



THE DE NOVO BUILDING BLOCK

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What Do I Do Now?

By Kate Quinlan

"I'm bored!" This can be the cry of many newly clean addicts or alcoholics. When we stop using we often find ourselves wondering; "What do I do now?" Previously we spent so much time planning, finding and using our drug of choice, that when we stop we suddenly have a lot of free time. This can be a trigger for those newly clean. Here are some ways to help fill all that free time in early recovery.

Make a list of 5 things that need to be done daily, and **DO** them! During active use many people stop taking care of basic chores and responsibilities. Early recovery is a good time to start doing what needs to be done. An example could look like this;

1. Shower
2. Sweep the floor
3. Do the dishes
4. Walk the dog
5. Daily meditation reading

You will be surprised by how much time these daily responsibilities can take up. We also have to learn to take care of ourselves, so eating three meals a day and getting at least 8 hours of sleep also needs to be on this list. When you add going to work, there really isn't that much time left in the day.

"That makes sense through the week", you say, "but what about on a Friday night when all my buddies are out partying and I have NOTHING TO DO?"

Well, some people find it helpful to pick an AA or NA Friday night meeting as a home group and then they always have some where to be and have less chance of using. Often people will meet before or after a meeting for coffee, and this can be a safe way to experience and practice socializing without using.

If you are a family man, a planned family night at the movies or a date night with your wife or girlfriend would probably be greatly appreciated. Our using stole so much of our time that it may be time to pay some of it back to our family and partners.

Another thing that our addiction steals from us is our hobbies. Ask yourself; is there anything that I used to

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enjoy doing that I no longer do now? It could be playing a sport or a musical instrument. Maybe you worked on cars as a hobby or had a collection of some sort that got lost in your using. If an individual in recovery does not find other things to do with his time, the likelihood of using again will increase.

Early in recovery, I started to play pickup basketball in the park with others who wanted to stay clean and I joined a book club at the local library. Every Friday night I went to a meeting then me and fellow AA's went out either for coffee, to a movie or to hear local bands play. Before getting sober, I had no idea how to socialize without using; it took me time to get comfortable, but I never would have been comfortable if I hadn't tried it. Recovery has a lot to offer and discovering new ways to spend our time is just one of them.

It is not unusual to feel bored and lonely early in recovery. **YOU** made the decision to stop using which has given you A LOT of free time. Now **YOU** get to pick how you want to fill it! The great thing about this is you can try something new or explore old favorites. Whichever you do, don't forget about recovery, it still needs to be at the top of your list! You never know what recovery has in store for you! Don't give up until the miracle happens!

Some Hobbies You May Want To Try

Photography

School Courses

Music or Art

Up Close and Personal With De Novo Staff

Over the course of our newsletters, De Novo would like to introduce its staff to you. Every issue will feature three to four staff members and a short biography about them.



Michelle Ainslie: After completing courses in Police Foundations and graduating from an office administration program, I first started working at De Novo in July 2007 for a six month contract position. At this time, I left to work for a lawyer in Parry Sound. I was called about ten months later and was asked if I was interested in returning for a permanent position. I have held the position of Administrative Assistant since then, and have just celebrated my three year anniversary on October 20th, 2011. Presently I am working towards my Human Resource Management Certificate. I grew up in this beautiful area and it is a pleasure to come to work here at De Novo!



Bruce Loucks: My employment with De Novo started in March of 2011. I started bringing people from the community to meetings on Thursday nights since the N/A meetings started at De Novo. In 2009, I spent every Thursday evening on the brown couch studying for college. In March 2011, the management graciously hired me to work as an attendant on the weekend day shifts. When I am not at De Novo, I volunteer for the Parry Sound Muskoka Mental Health doing social support and as a volunteer driver. I volunteer at the East Parry Sound Community Services and volunteer as their driver. Generally I spend time with people who have the dual diagnosis of mental health and addiction. I have been recognized by the Minister of Citizenship of Ontario for over ten years of volunteer service. I am married to Barbara and an empty nest family of two boys and one girl. So far, we have nine grandchildren with one on the way. I enjoy working with co-staff and with the clients who make it all worthwhile.



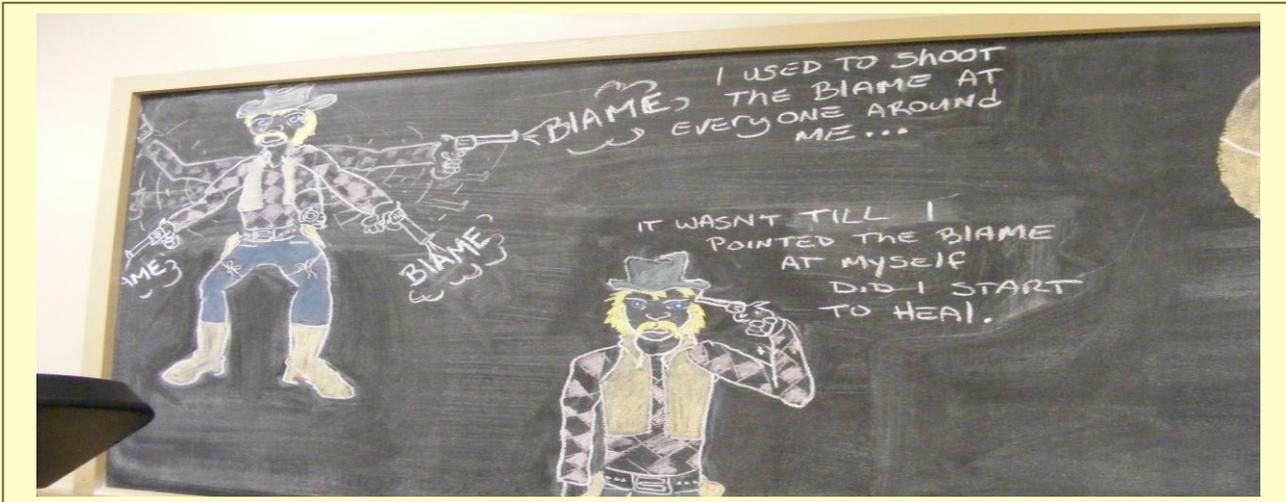
Aaron Sinclair: I am a graduate of Canadore College in North Bay, of the Social Service Worker Program as well as the Mental Health and Addictions Program. I was hired by De Novo as an Attendant right after my co-op placement in April 2007. I am currently working towards my ICADC, and should be completely certified by December 2011. I enjoy my position at De Novo as an Addictions Counselor and hope to work with, and be a part of this great place for quite a while longer.



Jerry Hillson: Hi! My name is Jerry Hillson and I have been in the addictions field for eight years after graduating from a two year addictions course at Canadore College in North Bay, Ontario. I worked for three years at Seven South Street Residential Treatment Centre in Orillia, Ontario. I have been working at De Novo for just over five years and I am very grateful to work in such a beautiful area with a dedicated staff. I am in the process of writing my ICADC certificate which I am very excited about.

Some Client Artwork

De Novo has so many talented men that pass through its doors that we would like to share some of their artwork with you. Sometimes the message gets out better through art. If you have anything you would like to submit please contact De Novo and we will place it in our next newsletter.



Be Very Careful When Leaving De Novo

Anyone who has been to De Novo Treatment Centre knows that we are located on rather a steep hill which can be quite treacherous in the winter with all of the snow and ice.

But it is so important to know that it can be dangerous throughout the year due to rainy conditions, falling leaves and uneven or unlevel sand and stones. Once a car tire catches these items when you are heading down the hill, it is important to drive slowly or you may end up in the ditch at the bottom of the hill.

This happened to one of our clients in July. Thankfully he and his family were a little shaken, but otherwise unharmed.

Watch your speed! Watch for animals and pedestrians! Watch for road conditions and pay attention to the weather! Keep this in mind whenever and wherever your travels take you.

To all of you from De Novo; Drive Safely!

Watch that last corner....



Nutrition for the Winter Months

By Paula Mazzarolo

Now that winter is approaching it is especially important that we pay attention to the foods that we put into our bodies. During this time of year our bodies are concentrating on keeping us warm. Foods should be eaten seasonally; that is, according to the season. In Canada, we should be eating cabbage, potatoes, squash, turnips and apples cooked slowly in soups, stews and casseroles. This will give us the energy, vitamins and minerals we will require during the cold months. As we don't see a lot of the sun in winter, ask your doctor or health practitioner about a Vitamin D supplement to boost your immune system.

Eat produce from Canada and the United States and be careful when consuming vegetables and fruits from overseas. Some countries do not have strict government controlled guidelines about pesticide use. You do not want to be consuming these types of chemicals. Always thoroughly wash your fruit and vegetables before eating or cooking with them; especially lemons, limes, peaches and potatoes. Don't be afraid to eat potato skins. After scrubbing, they provide an excellent source of fibre!

Tips for Making Holiday Beverages

By Paula Mazzarolo

In less than sixty days the holiday season will be upon us and for those in recovery, it can be a very difficult time of year. Some may feel very pressured or tempted. This year, you can celebrate with wonderful beverages that are easy to make, taste fantastic and everyone will want to try them.

Fruit Spritzer's : Take any type of fizzy water such as soda water or Perrier and add any kind of fruit juice to it. To make it even better add fresh fruit such as lemon or lime, oranges, cherries, strawberries and blueberries. You can add herbs to it as well, such as peppermint, lemon-balm or spearmint leaves. Make a pot of herbal tea; let it cool and it to your favorite spritz.

Hot Chocolate: Nothing is more comforting than a huge cup of hot chocolate during the holiday season and winter. Make a huge pot and add whip cream, chocolate curls, cinnamon powder or sticks. Buy candy canes and hang them over your mug. They will dissolve and leave a minty sweet surprise. Add orange zest and nutmeg. Play around with flavours, you will be pleasantly surprised!

Warm Apple Cider: Place a small pot of apple cider on the stove and let it simmer. Add apple slices, orange slices, lemon slices, cinnamon sticks, cloves or star anise and keep on low for a half an hour. The delightful aroma will fill your house with wonderful scents and the taste will keep you and your family coming back for more!

