



MARCH ALUMNI NEWS

Alumni Spotlight: Julie

Clean date: May 12, 2023



What do you love best about our alumni program?

I love waking up every morning to the positivity from the group chat. I enjoy all the "hellos", and "everyone have a great day"! As well as the reminders that today is another day that we can all get through. I'm not going to lie; it also serves as my alarm clock. Haha.

Zooming with the newest people at The Creek is one of my favorite things to do. I feel it's important for people in treatment to see the alumni and hear how well we're doing but know we still struggle. It also gives them a peer outlet to ask questions about what life is like after rehab.

I think it's so awesome that the Alumni get together to do fun things and can meet each other in person. Unfortunately, due to my health issues, I have not been able to attend an event in person yet. I hope to soon!

What advice can you give our new alumni?

Reach out! We have all been there and still have tough days ourselves. Reaching out is so easy and if you don't get in touch with the first person, try the next person. Start with which one of us you feel comfortable talking with.

I think Facebook chat is such a great way for all of us to stay connected. It's a supportive space where we are here to help each other out. It takes a village they say, and I think our Village is great and, in my opinion, it is getting better all the time. Also, go to meetings and make new friends.

What do you do to continue to stay clean?

First and foremost, my super awesome 14-year-old daughter, fantastic boyfriend, and amazing family that I look in the face and thank my lucky stars for every day. They help keep me clean because I am so fortunate that they stuck by me in my darkest and most vulnerable hours.

My situation is a little different than most. I recently received the amazing gift of life. Literally. I was actively dying of end-stage liver and kidney disease when the phone rang telling me that there were organs available to me if I wanted them. Heck yes, I wanted them! I had been waiting a year and a half for this opportunity to live and do things right this time. Transplant is not a cure, if you go back to drinking or drugging your new liver will fail and the National Transplant World will not give you another one. So, that is a lot of incentive for me as well.

Another thing that I think of a lot when I have a craving or a moment where I just want to throw the towel in is the family of the deceased person who gifted me these organs. I want and feel I should treat these organs respectfully. The family that donated these organs to me deserve someone who will honor their loved one and keep a part or in my case parts of them alive.

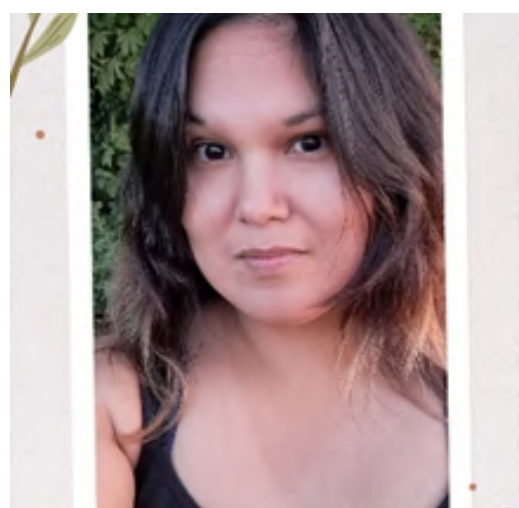
What sober activities do you do?

I just recently started getting back out into the community. I am still recovering and can only do so much. I spend a lot of time with family and friends. We bowl, do escape rooms, shop, and just hang out and play games. My daughter and I are spending a lot of time together and doing some much-needed relationship repair after seeing her mom go through such a roller coaster ride.

Physically, I felt it was time to start moving more in the last few weeks, and have started a chair yoga class which is helping a lot with post-surgical complications.

I also spend time once a week in Batavia with my transplant roommate after surgery. We are besties now! What a way to meet a new friend!

I am also getting back out into in-person AA/NA meetings. So, if you're in or end up in the Jamestown area feel free to hit me up and we can catch a meeting together sometime!



Staff Spotlight: Franky

This month, we're thrilled to shine the spotlight on Franky, one of our dedicated 2nd shift Behavioral Health Techs. Franky is known for her ever-present smile and the kindness and compassion she shows to our clients. Thank you, Franky, for all that you do!

Alumni Event in February: A Heartwarming Success



Our February alumni event was nothing short of amazing! The love and connection we all share within our alumni program is truly awe-inspiring. It was a joy to see so many familiar faces and to witness the strong bonds that have been formed over the years. The event was filled with laughter, heartfelt conversations, and a sense of community that is unmatched.

We are incredibly proud of our alumni program and the incredible network of individuals it has fostered. The support and camaraderie among our alumni are what make our community so special. Thank you to everyone who attended and contributed to making this event a memorable one. We look forward to many more gatherings filled with the same spirit of togetherness and mutual support.



Upcoming Alumni Event!

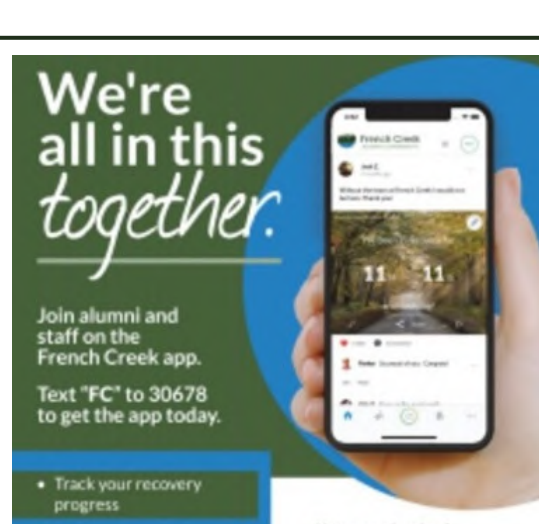
We're excited to announce our next alumni event in Rochester, NY! I always cherish the time we spend together, and this event will be no exception. Prepare for a night of laughter with this comic!

Call Tina to reserve your ticket.

We want to see you at our next event!

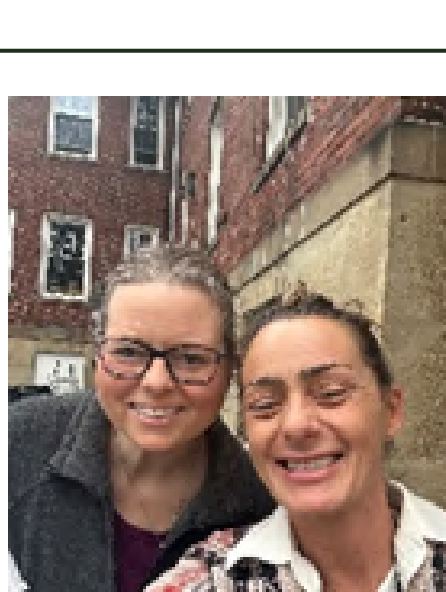
Need help getting connected?

Download our French Creek Community App. Check out our newest contest and event dates.



- Track your recovery progress
- Keep a gratitude journal
- Join wellness challenges
- Read articles, listen to podcasts, watch videos
- Get help from recovery experts

- How to get involved:**
1. Download the app
 2. Create an account
 3. Introduce yourself to the community
 4. Give support! Get support!



A big thank you to Julie for her generous donations to our facility, making a difference for our clients!

Please feel free to reach out to me, I am here for you.

