



THE DENOVO BUILDING BLOCK

A NEW BEGINNING

Spring/Summer 2013 - Issue #5

DE NOVO TREATMENT CENTRE CORP.

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De Novo is an alcohol and drug treatment service operated as a partnership between management and unionized members of Ontario's construction trades.

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End of Summer BBQ – Come Join Us!

De Novo Treatment Centre and its Board of Directors invite all De Novo Alumni, Family and Union members to an end of summer BBQ, in celebration of Life, Strength and Hope.

The event will be held at De Novo Treatment Centre in Sundridge on August 10th and will run from 11:00 am to 3:00 pm. Lunch will be served at 12:30 pm with a gratitude circle to follow at 2:00 pm.

If you are interested in joining us, meeting De Novo staff and Board of Directors, please RSVP by July 20, 2013 to: denovotreatmentcentre@bellnet.ca or by phone.

*See BBQ flyer at back of Newsletter for more details!

Executive Director Report – By Marie Lloyd

It is always a pleasure to address the readers of our newsletter. De Novo Treatment Centre continues to move forward. We are always looking for innovative ways to help the men who come to the De Novo site, the women who go to Renascent in Toronto and the youth who will receive treatment at Sister Margaret Smith Centre in Thunder Bay. We continue to provide education for all staff to stay current in this ever developing field. We have recently updated our Centre's kitchen with stainless steel counters and sinks. Our maintenance gentleman has undertaken a spring project to paint all the client bedrooms. We hope to have the interior of the centre painted in time for our Alumni BBQ on August 10, 2013 (*see flyer attached*). We are looking forward to a wonderful afternoon.



Announcement

De Novo Treatment Centre would like to ask everyone to help us welcome Brian Janes to his new role as Program Manager.

Brian has worked with the De Novo team since February 2012 and is looking forward to working in his new role. Brian and the De Novo team are excited about our move towards accreditation.



Brian Janes
Program Manager

De Novo Aftercare/ Alumni

In December 2010, De Novo Treatment Centre developed an aftercare program in conjunction with other addiction facilities. We are able to provide an aftercare or continuing care program close to a client's home to reduce travel time and increase recovery time. Aftercare programs offer life skills, anger management programs, and relapse-prevention with continuing reference to the twelve steps.

Our De Novo Aftercare meeting is located at:

35 International Boulevard, Etobicoke, ON - Tuesday Evening from 6:30 pm - 8:30 pm

If you require an alternate location, or are interested in attending this location, please call us.

Since 2002, De Novo has successfully graduated many clients and in our ongoing efforts to achieve maximum recovery, De Novo has created an alumnus. Alumni members can speak at meetings and offer advice and ideas to De Novo and their newly graduated clients. De Novo feels that aftercare is very important and by connecting new clients with alumni members and aftercare programs, it may decrease the odds of relapse potential by up to 71%. If you are interested in joining our alumni, have completed the De Novo Treatment program and are active in your recovery, please contact any of our counsellors at 1-800-933-6686.

Up-Close and Personal With De Novo Staff



Donnie T.

Donnie has been with De Novo long enough to have earned the title "Dinosaur" of De Novo. He has been working as a member of the De Novo Team since 2003 and has been working in the addiction field for over 26 years. Don has been a silent leader amongst the team here and someone that the team members look up to and learn from every day.



Bill E.

Bill, also a dinosaur of De Novo has been a member of the De Novo Team since 2004. Mostly working in the Admissions office, Bill has recently stepped out of that position temporarily to work on his ICADC certification. Bill is and has been a crucial member of the De Novo team and is cherished not only for his hard work and dedication, but his sense of humour as well.

Something, From the Kitchen – By Carol Donnelly

Baked Blueberry French Toast

Prep Time: 15 Minute

Ready In: 1 Hour 5 Minutes

Cook Time: 50 Minute

Servings: 12

INGREDIENTS:

- 24 slices of day-old French bread
- 1 (8 oz) package of reduced-fat cream cheese cubed
- 2/3 cup fat-free milk
- ½ cup of reduced-fat sour cream
- ½ cup of fat-free plain yogurt
- 1/3 cup of maple syrup
- 1 teaspoon of vanilla yogurt
- 1 teaspoon of ground nutmeg
- ½ teaspoon of ground cinnamon
- 2 cups of egg substitute
- 2 cups of fresh or frozen blueberries
(or substitute with your favourite fruit)
- Confectioners' sugar

DIRECTIONS:

1. Place 12 slices of bread in a 13-in. x 9-in. x 2-in. baking dish coated with non-stick cooking spray. In a blender or food processor, combine cream cheese, milk, sour cream, yogurt, syrup, vanilla, nutmeg and cinnamon. Add egg substitute; cover and process until smooth. Pour half of the egg mixture over the bread; sprinkle with blueberries. Top with the remaining egg mixture. Cover and refrigerate for 8 hours or overnight.
2. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 20-30 minutes longer or until a knife inserted near the centre comes out clean. Let stand for 10 minutes before serving. Dust with confectioners' sugar.

Enjoy!

Are there questions you would like to be answered about addiction or your recovery? Are there specific topics you would like us to discuss?

Please send all comments to asinclair.denovo@bellnet.ca. All submissions will be considered and answered to the best of our ability.

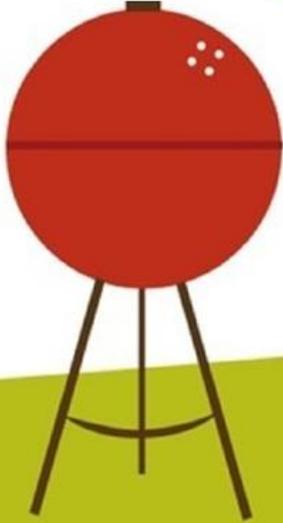
If you would like our newsletters sent to you, please send your email/information to the above address.

DE NOVO TREATMENT CENTRE

...Invites all De Novo Alumni, Family, Union Members, and Board of Directors for a BBQ celebration of Life, Strength and Hope.



BBQ



Saturday, August 10, 2013
11:00 a.m. to 3:00 p.m. - Rain or Shine!

Lunch will be served at 12:30 p.m.
A Gratitude Circle to follow at 2:00 pm.
Please bring your own lawn chair.

RSVP by July 20, 2013 to:
denovotreatmentcentre@bellnet.ca

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