



Kelly G. (RHC/GD) alumna enjoys some real one-on-one time with her sons Drue, Seth and Chaz (left). Alumni and family members enjoy bowling, snacking and networking (top right). Alumni and family members take a moment to pose for a photo at the bowling event.

Sober Bowling a Big Hit!

Everyone enjoys sober fun while staying connected.

On Saturday, April 25, 2015, Rosecrance alumni hosted the third alumni bowling event, and as always, it was a great time. Thirty-five alumni members and their families enjoyed a fun-filled time of bowling, laughing, snacking and competing.

There were prizes for highest and lowest scores and the most unique bowling approach competition, which was hysterical. Eileen Sage (RGW parent) dropped her bowling ball twice while demonstrating her distinct moves. One alumnus shared that this was his favorite event so far. Rick A., a family member, said, "I feel events like this that reconnect families are a very important part of the recovery process."

Continue to look for future alumni events. If you are interested in holding an activity in your community, contact the alumni coordinator at mgarrison@rosecrance.org.

Celebrate! Alumni Anniversaries

Samantha W., RGW/Marlowe, **6 month** anniversary on **5/15/15**, sobriety date - 11/15/14

Beth H., Greendale, **8 month** anniversary on **5/18/15**, sobriety date - 9/18/14

Brandy H., RHC, **8 month** anniversary on **5/27/15**, sobriety date - 9/27/14

Jessica P., Crystal Lake, **1 year** anniversary on **5/12/15**, sobriety date - 5/12/14

Patrick W., RGW/RHC, **1 year** anniversary on **5/20/15**, sobriety date - 5/20/14

Zoe C., Marlowe, **1 year** anniversary on **5/21/15**, sobriety date - 5/21/14

Dana P., RHC/Greendale, **1 year & 5 month** anniversary on **5/01/15**, sobriety date - 12/01/13

Nick S., RGW/Hillman, **3 year** anniversary on **5/02/15**, sobriety date - 5/02/12

Michelle B., RHC, **9 year** anniversary on **5/29/15**, sobriety date - 5/29/06

Joe M., RGW, **10 year and 2 month** anniversary on **5/23/15**, sobriety date - 3/07/05

@ Rosecrance would love to know your recovery anniversary date so we can celebrate your successes. Contact Missy at mgarrison@rosecrance.org.

what's new?

The alumni newsletter has a new title

ROSEVINE

In search of an official name for the alumni newsletter, Rosecrance asked alumni, their families and clients to come up with a title. Discussions took place during several alumni events and presentations. People offered amazing suggestions. A great "thank-you" to everyone who provided feedback.

The "RoseVine" was chosen as the title for the alumni newsletter. The rose symbolizes love and compassion and is associated with the organization's name. The vine symbolizes growth and life, as well as a tool of communication. Together, they represent what long-term recovery is all about.

Our alumni committee is looking forward to keeping alumni and family members inspired, updated and entertained through this informative newsletter.



Rosecrance started as an orphanage for boys in 1916 through the generosity of Dr. James and Fanny Rosecrance.

Rosecrance 100 Year Anniversary Got Stories of Hope?

Rosecrance will celebrate its 100th anniversary next year, and we would love your help telling our story. Our roots trace back to 1916, in the small community of New Milford, just south of Rockford. Dr. James and Fanny Rosecrance didn't have children of their own, but they left provisions for their home to be used as a haven for lost and neglected children.

Rosecrance has shifted its mission numerous times throughout the last century to meet the changing needs of the community. The home in New Milford started out as an orphanage for boys, but in later years, Rosecrance specialized in working with troubled youth and then began treating adolescents with substance abuse disorders. In the 1990s, we welcomed adults into our substance abuse programs. And five years ago, we recognized the importance of treating clients with co-occurring disorders and merged with a longtime Rockford mental health agency called Janet Wattles Center.

Rosecrance has grown to serve more than 16,000 individuals who turn to us for help each year. Thousands of current and former clients across the country have helped guide that care through the years.

Your stories are integral in documenting the history of Rosecrance as we approach our 100th anniversary in 2016. Contact Melissa Westphal at mwestphal@rosecrance.org or 815-387-5634 to share your Rosecrance stories.

RECOVERY FOOD FOR THOUGHT

EVERY TIME

YOU ARE TEMPTED TO REACT
IN THE SAME OLD WAY, ASK
IF YOU WANT TO BE A PRISONER
OF THE PAST OR A PIONEER
OF THE FUTURE.

-Deepak Chopra

Rosecrance Alumni Referrals

When someone asks you for help in seeking services for substance abuse, listen, share your experience and direct the person to hope. Anyone seeking help can call Rosecrance 24 hours a day, seven days a week at **815-391-1000** or **888-928-5278** to speak with someone confidentially.



LIVING LIFE ON LIFE'S TERMS WITH 12 STEPS

SHIVANI K.



Step Five

Admitted to God, to ourselves, and another human being the exact nature of our wrongs.

We made it through May guys! Fifth month, fifth step, eh? Not too shabby. As I stated in April, the fourth step is a matter of getting everything out on to paper. Well, the fifth step is just admitting everything that was written down and taking full responsibility for our actions where it seems fit. When admitting these resentments, fears, wrongdoings and harmful behaviors, we must first admit them to God, to ourselves, and then to another human being (usually our sponsors).

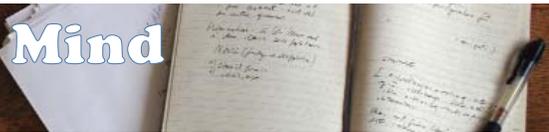
Personally, I found the fifth step equally, if not more, cleansing than the fourth step. I was finally free of all of these things I

had carried around all my life. I find myself doing a fifth step whenever I need to nowadays. For example, when I know I have done something wrong, when I am facing a fear or allowing my old behaviors to creep in, and especially when I am harboring resentments toward someone or something, I know what to do and how to go about resolving it. I am able to recognize them in my life pretty darn soon after they first arise.

It is important to understand that in some situations we were harmed. While we may need to admit this, we do not always have to feel like we were at fault for it. When it comes to such things, this is our chance to finally bring these experiences out of the dark and let go of the harm that was done to us. This is the part where we may be able to set ourselves free from moments and memories of the past that have no place in our future.

As for the things I am at fault for ... I won't lie, sometimes I wish I didn't have this knowledge so I could just be angry and resentful toward someone else and let that be. But no, instead I almost instantly lay out the situation in my head ... "So she might have done that, but did I play a part in this conflict? Is there something I could have handled differently? Eh, probably so." Usually, that's about how it goes. In that scenario, I am forced to understand my part in what went wrong, and in doing so, I must admit to myself the exact nature of my wrongs. So then what do I do? Well, I ask the Higher Power of my understanding to remove these defects of character, also known as Step Six, which we will talk about next month!

What's on My Mind Danielle D.



After attending an inspiring alumni workshop, my husband and I decided to join the alumni advisory committee.

We were looking for something positive to do together after my husband completed outpatient treatment in 2014. The alumni committee meets once a month and talks about ways to offer alumni support, keep the community connected and celebrate sobriety.

My husband Kevin (RHC alumnus) and I have really embraced this and made it a big part of our family life. We have two teenagers and we make it a point to be at all the alumni events. It puts the focus on spending time together and is a gentle reminder of where we came from and the direction we want to go.

The committee has a lot of low-cost, and even free, events on the horizon. I would encourage you to make these events a priority. Or better yet, come check out the alumni committee. We are always looking for new members. It isn't a huge commitment or stuffy atmosphere ... just a group of regular folks thinking of ways to offer the Rosecrance community encouragement and opportunities to engage in fun with like-minded people. I've met a lot of wonderful friends, and I'm glad I'm able to take part in this wonderful organization.

About the Alumni Program

The Rosecrance Alumni Program is focused on helping alumni through a journey of lasting recovery. We provide information about activities, quarterly workshops, support groups and recovery-related community events. The Alumni Program is available to anyone who has completed substance abuse treatment at a Rosecrance facility and their family members.





Alumni enjoyed food, fellowship and fun at last year's alumni picnic, which was held at Alpine Park.

Featured Upcoming Event

Second Annual Alumni Picnic Staff vs. Alumni Softball Game

The Annual Rosecrance Alumni Picnic will be held June 13 at Alpine Park, Shelter #1, 950 South Alpine Rd, Rockford, IL. This family-focused, free event will take place from 11 a.m. to 3 p.m. Come for the food, fun, games, prizes and recovery.

We are adding a special feature to this year's event. Rosecrance staff member have happily agreed to a softball game with our alumni and their family members. Enjoy a friendly game with those who have seen you at your worst and now, your best. Be sure to sign up prior to the picnic if you would like to play. Even if you aren't interested in playing, both teams will need cheerleaders. Wait, do they even have cheerleaders in softball?

Other events will include face painting, cards, kid and adult games, bags tournament, music, door prizes and great conversation and laughs. We encourage everyone to help organize this event. If interested in participating in the bags tournament or the softball game, please contact Alumni Coordinator Missy Garrison for details.

The Rockford Alumni Advisory Committee is eager to host another great day and hopes everyone will attend.

For more information on alumni events or to get involved, contact Alumni Coordinator Missy Garrison at 815-387-2537 or mgarrison@rosecrance.org. You can also find all of the alumni events at rosecrance.org by clicking on the Alumni tab. Follow Rosecrance on Facebook and Twitter.

Alumni Cafe Support Groups

Rosecrance alumni are welcome to attend alumni café support groups to receive encouragement and share what's happening in their lives.

Support your fellow alums with your experience, strength and hope. Find fellowship and fun from the friends who held you up when your recovery first began.

Find an alumni café that is convenient for you to attend. We encourage you to come 30 minutes early to network with others.

Rosecrance Naperville Alumni Café Support Group meets every 2nd Monday from 7 to 8 p.m., in room 212 at the Community Christian Church (Yellow Box Church), 1635 Emerson Lane, Naperville, IL.

Rosecrance Rockford Alumni Café Support Group meets every 2nd Thursday of the month and every 3rd Monday of the month at the Harrison Campus, 3815 Harrison Ave, Rockford, IL. Alumni meet from 6 to 7 p.m.

Rosecrance Lincoln Park Alumni Café Support Group meets every 3rd Thursday of the month from 7 to 8 p.m. at the Rosecrance Lincoln Park office, 2835 N. Sheffield Ave., Suite 209 (ring buzzer), Chicago, IL.

Rosecrance Crystal Lake Alumni Café Support Group meets every 4th Tuesday of the month from 7:30 to 8:30 p.m. at the Rosecrance Crystal Lake office, 422 Tracy Court, Crystal Lake, IL.



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