of professional comedian Tim Grealish, who had people laughing in the aisles. This was the first cruise hosted by Glenbeigh for members of the recovery community along with family and friends.

Supporting ongoing recovery efforts is part of Glenbeigh's mission to deliver the highest quality healthcare to those in need of alcohol and drug addiction treatment. The Goodtime III cruise was planned as part of Glenbeigh's community benefit initiative. The cost was supplemented so that people at any income level could participate. Events are essential to help individuals enjoy life. They are a forum where persons in recovery can encourage each other to integrate into the community, reunite with family and make positive choices in life.

Erie Staff Member Participates in Cooking Challenge

William Rosenzweig, patient representative at Glenbeigh's Outpatient Center of Erie and a member of the cooking team *The Four Coursemen*, participated in the 2018 Cast Iron Chef Challenge. The team challenge, part of Duran's Down Home Days held at the Waterford Community Fairgrounds near Erie, Pennsylvania, is the ultimate test of cooking skills. Teams are required to cook dishes featuring original secret recipes prepared over an open fire using only cast-iron cookware. *The Four Coursemen* won in three categories; best protein, best fruit and most creative dish.

Glenbeigh staff members participate in community events that raise funds for various charities. Glenbeigh Rock Creek staff recently raised funds for cancer research through the Ashtabula County American Cancer Society Relay for Life. The American Heart Association is another recipient of funds raised by Glenbeigh staff. These are only a few examples of the many regional efforts supported by Glenbeigh's compassionate team members.

2018 ARCHway Golf Outing Scheduled for September

Glenbeigh is pleased to announce the 6th annual ARCHway Institute Golf Tournament. It will be held on Thursday, September 13, 2018, at Hemlock Springs Golf Course in Geneva, Ohio. The tournament features a 4-person scramble format that makes for an enjoyable day for golfers with any level of experience.



Left to right: Bill Vanek, counselor aide at Rock Creek; Vonda Marino, office coordinator at Rocky River and Pawley Bornstein, alumni coordinator, enjoy an afternoon of golf while paying it forward for people with substance use disorders.

The entry fee is \$100 per person, or \$400 for a foursome. The cost includes a hot dog lunch, 18 holes of golf with cart, a steak dinner, awards and a guest speaker. As in past years, half of the proceeds will benefit Glenbeigh's long-standing services that support individuals suffering from alcohol and drug addictions and who are in financial need.

The golf scramble is a great way to give back while enjoying a day with other people who promote recovery. Your involvement makes this event successful as well as fun. Show your support of this worthwhile endeavor by being a golfing participant, a sponsor, a prize or raffle basket donor.

More information is available online at thearchwayinstitute.org through the events page. If you'd like to make a donation, please contact Dan Stuckey at 314-452-4982. The deadline to register is Friday, August 31st. The golf committee hopes you will join Glenbeigh and the ARCHway Institute for this worthwhile endeavor. Your participation facilitates open conversations about substance use disorders and helps reduce the stigma surrounding addiction.



Left to right: Soleil Rosenzweig; William Rosenzweig, Glenbeigh Outpatient Center of Erie; Sarah Rosenzweig; Jason McGrorey and Joseph Hollis of team *The Four Coursemen*. The team won several awards while raising funds to benefit the Make A Wish Foundation.

Welcome Anthony Bouyer, Ph.D.

Clinical Supervisor of Toledo Outpatient Center

Anthony Bouyer has joined the staff of Glenbeigh's Toledo Outpatient Center as Clinical Supervisor. Bouyer holds a Ph.D. from the University of Toledo in Foundations of Education and has both a Bachelors and Masters Degree in Sociology, and Counseling and Education. He is a Licensed Independent Chemical Dependency Counselor with a Clinical Supervisor endorsement.



Anthony Bouyer, Ph.D., is the clinical supervisor at Glenbeigh's Outpatient Center of Toledo.

Bouyer began as a childcare worker specializing in helping young boys with emotional problems. From there, he worked as a mental health professional with ProMedica. He then became a probation officer and drug and alcohol counselor with the Toledo Municipal Court.

With over 36 years combined experience in counseling and criminal justice, Bouyer brings a wealth of knowledge to Glenbeigh. The entire Glenbeigh staff is pleased to welcome Dr. Bouyer. Our patients and their families will benefit from his experience and passion for treating substance use disorders.

News from the Alumni Coordinator

By Pawley Bornstein



Pawley Bornstein, Glenbeigh Alumni Coordinator

I recently heard a recovery saying that is new to me. Simply put, we should repay the people around us with the 3 Ts: our time, treasure and talent. As stewards of recovery we give back freely.

This means we should take time to help others, especially those new to the fellowship. It can also mean volunteering outside of the rooms. Some of my most memorable moments these days are spending time giving back to my community: taking time to make someone else's life better.

Donating our treasure equates to financial generosity. Never letting the basket go by without dropping in a buck or two, if we are able. Donating goods for community drives. Perhaps stepping up when you become aware of a family or organization in need.

Using our talent speaks to the unique skills we have been gifted and developed. What do you bring to the table? Organizational skills? Legal skills? Public speaking? Prowess in construction/maintenance that could be used to help a sober living facility? Artistic skills that could be shared with others?

I always stress to people in early recovery that giving back can be fun. It's another way to become "part of". We have an illness that thrives when we isolate. Giving the 3 Ts benefits you and the world we are all part of.

Wishing you a thriving recovery. I hope to see you at the Alumni Picnic and at Glenbeigh's other summer events.

Niles Recovery Home Renovation Completed

In March 2018, renovation work on a home within Glenbeigh's sober living community was completed. The home accommodates up to 5 residents, has a spacious kitchen, living area, bedrooms as well as front and back porches.



An expansive kitchen provides space to prepare food for residents and guests at the Niles recovery community.

The function of Glenbeigh's recovery housing is to provide a safe environment, free from alcohol and other drugs, where there is access to a multifaceted support structure. The benefits of living in this type of community in early recovery are:

- Individuals learn communication skills that are essential for healthy relationships.
- Being in the company of other people in recovery teaches coping skills that promote taking responsibility for oneself, ones feelings and behavior.
- People develop beliefs, values and attributes that are consistent with the recovery themes of acceptance, humility, service to others and gratitude.

Glenbeigh has been providing sober living opportunities for over 20 years. Residing in a recovery community affords residents transitional time, the support of clinical staff and experiences with other people working a recovery program. Being part of the community helps one go from treatment back into everyday living, while learning life skills necessary to be successful.

Niles Community Garden

Residents Learn Gardening Skills While Improving Health

In 2016, Ohio completed a community health assessment, which documented health issues throughout the entire state. From the data, it was noted that poor nutrition and physical inactivity contribute to, or are closely related to, addiction. The study also determined that there are many opportunities for change to improve health outcomes. One way Glenbeigh is addressing the issue is through the formation of a community garden for residents of the Niles recovery community.

Antony Albert, Niles Outpatient Center's Counseling Assistant, manages the garden and is teaching gardening basics. From preparing soil to harvesting crops, budding horticulturists learn through hands-on activities. Documented benefits of gardening include increased motivation to exercise, reduced depression, improved self-esteem and stress relief.

Based on the success of this year's garden, Albert would like to explore collaboration with other garden development programs dedicated to improving the quality of life in the local community.

Rise and Shine Educational Events

Glenbeigh Rock Creek along with its six outpatient centers host educational seminars throughout the year. Seminars are free and open to EAP representatives, referents, business associates, healthcare professionals and anyone interested in learning more about substance abuse issues. Reservations are required as seating is limited. Visit the Professional Education Series section of the Glenbeigh website at www.glenbeigh.com for updates, registration and continuing education information.

Friday, June 22, 2018

Speakers: Joy Willmott, LISW-S, LICDC-CS and Jes Sellers, Ph.D.

A Sojourn with Addicted Professionals: Concerns, Conundrums & Discovery in Treatment

Glenbeigh Outpatient Center of Rocky River
20800 Center Ridge Road, Suite 410
Rocky River, Ohio 44116
440-356-7620

Friday, June 29, 2018

Speaker: William Hale, Ph.D., LICDC-CS

The Power of Gratitude: How Being Thankful for What We Have Enhances Recovery

Raymond M. Blasco, M.D. Memorial Library
160 E. Front Street
Erie, PA 16507
814-864-4226

Recovery Community Events

Niles Fourth of July Picnic

Sunday, July 1, 2018

29 North Road, Niles, Ohio 44446
1:00 PM to 4:00 PM

Alumni and Recovery Community Picnic

Saturday, July 21, 2018

2863 State Route 45, Rock Creek, Ohio 44084
2:00 PM to 4:30 PM

Bridges to Recovery Pittsburgh

Wednesday, August 29, 2018

500 E. 5th Street, Carnegie, PA 15106
7:00 PM to 8:00 PM

Niles Labor Day Picnic

Sunday, September 2, 2018

29 North Road, Niles, Ohio 44446
1:00 PM to 4:00 PM

Bridges to Recovery Cleveland

Thursday, September 13, 2018

20401 Hilliard Blvd., Rocky River, Ohio 44116
7:00 PM to 8:00 PM



A Surprise Gift of Gratitude

The note scrawled on a crumpled piece of paper simply read, "I'm grateful to be able to give back today. It's been a long time but I'm doing great. Got 3 years off heroin. With love, Ryan H." Underneath that note laid 28 nylon bags filled with toiletries, toothbrushes, toothpaste, hats, notebooks, puzzle books and other assorted items. This gift of gratitude was possible thanks to Operation Recovery Compassion.

Operation Recovery Compassion was founded by 12-year-old Renah K. who lost her uncle to addiction. This young woman watched the pain and suffering her family went through and has since delivered more than 1,000 Hope in a Bag packs to people in recovery. Her mission is to show people living with addiction that they are not forgotten. Ryan H., a former Niles recovery community resident who returned home to Western Pennsylvania, delivered the bags to the Niles sober living community on behalf of Operation Recovery Compassion. "It was a joy to see Ryan doing well and thinking about giving back to others in recovery," said Madeline Martin, Clinical Supervisor at Niles. The bags were distributed to residents in need. Each expressed their thanks to Operation Recovery Compassion and to Ryan H. who made the donation happen.



Accredited by
The Joint Commission

Mission Statement

To provide the highest quality healthcare to those in need of alcohol and drug addiction treatment and support ongoing recovery efforts.

Go directly to the Glenbeigh website simply by scanning this QR code with your smartphone.

