



# chatter



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

## Summer 2010

I S S U E

**Plus:**

**Recovery Toolbox:** The Spiritual Seasons of Recovery

**Internet or Ink:** Which Do You Prefer?

**Upcoming Event:** Alumni Reunion – July 17, 2010

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

## A Message from the President



*Doug Tieman, President &  
Chief Executive Officer*

### *Introducing Caron Texas — and some chatter about Chatter*

#### *Caron Texas*

Beginning in the 1950s, Dick Caron worked tirelessly to help as many people as possible and share the gift of recovery with others. Every time he had the opportunity to add a few more beds or a few more services to help others in need, he did it.

So naturally when Caron discovered an opportunity to provide quality treatment to an underserved area in the southwest – just north of Dallas – we did what Dick Caron would have done. We made plans to open Caron Texas ([www.CaronTexas.org](http://www.CaronTexas.org)), a brand new 42,000-square-foot facility on 40 acres of serene and secluded land.

Opening its doors in July, Caron Texas will be a 40-bed adult residential treatment center. There will be 36 gender-separate gender-specific treatment beds, four medically-supervised detox beds, and wonderful amenities including a fitness center and a swimming pool.

Based on the 12-Step Program, Caron Texas' multi-disciplinary treatment approach will feature on-site detoxification and full behavioral, medical, psychiatric and spiritual continuum of care. Highly skilled, credentialed clinicians will provide primary addiction treatment to adults who may also suffer from co-occurring disorders.

As a part of the primary treatment stay – and a holistic recovery process – patients' families can learn about the disease of addiction and develop tools for their own recovery in the 5-day educational and therapeutic Family Program. Following discharge from the Caron Texas program, patients will have access to Caron's monthly Recovery



[Caron Alumni & Friends](#)



[@CaronTreatment](#)

Care Services calls for one year. For Extended Care, there are options available through Caron's main campus in Pennsylvania and Caron Renaissance in Florida, as well as the countless facilities Caron has relationships with around the country.

### *The Chatter*

Since 1952, when Dick Caron first published the *Chit Chat Chatter*, it has been a tool for recovering individuals and their families. Now, six decades later, with modern technology, Caron is able to sustain Dick's vision of "real time" communication to people in need. Regardless of the Caron location, we have centralized communications service 24/7, 365 days a year so our knowledgeable specialists can provide information on any Caron location and admissions to anyone who needs our help.

And for alumni and their families, Caron offers tools – like the *Chatter* – for Recovery For Life and regular communications to stay connected and inspired.

As we evolve in serving the needs and preferences of our alumni, friends and families for instant information, Caron has dramatically increased its digital presence through online communications, social media networks and a regular blog.

While we are migrating much of our communications to the web, we are very committed to the *Chatter* and honoring Dick Caron's legacy. Beginning with this issue, you'll receive a new format of the printed *Chatter*, which is a condensed version of what is posted online. You can access the *Chatter* 24/7 for full details of events, recovery tools and inspiring articles.

Please take our survey at <http://bit.ly/CaronSurvey> and tell us what you think: ink or Internet. As a main source of communication, we want the *Chatter* to be a valuable tool for you and to live up to its legacy of keeping us connected.

A stylized, handwritten signature in white ink, appearing to read "Dick Caron". The signature is composed of several overlapping loops and lines, with a horizontal line extending from the right side.



## Letter from Alumni



*Chuck and Ginny Crouse*

### **Dear friends,**

How do you repay someone for your life? After far too many years of drinking far too much, I finally decided I'd had enough. I checked myself into Caron and turned over my recovery to their program. I had proven to myself I couldn't do it alone. After a month of tears of pain and joy, I was released with a lot of support tools in my toolbox. A year of intense group and individual therapy with alcohol counselors and a lot of 12-Step meetings gave me the strength to feel like I just might make it.

When visiting each year's reunion, my husband and I would tear up at the sight of the white fence on Galen Hall Road. Over the years, I felt the need to give back to Caron and am so delighted that they provide so many opportunities to do so. When we moved within an hour's drive of the campus, I was finally able to participate in the Berks County Chapter Meeting and the Alumni Reunion Committee. I speak once a month to a group of patients, volunteer for the annual Richard Kelley Memorial Golf Tournament, and greet attendees at the Breakthrough program. And, more recently, I've been attending the new Lancaster County Chapter Meeting.

I've often told my husband, who shares some of the volunteering with me, that I drive to Caron for events, but that I fly back. We remember the despair that we felt before we found the Caron program. We are also aware that many people who need what Caron offers are unable to pay for it, so we began making pledges of quarterly gifts last year and are continuing to do so in 2010.

It is my husband's way of thanking Caron for giving his wife back to him. It is my way of thanking Caron for giving me my life back.

— *Ginny Crouse*



## Regional Highlights

### Racing The Planet

Caron Renaissance alumnus Warrie B. ran in Racing the Planet's Four-Desert Series, which is one of the most prestigious outdoor series in the world. During the race in the Atacama Desert in Chile, South America, Warrie placed 15th overall in this 155 mile foot race – well ahead of the pack of professional runners.

The next race will be in June 2010 in the Gobi Desert, Dunhuang, China, where alumnus Thomas G. will participate. To train for this race, Thomas is running more than 80 miles each week. You can check out his progress on [www.racingthepplanet.com](http://www.racingthepplanet.com).



*Warrie B. in the Four-Desert Series*



*Benefit Chairperson  
Petra Levin and Caron  
CEO Doug Tieman*

### Caron Renaissance Gala

As Grammy award winner Jon Secada heated up the stage at The Mar-a-Lago Club in Palm Beach during the February 26, 2010 Caron Renaissance Gala, benefit chairperson Petra Levin announced a surprise donation of \$300,000 by Stewart Rahr, friend of Gala honorary chairman, Donald Trump. The donation brought funds raised for the Lifesaver Scholarship Fund at the Boca Raton-based Caron Renaissance to just over \$1 million – providing scholarships to those in need of addiction treatment who would otherwise not have the opportunity to benefit from the advanced programming Caron provides.

As Caron CEO Doug Tieman welcomed guests, he also honored Caron Renaissance executive director Sid Goodman for his 20-year commitment to excellence at the South Florida facility.

### 2010 Berks County Richard J. Caron Award of Excellence Dinner Raises Funds for Adolescent Treatment

On April 14, 2010, nearly 750 guests gathered to honor David M. Bestwick at the 19th Annual Richard J. Caron Award of Excellence Dinner. Thomas Reinhart served as this year's dinner chairman and Kenneth D. Gill, Jr. served as the honorary dinner chairman. The generous support of the Berks County community raised more than \$290,000 for Caron's Adolescent Treatment Programs.

Mr. Bestwick, former chairman and co-founder of Tray-Pak Corporation, was awarded the Richard J. Caron Award of Excellence for his spirit of caring and compassion and his personal commitment to the community. Toren Volkmann, former Peace Corps volunteer and author of *From Binge to Blackout*, was the keynote speaker.



*Award recipient Dave Bestwick (front center)  
with Ken Gill (left) and Tom Reinhart (right)*



# Living the Magic

## Annual Alumni & Friends Homecoming Reunion

**Saturday, July 17, 2010** (Rain or Shine)

### Agenda

- |                                     |  |           |  |
|-------------------------------------|--|-----------|--|
| 8:30 a.m.                           | <b>Registration Opens</b><br>Cost: Adults - \$15<br>Children 15 and under - free         | 1:35 p.m. | <b>Skit Entertainment</b><br>Rev. Jack Abel, Director of Pastoral Care (Main Tent)                                   |
| 9:00 a.m.                           | <b>Memorial Service with Father Bill &amp; Rev. Jack</b><br>(Chit Chat Auditorium)       | 2:00 p.m. | <b>Children's Magic Show</b><br>(Drum Tent)  |
| 10:15 a.m.                          | <b>Gratitude Meeting</b><br>(Main Tent)  | 2:30 p.m. | <b>Big Raffle Winners Announced</b><br>(Main Tent)<br>(Other raffle prize winners will be posted at the Raffle Tent) |
| 11:00 a.m.                          | <b>Drum Circle</b> (Drum Tent)   |           |  |
| <b>11:30 a.m. - 1:00 p.m. Lunch</b> |  |           |  |
| 1:00 p.m.                           | <b>Welcome/Opening Remarks</b><br>Lynn Seltzer, Director of Alumni Relations (Main Tent) | 3:00 p.m. | <b>Open Mic</b><br>(Sign up on the clipboard at the Main Tent)   |
|                                     | <b>Presentation of Alumni Awards</b><br>Doug Tieman, President/CEO (Main Tent)           |           |  |
|                                     | Outstanding Alumni Award   |           |  |
|                                     | Outstanding Adolescent Alumni Award  |           |  |
|                                     | <b>Chit Chat Society Recognition</b><br>Linda Caron Denby (Main Tent)                    |           |  |

**Games & Activities**

**10:00 a.m. - 2:00 p.m.**  
Bouncy Castle and Body Art

**10:00 a.m. - 3:00 p.m.**  
Spiritual Decoding  
Spiritual Healing

**10:00 a.m. - 3:30 p.m.**  
Kids Games and Activities

**11:00 a.m. - 2:00 p.m.**  
Chair Massages

**11:00 a.m. - 3:00 p.m.**  
Virtual Magic Carpet Rides  
Virtual Roller Coaster Rides

*\*Times are subject to change.*



## Recovery **Toolbox**

### The Spiritual **Seasons of Recovery**

By Meredith Hardee, Caron Spiritual Advisor

On an unseasonably warm day this spring, I began working in my garden and uncovering the new growth that was trying very hard to push through last year's dead leaves. As I worked, I began to think about how similar my recovery process is to the renewal of spring. Each spring, it's time to remove the dead leaves from the previous seasons so new life can begin. Watching the seasons evolve helps me see how I can evolve too, spiritually.

As I dug the earth, I began digging into my thoughts and emotions to remove any hurt, pain, loss and stubbornness that may have accumulated over the fall and winter months.

*Fall: A time to deaden all that is not working in your life.*

I rake the old, dead leaves into piles and place them in trash bags to be taken away. I take out - or give to Mother Earth - all of my resentments, fears and frustrations, knowing she lovingly will take them and use them for growth. This becomes a mini 5th Step with my garden and Mother Earth.

*Winter: A time to rest and be more introspective.*

I reflect on the people, situations and beliefs that I have had about myself that no longer service me. I hear so many of my healers say, "any resentments I hold will only hurt me." So I dig the old voices out. The digging process is like a mini 4th Step.

*Spring: A time to take life's lessons from the previous seasons and begin to cultivate or renew your commitment to spiritual evolution.*

It's all about spiritual growth. The spring season offers us the perfect time to look, feel and clear away the emotional baggage that has piled up and veiled our spirit. Spring is about growth and rebirth, where we are on our spiritual path.

*Summer: A playful time to reflect on recovery.*

Finally, when I am done and have put my gardening tools away, I sit with my coffee, look at my cleaned garden and feel at peace with myself that I have also cleared a pathway to my Higher good. The growth pushes us to a new level of awareness.

Throughout the year, we have the opportunity to evolve spiritually, help each other in our struggles and celebrate our victories. Just like our daily struggles, there were times when I really had to pull on the weeds and at other places the ground was more forgiving. Sometimes it is easy to see, feel and release, while other times we must dig a bit deeper. It takes work to learn new lessons and ask our Higher Power "what's next" in our spiritual journey.

As Mother Earth awakens from her sleep, I awaken from mine. I wish for all of you to awaken the Spirit within by clearing away the old, dead leaves and looking closely for buds of new growth.

Until the next time we meet,

Peace.



## Survey Says: Internet or Ink?

As Caron embraces the digital world of communications, and its environmental and financial benefits, it's important to know that we are staying connected with you.

Please take our brief confidential survey at <http://bit.ly/CaronSurvey> to tell us if you prefer to receive mailings electronically or in print, or possibly a mix of both.

In just a few clicks, you can share your preferences so we can deliver to you timely information, recovery tools and inspiring stories.



## New & Improved Website

Check out the new and improved Caron website! New features on Caron.org include:

- Video testimonials from Caron alumni
- Easy links to Caron's blog, Twitter and Facebook pages
- Streamlined information

The Caron website is an important tool used to educate professionals, individuals and families about the disease of addiction and treatment options. We hope the website also helps you stay connected to Caron by making it easier to:

- Find alumni events and register online
- Select the communications you would like to receive from Caron
- Update or add your contact information
- Read Caron's blog and follow Caron on Twitter and Facebook
- Talk to others affected by addiction



Your feedback made the difference! Suggestions for website improvements from alumni, families and Caron employees were critical in the development of the new website.

Thank you to all those who participated in user interviews, offered feedback or shared their Caron story.

*There's more to come! Some of our regional locations will have new websites in the coming months.*

## We need your email!

Caron is "spring cleaning" its mailing lists and we need your current email address so you can receive our emails, event updates and recovery tools. Please go to [www.caron.org/mailling-list](http://www.caron.org/mailling-list) to add or update your email.





# Caron Fellowship, Chapter and Parent Groups

## COMBINED FELLOWSHIP/CHAPTER GROUPS - *Alumni, Family & Friends*

The purpose of a **Fellowship Group** is to support recovery and bond with fellow alumni. A **Chapter Group** is a working committee designed to plan events and activities for alumni and friends in their local community.

### **BERKS COUNTY AREA, PA**

**When:** 2nd Tuesday each month  
**Time:** 6:30 – 8:00 p.m.  
**Where:** Caron's Main Campus  
Adult Cafeteria's Private Dining Room  
Wernersville, PA  
**Contact:** Mike R. @ 610-373-3061 or  
micharee6@aol.com

### **LONG ISLAND, NY**

**When:** 4th Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Montfort Spiritual Center Cafeteria  
Bay Shore, NY  
**Contact:** Karen Curtin @ 610-413-2645 or  
kcurtin@caron.org

### **MONMOUTH COUNTY AREA, NJ**

**When:** 4th Wednesday each month (*Starting 6/23/10*)  
**Time:** 6:30 – 8:00 p.m.  
**Where:** St. John's Episcopal Church, Little Silver, NJ  
**Contact:** Karen Curtin @ 610-413-2645 or  
kcurtin@caron.org

### **NEW YORK, NY**

**When:** 3rd Wednesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Caron New York City, New York, NY  
**Contact:** Karen Curtin @ 610-413-2645 or  
kcurtin@caron.org

### **NORTHERN NEW JERSEY, NJ**

**When:** 1st Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** St. John's Lutheran Church, Summit, NJ  
**Contact:** Karen Curtin @ 610-413-2645 or  
kcurtin@caron.org

### **PHILADELPHIA AREA, PA**

**When:** 3rd Wednesday each month  
**Time:** 6:30 – 8:00 p.m.  
**Where:** Caron Philadelphia  
Interchange Corporate Center  
Plymouth Meeting, PA  
**Contact:** Casey D. @ 484-390-0681 or  
casey\_duffy@comcast.net  
Julie O. @ 215-817-1268 or  
julieomallphd@comcast.net

### **SUSQUEHANNA VALLEY, PA**

**When:** 3rd Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Community United Methodist Church  
New Cumberland, PA  
**Contact:** Julie M. @ 717-541-5677 or  
jmetzger6@comcast.net

### **TRUMBULL, CT**

**When:** 2nd Wednesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Grace Episcopal Church, Trumbull, CT  
**Contact:** Scott G. @ 203-913-8860 or  
ssgreen@charter.net

### **WASHINGTON, D.C. AREA**

**When:** 1st Thursday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Del Ray Club (Chuck O. Room)  
Bethesda, MD  
**Contact:** Pat Black @ 310-816-9815 or  
blackp@aol.com

### **WESTCHESTER, NY**

**When:** 3rd Thursday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Assumption Church (Father Fata Hall)  
Tuckahoe, NY  
**Contact:** Karen Curtin @ 610-413-2645 or  
kcurtin@caron.org

## FELLOWSHIP GROUPS - *Alumni, Family & Friends*

### **BALTIMORE AREA**

**When:** 3rd Monday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** St. Timothy's Evangelical Lutheran Church  
Timonium, MD  
**Contact:** Ginny B. @ 443-253-0602 or  
ginnybillian@hotmail.com

### **BOSTON, MA**

**When:** 1st Monday each month  
**Time:** 7:30 – 8:30 p.m.  
**Where:** Church of the Redeemer (Tripp Room)  
Chestnut Hill, MA  
**Contact:** Tiffany K. @ 978-505-3783 or  
tkocher@student.umass.edu

### **FINGER LAKES AREA, NY**

**When:** 3rd Saturday each month  
**Time:** 3:00 p.m.  
**Where:** Watson Homestead Conference Center  
Painted Post, NY  
**Contact:** Jenny M. @ 607-962-0541 or  
jmonroe@stny.rr.com

### **HENDERSON, KY**

**When:** 1st Thursday each month  
**Time:** 8:00 a.m.  
**Where:** WARM Center, Henderson, KY  
**Contact:** Cindy D. @ 270-827-9783 or  
cshawdixon@att.net

### **LANCASTER, PA**

**When:** 3rd Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Lampeter United Methodist Church  
Lampeter, PA  
**Contact:** Jason Y. @ 717-629-9478 or  
jyoungbuilding@yahoo.com

### **SOUTH JERSEY AREA, NJ**

**When:** 2nd Tuesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Wiley Church, Marlton, NJ  
**Contact:** Marguerite S. @ 732-241-1856 or  
schroder@njea.org  
Jim C. @ 908-616-6924 or  
jimcooper3@verizon.net



## PARENT GROUPS - *Parents of Addicted Children*

The purpose of a **Parent Group** is to bond with fellow parents of addicted children. All are welcome! For detailed information about these groups or meetings, please log on to the online Chatter at [www.caron.org/chatter](http://www.caron.org/chatter) or contact **Joi Honer** at 800-678-2332 x6156 or [jhoner@caron.org](mailto:jhoner@caron.org).

### **BOSTON AREA**

**When:** 1st Monday each month (*Beginning 6/7/10*)  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Church of the Redeemer (Tripp Room)  
Chestnut Hill, MA

### **LONG ISLAND, NY**

**When:** 4th Tuesday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Montfort Spiritual Center Cafeteria  
Bay Shore, NY

### **PHILADELPHIA AREA, PA**

**When:** 1st & 5th Monday each month – Step  
2nd & 4th Monday each month – Discussion  
3rd Monday each month – Issues Related  
to Children under 21  
**Time:** 7:00 – 9:00 p.m.  
**Where:** Caron Philadelphia Interchange Corporate Center  
Plymouth Meeting, PA

### **SOUTHERN NEW JERSEY**

**When:** 2nd Tuesday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Wiley Church, Marlton, NJ

### **TRUMBULL, CT**

**When:** 2nd Wednesday each month  
**Time:** 7:00 – 8:30 p.m.  
**Where:** Grace Episcopal Church, Trumbull, CT

### **WASHINGTON, DC AREA**

**When:** 1st & 3rd Thursday each month  
**Time:** 7:00 – 8:00 p.m.  
**Where:** Del Ray Club, Bethesda, MD

### **WEST CHESTER AREA, PA**

**When:** 1st & 3rd Wednesday each month  
**Time:** 7:00 – 9:00 p.m.  
**Where:** First Presbyterian Church of West Chester  
West Chester, PA

## Would you like to talk to someone who has been there?

If you need support and would like to talk to a parent whose child has gone through Caron, please e-mail Joi Honer at [jhoner@caron.org](mailto:jhoner@caron.org) and she will connect you with a parent who has “been there.”

## CC Football Clinic

Hosted by Retired Super  
Bowl Champion Cliff Crosby

July 9 & 10, 2010

Fleetwood Area Middle School, Fleetwood, PA

Ages: 6-8 Mini Clinic - \$25 per day. Snacks provided.

Ages: 9-13 Full Clinic - \$100. Includes lunch & T-shirts.

\$75 early registration



*Please register early to guarantee your child's participation. Make checks or money orders payable to Clifton Crosby. Send to: CC Football Clinic, 10420 Swift Stream Place, Suite 209, Columbia, MD 21044.*

For additional details or questions contact Nikki Perry, clinic coordinator, at 240.501.9227 or [ccfootballclinic@gmail.com](mailto:ccfootballclinic@gmail.com). Sponsored by Caron Treatment Centers.



## 2010 **Alumni & Friends** Calendar of Events

For detailed information or tickets for Alumni & Friends events, please access the Chatter online at [www.caron.org/chatter](http://www.caron.org/chatter) and click on Calendar of Events or contact: **Jamie Demmi** at 800-678-2332 x6110 or [jdemmi@caron.org](mailto:jdemmi@caron.org) or **Esther Bird** at 800-678-2332 x6145 or [ebird@caron.org](mailto:ebird@caron.org).

### Living the Magic!

#### **ANNUAL ALUMNI HOMECOMING REUNION**

**When:** Saturday, July 17, 2010  
**Where:** Caron's Main Campus, Taylor Field  
Wernersville, PA  
**Time:** 9:00 a.m. – 4:00 p.m.

#### **ANNUAL LONG ISLAND SUMMERFEST**

**When:** Saturday, August 14, 2010  
**Where:** 70 Casey Lane, Mt. Sinai, NY  
**Time:** 2:00 – 10:00 p.m.

#### **10TH ANNUAL RICHARD KELLEY MEMORIAL GOLF TOURNAMENT**

**When:** Saturday, September 11, 2010  
**Where:** Galen Hall Country Club  
Wernersville, PA  
**Time:** Registration: 11:00 a.m.  
Box Lunch: 11:30 a.m.  
Shotgun Start: 12:30 p.m.  
Dinner Following Tournament

#### **CARON ON THE BEACH (CARON ON THE BAY)**

**When:** September 17-19, 2010  
**Where:** The Franciscan Guest House  
Kennebunk Beach, ME  
**Time:** Check-in: 6:00 p.m. Friday  
Check-out: 10:00 a.m. Sunday

#### **5TH ANNUAL**

#### **BOSTON HOPE AND HEALING BREAKFAST**

**When:** Saturday, September 25, 2010  
**Where:** Boston Marriot Quincy, Quincy, MA  
**Time:** 9:00 – 11:30 a.m.

### SAVE THE DATE!

#### **3RD ANNUAL SPIRITUAL RETREAT**

**When:** Friday, Saturday & Sunday  
October 1-3, 2010  
**Where:** Camp Conrad Weiser  
Wernersville, PA  
**Time:** Check-in: 6:00 p.m. Friday  
Check-out: 10:00 a.m. Sunday  
**Contact:** Joi Honer @ 800-678-2332 x6156 or  
[jhoner@caron.org](mailto:jhoner@caron.org)

#### **3RD ANNUAL COOKING FOR CARON**

**When:** October 2010  
**Where:** Aitoro Appliances HDTV Home Theatre  
Norwalk, CT  
**Time:** 6:30 – 9:30 p.m.

#### **8TH ANNUAL PHILADELPHIA GRATITUDE BREAKFAST**

**When:** Saturday, November 20, 2010  
**Where:** The Desmond Hotel, Malvern, PA  
**Time:** 9:00 – 11:30 a.m.

## Don't Miss This!

### The 20th Anniversary Celebration of Adolescent / Young Adult Services

**When:** Sunday, September 19, 2010  
**Where:** Caron's Main Campus, Wernersville, PA

**Time:** 8:00 a.m. – 4:00 p.m.  
**Contact:** Joi Honer @ 800-678-2332 x6156 or  
[jhoner@caron.org](mailto:jhoner@caron.org)



