

FALL/WINTER 2008

# chatter



CARON'S MAGAZINE ABOUT  
COMPREHENSIVE ADDICTION TREATMENT  
AND RECOVERY FOR LIFE

Plus:

**Recovery Tools:** Getting Through the Holidays

**Giving Back:** An Amazing Story

**Regional Highlights:**

*Alumni Mom Gives Back*

# Fall/Winter 2008 Issue

[www.caron.org](http://www.caron.org)

# A Message from the Director of Alumni Relations

I would like to take this opportunity to thank all of our alumni and friends for another awesome year. Because of you we were able to conduct over 20 events and keep 11 Fellowship Groups and six Chapter Groups up and running. The purpose of these events and groups is to support ongoing recovery and maintain the Caron connection. They say you have to give recovery away in order to keep it and you have really reached out your hands to accomplish that.



*Lynn Seltzer*  
*Director of Alumni Relations*

Many of our patients come to Caron because you share with them your experience, your belief in what we do, and your never ending gratitude for the treatment you have received.

As we move into uncertain economic times we understand that it may be more difficult for individuals who need treatment to get the help they desperately need. If there is someone you know that is struggling with an addiction, encourage them to call Caron's Intake Department at 800-678-2332 or log onto Caron's website at [www.caron.org](http://www.caron.org). Our professionals will work with individuals and families to complete a financial interview, and, when appropriate, a scholarship application process. If for some reason they are unable to access care at Caron, our staff will work with them to find alternative solutions.

Caron is grateful to all our alumni and friends for continuing to be involved in fighting the disease of addiction. Perhaps now more than ever it is important to continue this outreach so that more people can receive treatment at Caron.

Alumni Relations wishes you all a happy, joyous and free holiday season and much continued success on your journey of recovery, one day at a time.

With gratitude,  
Lynn Seltzer



# chatter

Caron provides an enlightened, caring treatment community in which all those affected by alcoholism or other drug addiction may begin a new life.

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# RecoveryToolbox

## Recession Proof Your Health

*This time of economic uncertainty can lead many to feel magnified stress. Dr. Harris Stratmyer, a clinical psychologist and Caron New York's Regional Vice President, offers some tips he has shared with his own patients to help them manage their feelings during this unstable time and to help them recession proof their health.*

### SLOW DOWN

When we go into crisis mode we tend to speed up. But often this does more harm than good. Take a deep breath and take this time to go easier on yourself.

### EAT DINNER AT HOME WITH YOUR FAMILY

Not only is it less expensive to dine in, but it's also an opportunity to be present with the ones who love you unconditionally. A simple activity of



preparing and eating a meal together can allow you to take stock of what matters most.

### HELP OTHERS

When you're caught up in your own worries it can really alleviate stress to help others. Look to community service opportunities to remind you that you still have plenty to offer the world, and that many others are in need of your support as well.

### SEEK SPIRITUALITY

Whether it's taking a nature walk, watching the sunset, walking your dog, or visiting your house of worship – simple, joyful activities can remind you that the most beautiful things in life are free.



# Getting Through the Holidays! Putting the Fun back in Dysfunctional!

Louise E. Foote, LSW, CAC Diplomat  
Addictions Counselor, Caron Counseling Services

Holidays can be a stressful time for the best of us, but they can be especially challenging for people in recovery. Alcohol can seem to appear in the strangest places. The boss hands you a gift and you suddenly find yourself with a bottle in your hand. You stop at the neighbors and they offer you some cake with that all too familiar odor of your old friend alcohol. Someone offers you candy from another country and its main ingredient is liqueur. Let us not forget those old friends stopping by reminiscing of the good old days. The stress of money, shopping and just getting ready can easily tax our spiritual condition. These things can throw the best of us old timers away from our primary purpose, let alone the newcomer. Here are a few tips for getting through those challenging days ahead.

**Meetings, meetings, meetings.** There's nothing like a good meeting to get us back on track. If you are concerned about being alone on a holiday in order to avoid people, places and things, agree to take a commitment. Chair a meeting or make coffee. After all AA never closes. Make an extra pie or cake and arrange to stop by your local recovery clubhouse to drop it off. One of my favorite things to do is attend a local meeting on Thanksgiving Day. One of the nice things about this is that it often gives me an opportunity to see people I haven't seen in a while. As work schedules often change, many people have off for the day. Attending the meeting affords me the opportunity to catch up with those whose meeting schedule is different from mine. There is nothing like a good gratitude meeting to set the tone for the day.

**Host a recovery get together.** Invite old timers and newcomers alike. Play games or just enjoy each other's company. Traditionally, some of my recovery buds and I get together every year and have a "Pick-a-Prize." Each person brings a gift wrapped and unmarked. It can be something nice or a gag gift for fun. I always try to have a few extra on hand just in case someone forgets theirs. Each person leaves with a little something and most often a belly full of laughs. My family has also adopted this new tradition which keeps the costs down low and the spirits high.

**Create a new tradition.** Many of us were not exactly angels in our past and holidays were often excuses to "run a muck." Past traditions may be marked with bad memories of our addictive selves. One of the greatest things about

recovery is we have an opportunity to recreate ourselves. Why not recreate the holidays. Spend some time doing some charity work. Do some random acts of kindness. In the past, I have made Easter bread and delivered on the doorsteps of friends with the ring and run technique. I incorporated the younger crowd in my family to do the running. It taught them to do nice things for others and saved on my energy. We had a blast!

**Take a road trip.** If winter has got you down often a trip is just the right prescription. We all dream of spending those cold days of winter in the Caribbean or a nice warm trip to Florida. However, if skiing in the Alps is beyond your budget a local trip with recovery friends may be just what the doctor ordered. Among my favorites is Longwood Gardens. The Christmas trees lit brightly and that spring feeling in the horticultural center can easily put my spirituality back on track. The lighting of the Christmas tree at Rockefeller Center or the Christmas show with the Rockettes can help to adjust your spirits. Don't forget the tour of the mansions of Philadelphia sponsored by the Art Museum. Perhaps it's just an out-of-town meeting. Maybe it's a trip back to Caron for the Sunday morning service to reconnect with old friends. Anywhere you travel can be a breath of fresh air.

**Follow Rule 62.** AA has a saying "Don't take yourself too darn seriously." If you are going to attend occasions where dysfunction seems to prevail, have a plan for your recovery. Take a fellow recovering person along and plan to attend a meeting before and after. Be sure you have a list of phone numbers of people in recovery to call should you get yourself in a jam. You can always call the local hotline. One of my best strategies is to try to stay detached. Play with the kids. Somehow they seem to help keep it simple amongst the chaos. I also like to play a little tune in my head when things get too serious. My favorite is the "Looney Tunes" cartoon theme. It somehow changes the perspective. Many of us have wonderful families while others of us need to detach. Humor can help! Remember, when in doubt, don't go!

Above all, remember it is just another day. Just take it a day at a time. Holidays in recovery can be one of our greatest gifts if we keep that attitude of gratitude!



## What's New at Caron... New Program Offerings

*To meet the changing and diverse needs of our patients, Caron recently developed several new programs and implemented some key treatment philosophies. These new programs and philosophies are key components in the enhancement of Caron's comprehensive continuum of care and Recovery for Life philosophy.*



### **Young Adult Female Program**

Designed to treat women 20-25 years old, this new program follows the same treatment modalities of our highly successful Young Adult Male Program. Through assessments, therapy, education and peer support groups, the young women will be able to address the core issues of their chemical dependencies. A young woman's family will also be engaged from the onset of treatment. The family treatment component of the Young Adult Female

Program is the first step toward family healing and is a mandatory requirement of the program.

*To learn more about our new Young Adult Female Program, listen in on Tom Deitzler, the Director of Young Adult Services', recent podcast at [www.caron.org](http://www.caron.org) in the What's New section.*

### **Assessment Programs: Adolescent, Young Adult, Adult & Chronic Pain**

There are many families who are often unsure of their loved one's erratic behavior, unsure if there is a problem with drugs or alcohol, and are unable to figure out what the next steps should be. Caron's new assessment programs are intensive, five-day residential programs designed to rule in or rule out a chemical dependency diagnosis. At the conclusion of the

assessment period, the assessment team meets with the patient and family/loved ones to review the assessment findings and recommendations for next steps.

*To learn more about Caron's full spectrum of assessment programs log onto [www.caron.org/assessment-programs](http://www.caron.org/assessment-programs). Parents can also visit [AssessMyFamily.org](http://AssessMyFamily.org) to complete a confidential questionnaire on teen behaviors that may indicate a chemical dependency.*

### **Smoke-Free/Tobacco-Free Treatment Programs**

On July 1, 2008, Caron's Young Adult Treatment Programs (those treating men and women 20-25 years of age) and the Adult Women's Extended Care Program became smoke- and tobacco-free. Studies have shown that a person who is chemically dependent has a better chance at long-term recovery if they stop smoking. To aid patients in the transition of becoming smoke-free, Caron has a comprehensive smoking cessation and nicotine replacement program.

*The Young Adult Programs and the Women's Extended Care Program, join Caron's Adolescent Services, who have been successfully smoke-free for more than a year.*





# An Amazing Story About Giving Back

For most of her life, Regina had no clue that addiction was a disease and how profoundly it impacted families. It was her son's struggle with drugs and alcohol that eventually brought her to Caron nearly 15 years ago.

When she came, Regina was divorced and raising six children on her own. It was only natural that she felt responsible for her son's addiction, and asked herself, "What did I do wrong? How did I fail as a mother?" The guilt she felt was overwhelming.

After her son went through adolescent treatment, Regina participated in the Family Education Program, and also began attending the Chapel Services at Caron. One Sunday after the service, Father Bill said to her, "Regina, you need to attend the Codependency Program." However, with the cost of her son's treatment and having six children to provide for, there was no way she could afford to pay for the program.

That's when Father Bill stepped in saying, "You need this program and we can help you cover the cost through the Chapel Fund." Regina agreed to go, although with some hesitancy. In fact, on the Sunday she was scheduled to come to the program, Regina locked her keys in the car and thought for sure this was a sign from God that she should not attend. But then she remembered Father Bill telling her to keep an open mind, and she found the strength and courage to show up.

Regina describes the program as an "eye-opening and life-changing experience equal to five years of therapy." She experienced a tremendous amount of healing and an awareness of her codependency issues resulting from growing up in an addicted/codependent family.

Regina was so grateful to Father Bill for the scholarship she received, she wanted to do something to help others in return. She couldn't afford to make a large donation to the Chapel Fund, so she decided to give what she could on a regular basis. The amazing part is that Regina has continued to send monthly donations ever since! In fact, Regina's total lifetime giving has qualified her as a member of Caron's President's Council, which recognizes donors who have given \$10,000 or more. Imagine the number of lives Regina has touched over the years through her contributions to the Chapel Fund!

But the story doesn't end here...

After going through the Codependency Program, Regina, along with several other women, started a weekly Al-Anon meeting at Caron's Adolescent Center. The 12-Step meetings were focused on providing support for parents who were dealing with issues related to their child's addiction. Regina continued to chair the meetings for years, which not only helped her with her own recovery, but also helped to support hundreds of other parents through the challenges of early recovery.



*Father Bill & Regina*

Regina's connection with Caron continued. From 2001-2005, she worked as a consultant with Caron's Family Education Program, presenting lectures and doing family sculptures. Regina loved working with families so much that she decided to go back to school to become an addictions counselor. As she worked full-time, Regina attended Alvernia College and graduated this past May with a Master's in Counseling. At the remarkable age of 67, Regina is now taking a few months off to relax before she heads into her new career as a counselor.

What an amazing story about one woman's journey in recovery, and the difference she has made in people's lives through her compassion and her generosity. We wish Regina all the best and extend our heartfelt gratitude for her philanthropic spirit of helping others.

*For more information on the Chapel Fund and how you can help patients, families and newly recovering individuals, please contact Sue Hendrickson at 800-678-2332 or visit [www.caron.org](http://www.caron.org) and click on "Make a Donation" and the Annual Fund.*



## Regional Highlights



### Director of Operations Comes on Board

We are pleased to welcome our new Director of Operations, Jennifer Vargesco Burgess, who joined us full-time on July 14, 2008. Jennifer has been keeping busy with case management of existing Bermuda Continuing Care clients, fielding new requests for service, and developing relationships with referral sources and local community treatment facilities.

*Jennifer Vargesco Burgess*



### Annual Honoree Dinner Raises Funds for Treatment Scholarships



*Walter D'Alessio*

The Philadelphia Honoree Dinner was held on Wednesday, November 5th, at The Crystal Tea Room in the Wanamaker Building. The honoree was Walter D'Alessio of NorthMarq Capital. Speakers were Philadelphia District Attorney Lynne Abraham and Toren Volkmann, author of the book "From Binge to Blackout."

A reception, silent auction, and dinner were all part of the celebration. The dinner raised nearly \$350,000 for Caron treatment scholarships.

### Other Items to Note:

The Philadelphia Leadership Council is now chaired by Casey Duffy. Casey also serves on the Caron Board of Directors together with his father, John Duffy. This makes the first time that Caron has a father/son combination as board members.

In January 2009, a new **12-Step skill building program** will start for Caron alumni and will be offered on a monthly basis. Barbara Teal will be the instructor. For more information and details regarding this program, please contact Jim McManus at Caron Philadelphia at 484-351-7340 or [jmcmamus@caron.org](mailto:jmcmamus@caron.org).



## Regional Highlights



### Message from the Caron Renaissance Alumni Office



Candy Sykes

With the holidays fast approaching and another year coming to a close, I would like to take a moment to thank all of the wonderful alumni, families and friends who have supported Caron Renaissance during the last year. From family alumna Linda Quirk embarking on her incredible Run7on7 journey of running seven marathons on seven continents to raise scholarship dollars and awareness, to our dedicated Caron Renaissance Alumni Association, Inc. leading the Aftercare Program Groups and mentoring the patients...this past year has been extraordinary! The hard work and energy on behalf of those grateful for their Caron Renaissance experience is never ending. All of us here at Caron Renaissance extend our heartfelt gratitude for your generosity and wish you the best of the Holiday Season.

*If you would like to learn more about ways to get involved and help preserve the future of Caron Renaissance, please contact me at 561-241-7977 or [csykes@renaissanceinstitute.net](mailto:csykes@renaissanceinstitute.net).*

### Alumni Mom Gives Back



Joanne P.

When Joanne P. went to Caron's main campus in Pennsylvania for the Family Education Program (FEP) little did she know it would be the start of an amazing journey into recovery for herself! She went there to support her son's treatment, but what she experienced, in her own words, were the "aha moments" that changed her life. Joanne expressed, "I learned that addiction is a family disease and, most importantly, that my recovery is as important as my son's." After her son completed his primary treatment at Caron's main campus, he then entered the extended care program at Caron Renaissance in Boca Raton, FL. Joanne participated in the Family Week Program there and reflected, "I was able to learn about addiction and the family system as a whole, as well as how to set healthy boundaries with my son and continue with my own recovery." Today Joanne is a regular speaker at the Family Program at Caron in Pennsylvania, is active in fundraising for Caron Renaissance, and is a participant in the Family Contact Program which supports families of patients entering treatment at Caron Renaissance.

*"Family education is an integral part of the treatment process. I learned so much about myself and wanted to give back to other family members what I received." - Joanne P.*

If you would like to help support other families, please contact Candy Sykes at 561-241-7977 or [csykes@renaissanceinstitute.net](mailto:csykes@renaissanceinstitute.net).



### We've Moved!

*Caron Renaissance's new 22,000-square foot treatment space at the Beacon Square Office Complex is now complete. As of November 25th, all treatment services and staff are now located at 7789 N.W. Beacon Square Blvd., Boca Raton, FL. The Caron Renaissance residences will still be located at Fairways on the Green.*



All of us here at Caron Renaissance are amazed by the support that Linda Quirk has received on her year-long run - literally a marathon on each of the seven continents! When we heard about her efforts, we couldn't help but join in and help her spread her message around the world. To date, four Caron Renaissance staff members have run alongside of Linda and one other is scheduled to join her in the next few months. **To learn more about Linda's incredible journey and to contribute to her efforts log on to [run7on7.com](http://run7on7.com).**

**China** – Rich Craig, Program Director

**Africa** – Michael Herbert, Clinical Team

**Iceland** – Jennifer Lorey, Clinical Team

**Australia** – Ernest Bradshaw, Admissions

**Antarctica** – Candy Sykes, Alumni Office



## Regional Highlights



### Calendar of Events - December 2008

**Mondays** 7:15 – 8:15 p.m.  
AA Meeting: Atlantic Group

**Tuesdays** 5:30 – 6:30 p.m.  
AA Meeting: "We Have Hope"  
6:00 – 8:00 p.m.  
12 Steps to Self-Parenting Workshop  
5:30 – 6:30 p.m.  
Adolescent Support Group  
For information please call 646-220-6191.  
6:45 – 8:00 p.m.  
Young Adult Support Group  
For information please call 646-220-6191.

**Wednesdays** 12:15 – 1:45 p.m.  
Lunchtime Creative Arts Recovery Group  
For information please call 917-572-6114.  
6:00 – 6:30 p.m.  
Concerned Parents Workshop  
Please call in advance – 917-583-0721.  
(Also available by individual appointment.)  
7:00 – 9:00 p.m.  
Parents of Alumni Support Group (\$35 per person)  
For information please call 917-583-0721.  
7:15 – 8:30 p.m.  
Al-Anon Meeting

**Thursdays** 6:00 – 6:30 p.m.  
CCSD Alumni Support Group Orientation  
(Required for first-time attendees.)  
6:30 – 8:00 p.m.  
CCSD Alumni Support Group (\$20 per person)  
**December 11th:**  
6:00 – 8:30 p.m.  
Psychodrama Workshop – 2nd Thursday of each month  
(Open to alumni and friends.) "The Holidays: What Do They Mean to Me?" (\$20 per person)

**Fridays** 5:00 – 6:00 p.m.  
Orientation to Adolescent, Alumni & Parents Support Services  
(Advance appointment necessary. Please call 917-583-0721.)  
6:00 – 9:00 p.m.  
Road Recovery - "Keeping it Real"  
(Open to all recovering teens.)  
7:15 – 8:15 p.m.  
Al-Anon/ACOA Meeting

#### COMING EVENTS

**January**  
Womens' 50+ Support Group  
For information please call 914-723-6488.  
Parents Monthly Workshops will resume January 2009.  
For details please call 800-678-2332, ext. 6160.

# CARON NY ALUMNI REUNION "Moments of Clarity"

**SATURDAY,  
FEBRUARY 7, 2009**

**Central Presbyterian  
Church  
64th & Park Ave.  
New York, NY  
12 noon – 3:00 p.m.**

**\$25 per person**

**Featuring  
CHRISTOPHER KENNEDY LAWFORD  
Author of the book:  
"Moments of Clarity: Voices from the  
Front Lines of Addiction and Recovery"**

**Lunch, fellowship and fun.  
Come and share your own  
experiences with alumni  
and friends of Caron.**

**For more info contact  
Vinson German at  
vgerman@caron.org or  
800-678-2332 x6160.**



# Caron Fellowship Groups and Chapter Groups

A **Chapter Group** is a working committee designed to plan events and activities for alumni and friends in their local community.

The purpose of a **Fellowship Group** is to support recovery and bond with fellow alumni.

For additional information, please go to [www.caron.org](http://www.caron.org) under Alumni or contact Caron's Alumni Relations Department at 800-678-2332, x6145.

## COMBINED FELLOWSHIP/ CHAPTER GROUPS

### BERKS COUNTY AREA, PA

**For:** *Alumni, Family & Friends*  
**When:** 2nd Tuesday each month  
**Time:** 6:30 – 8:00 p.m.  
**Where:** Caron's Main Campus  
Galen Hall Road  
Wernersville, PA 19565

*(The meeting will be held on the Adult side of campus in the Cafeteria's Private Dining Room.)*

**Contact:** Alumni Relations  
800-678-2332 x6145  
cschwartz@caron.org

### SUSQUEHANNA VALLEY, PA

**For:** *Alumni, Family & Friends*  
**When:** 3rd Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Community United  
Methodist Church  
16th & Bridge Street  
New Cumberland, PA 17070

**Contact:** Julie @ 717-541-5677

### PHILADELPHIA AREA, PA

**For:** *Alumni, Family & Friends*  
**When:** 3rd Wednesday each month  
**Time:** 6:30 – 8:00 p.m.  
**Where:** Caron Philadelphia  
Interchange Corporate Center  
450 Plymouth Road, Suite 301  
Plymouth Meeting, PA 19462

**Contact:** Casey @ 484-390-0681

### SOUTH JERSEY AREA, NJ

**For:** *Alumni, Family & Friends*  
**When:** 2nd Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Prince of Peace Lutheran Church  
61 Route 70 East  
Marlton, NJ 08053

**Contact:** Jim Cooper @ 908-616-6924

### TRUMBULL, CT

**For:** *Alumni, Family & Friends*  
**When:** 2nd Wednesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Grace Episcopal Church  
5958 Main Street  
Trumbull, CT 06611

**Contact:** Scott @ 203-268-3713  
ssgreen@charter.net

### WASHINGTON, D.C. AREA

**For:** *Alumni, Family & Friends*  
**When:** 1st Thursday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Del Ray Club (Chuck O. Room)  
7300 Pearl Street  
Bethesda, MD 20814

**Contact:** Ruth @ 202-365-1330  
riddickr@aol.com

## FELLOWSHIP GROUPS

### FINGER LAKES AREA, NY

**For:** *Alumni, Family & Friends*  
**When:** 3rd Saturday each month  
**Time:** 3:00 p.m.  
**Where:** Watson Homestead  
Conference Center  
Painted Post, NY 14870

**Contact:** Jenny @ 607-962-0541

### LEHIGH VALLEY AREA, PA

**For:** *Alumni, Family & Friends*  
**When:** 1st Monday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** New Covenant Christian  
Community Church (Room #3)  
21 E. Broad Street  
Bethlehem, PA 18018

*(Parking is available in the metered lot across Long Street. Meters are free after 6:00 p.m.)*

**Contact:** Tom @ 610-867-5441

### SCHUYLKILL HAVEN, PA

**For:** *Alumni, Family & Friends*  
**When:** 1st Wednesday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** First United Church of Christ  
110 Route 61 South  
Schuylkill Haven, PA 17972

**Contact:** Chuck @ 570-366-0432

### ROANOKE, VA

**For:** *Alumni, Family & Friends*  
**When:** 2nd Saturday each month  
**Time:** 10:30 a.m. – 12:00 noon  
**Contact:** Joan @ 540-992-3826 or 540-520-7287

### BALTIMORE AREA

**For:** *Alumni, Family & Friends*  
**When:** 3rd Monday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** St. Timothy's Evangelical  
Lutheran Church  
100 E. Timonium Road  
Timonium, MD 21093

**Contact:** Ginny @ 410-296-8606

## PARENT SUPPORT MEETINGS

### TRUMBULL, CT

**For:** *Parents of Addicted Children*  
**When:** 2nd Wednesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Grace Episcopal Church  
5958 Main Street  
Trumbull, CT 06611

**Contact:** Joi Honer @ 800-678-2332 x6156  
jhoner@caron.org  
or Leslie @ 203-254-7731

### PHILADELPHIA AREA, PA

**For:** *Parents of Addicted Children*  
**When:** 1st Monday each month – Step  
(beginning Oct. 2008)  
2nd and 4th Monday – Discussion  
**Time:** 7:00 – 9:00 p.m.  
**Where:** Caron Philadelphia  
Interchange Corporate Center  
450 Plymouth Road, Suite 301  
Plymouth Meeting, PA 19462

**Contact:** Joi Honer @ 800-678-2332 x6156  
jhoner@caron.org

### PHILADELPHIA AREA, PA

**For:** *Parents of Addicted Children  
Under the Age of 21*  
**When:** 3rd Monday each month  
**Time:** 7:00 – 9:00 p.m.  
**Where:** Caron Philadelphia  
Interchange Corporate Center  
450 Plymouth Road, Suite 301  
Plymouth Meeting, PA 19462

**Contact:** Joi Honer @ 800-678-2332 x6156  
jhoner@caron.org

### SOUTHERN NEW JERSEY

**For:** *Parents of Addicted Children*  
**When:** 2nd Tuesday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Prince of Peace Lutheran Church  
61 Route 70 East  
Marlton, NJ 08053

**Contact:** Joi Honer @ 800-678-2332 x6156  
jhoner@caron.org  
or Dottie H. @ 856-296-9989

### WASHINGTON, D.C. AREA

**For:** *Alumni, Family & Friends*  
**When:** 1st Thursday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Church In Bethesda  
5033 Wilson Lane  
Bethesda, MD 20240

**Contact:** Joi Honer @ 800-678-2332 x6156  
jhoner@caron.org



# 2008-2009 Alumni & Friends Calendar of Events

## 2008

### RICHMOND HOLIDAY GATHERING

**When:** Friday, December 5, 2008  
**Where:** Round House at Byrd Park  
 Richmond, VA 23173  
**Time:** 6:30 – 9:00 p.m.  
**Cost:** There is no cost for this event,  
 however there is a suggested donation  
 of \$5 per person  
**Contact:** Mary Jane Doney @ 800-678-2332 x6266  
 mdoney@caron.org

## 2009

### CARON ALUMNI AND FRIENDS NEW YORK REUNION

**When:** Saturday, February 7, 2009  
**Where:** Central Presbyterian Church  
 64th and Park Ave.  
 New York, NY 10021  
**Time:** 12:00 noon – 3:00 p.m.  
**Cost:** \$25 per person  
**Contact:** Vinson German @ 800-678-2332 x6160  
 vgerman@caron.org

### 3RD ANNUAL CONNECTICUT RECOVERY LUNCHEON FOR THE YOUNG AND YOUNG AT HEART

**When:** Saturday, March 14, 2009  
**Where:** Holiday Inn Danbury  
 80 Newtown Rd.  
 Danbury, CT 06810  
**Time:** 12:00 noon – 2:30 p.m.  
**Cost:** \$15 in advance  
 \$20 after 3/6/09  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### 11TH ANNUAL WASHINGTON, D.C. COMEDY NIGHT

**When:** Sunday, March 29, 2009  
**Where:** Samuel Riggs IV Alumni Center  
 University of Maryland  
 College Park, MD 20742  
**Time:** 6:00 p.m. – Hors d'oeuvres  
 7:00 p.m. – Showtime  
**Cost:** \$40 in advance  
 \$45 after 3/20/09  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### SPRING FLING DINNER DANCE

**When:** Saturday, April 4, 2009  
**Where:** Easy Does It Recovery Community Center  
 1300 Hilltop Road  
 Leesport, PA 19533  
**Time:** Dinner – 6:00 p.m.  
 Speaker – 7:30 p.m.  
 Music – 8:30 p.m.  
**Cost:** \$15 in advance  
 \$20 after 3/27/09  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### 12TH ANNUAL HARRISBURG SERENITY BREAKFAST

**When:** Saturday, May 2, 2009  
**Where:** Holiday Inn Harrisburg West  
 5401 Carlisle Pike  
 Mechanicsburg, PA 17050  
**Time:** 9:00 – 11:30 a.m.  
**Cost:** \$15 in advance  
 \$20 after 4/24/09  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### CARON AT THE CAPE

**When:** Friday-Sunday, May 15-17, 2009  
**Where:** Atlantic Sands Hotel and Conference Center  
 Rehoboth Beach, DE 19971  
**Cost:** TBD  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### ANNUAL ALUMNI & FRIENDS HOMECOMING REUNION

**When:** Saturday, July 18, 2009  
**Where:** Taylor Field – Caron's Main Campus  
 Wernersville, PA 19565  
**Time:** 9:00 a.m. – 4:00 p.m.  
**Cost:** \$15 in advance  
 \$20 after 7/10/09  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### 9TH ANNUAL RICHARD KELLEY MEMORIAL GOLF TOURNAMENT

**When:** Saturday, September 12, 2009  
 Rain date: 9/19/09  
**Where:** Galen Hall Country Club  
 645 N. Galen Hall Rd.  
 Wernersville, PA 19565  
**Time:** 11:00 a.m. – Registration & box lunch  
 12:30 p.m. – Shotgun start  
*Dinner immediately following the tournament.*  
**Cost:** \$100 per player/\$400 per foursome  
*\*Early registration is encouraged*  
**Contact:** Jamie Demmi @ 800-678-2332 x6110  
 jdemmi@caron.org

### ADOLESCENT RECOVERY CELEBRATION DAY

**When:** Sunday, September 20, 2009  
**Where:** Caron's Main Campus  
 Wernersville, PA 19565  
**Time:** 8:30 – 4:00 p.m.  
**Cost:** \$15 in advance  
 \$20 after 3/6/09  
**Contact:** Joi Honer @ 800-678-2332 x6156  
 jhoner@caron.org

### 2ND ANNUAL BERMUDA ALUMNI AND FRIENDS HOMECOMING REUNION

**When:** Saturday, October 3, 2009  
**Where:** Caron Bermuda  
**Time:** 4:00 – 7:00 pm  
**Cost:** TBD  
**Contact:** Caron Bermuda @ 441-236-0823

**Stay connected.** *Stay connected and receive new recovery tools from Caron!*

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Access Caron's new online mailing list form located on the top of the caron.org homepage.



Join Caron's mail list or update your mailing information.

If you have any questions while filling out this form, please contact Mary Jane Doney in Caron's Alumni Office at 800-678-2332 x6266 or mdoney@caron.org.