



THE DE NOVO BUILDING BLOCK

Spring 2012
Volume 2 Issue 1

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De Novo Donates at Christmas



SMALL SACRIFICES Employees at De Novo Treatment Centre in Sundridge gave up their lunch time and raised blue-jean Friday funds in order to make a \$1,000 donation to the Sundridge Food Bank. Don Thorne, left, Jack Skotter and Michelle Ainslee presented the cheque to food bank president Ruth Harris on behalf of the staff on Dec. 8.

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De Novo Celebrates 20 Years

This year, De Novo Treatment Centre will be celebrating its 20th Anniversary. This function is open to all clients who have attended De Novo Treatment

Throughout the year, De Novo staff donates money for lunches and dinners. Last December, De Novo raised \$1000.00 in collections and it was decided that the money be donated to the Food Bank so that they could purchase food for those in need over the holidays. A photo was taken and placed in the local newspaper showing Jacqie Shartier the Executive Director, our counselor Don Thorne and our Executive Assistant Michelle Ainslee presenting the cheque to the food bank.

Aftercare Opens in Mississauga

On Monday January 30th, 2012 De Novo Treatment Centre opened its first aftercare facility in Mississauga located at 7005 Century Avenue (401 & Mississauga Road) on Monday evenings from 7:00pm – 9:00pm. On Thursday March 22nd, 2012 a second location will open at the 404 & 407 at 55 Minthorn Blvd. from 7:00pm – 9:00pm and on Wednesday March 28th, 2012 De Novo will launch its on-line aftercare program for those who have medical or distance location issues. This program will run from 6:30pm –8:00pm.

Clients currently attending the Mississauga aftercare program have stated how much they appreciate the location, how they are able to speak openly and not be judged and how they feel comfortable and safe. An attending alumni member encourages new and old clients to attend aftercare stating its importance as part of a recovery program.

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.



Joe Kincaid:

I am the full time cook for De Novo and I have been at De Novo since May 2005. I enjoy meeting new clients and working with the staff at De Novo. I was born and raised in this beautiful area of Sundridge, Ontario. When I am not at work, I spend time with my family or I am out and about enjoying the great outdoors.



Carol Donnelly:

Hi I am Carol, aka: short stuff. Cooking has been my life long career. I have owned 2 restaurants, and I have also cooked for our local high school. My passion for cooking brought me to De Novo on October 2006. Preparing nutritious meals for our clients at this center is like cooking for a very large family and the satisfaction I get by doing something I love is watching healthy clients leave after treatment, and knowing I helped in some way.



Garry Brandt:

My name is Garry and I have been with De Novo for more than six years. I have just celebrated my 65th birthday and am looking forward to retirement in the near future. My job includes gardening, painting and snow removal plus much more. There is no one job I love; I love all of the jobs that I do here at De Novo.

Client Poetry

Every client that passes through De Novo's doors is talented in one form or another and this month we would like to celebrate the clients who have written poetry for themselves, their families and for other clients entering De Novo's Treatment Program. De Novo extends a special thank-you to all of these clients for their thoughtfulness and profound insights.

12 Rounds

My days in rehab can be such a bore
 So hopefully by the end I will be wanting much more.
 For my will to drink was so very high
 I need to fix that cause I don't want to die.
 I have two little girls named Jordan and Maddy
 Who want the best, cause they love their Daddy.
 I have put my wife and kids through hell
 It's time to put them first so ring the bell.
 This disease is like a 12 round fight
 I only did it because it just seemed right.
 Now I have learned I was in the wrong
 So I hope this disease will just stay gone.
 At this point, I am in round nine
 And I know this fight will soon be mine.
 I have learned a lot from this simple place
 And now I know I am not a mental case.
 I am in round 12 now and nearing the end
 And still going strong and will not bend.
 The decision is in and I won the fight
 And tomorrow I will wake up and still see the light.
 So thank-you De Novo, for all you have done
 For my new found life will be so much fun.
 So, to my wife and kids I am very sorry for I am going
 To make our life a very good story.
 My life will become so full in flight
 For I have woke up and now see the light.
 Tyson W.

New Life

Each morning I stand outside on the hill,
 Pondering my thoughts, in search of God's will.

Dear God, give me serenity when times are tough
 For I know in life, these roads will be rough.

Anger, hurt, shame and guilt,
 How do I tear down these walls I have built?

The torment and anguish I am trained to believe
 Are all my fault and the wrath I will receive.

Why do I hurt the people I love?
 The answers are within,
 Oh please dear God, give me direction I know not where to
 begin.

The past is the past, I must let it go
 For what God has in store is pure, like a fresh blanket of snow

When I look in the mirror, my reflection now replies you are
 not alone.
 My peers and friends at NA all love, and compassion is all they
 have shown.

The chains of shame and guilt, they once held me bound
 And living this new life, no shame or guilt is found.

Paul D.

The Strategy

When I feel fold, I'm stressing bold, life trials some new, some old.

A testament to be benevolent ways gone now dead and old.

**My stress in life is taking time away from happy days, can't see that now so far away, my
 addiction is in full play.**

**I close my eyes, tears start to rise, the pain deep in my chest as I recite no compromise, the
 serenity prayer works best, a teardrop rolls my troubles old, my Higher Power works no more
 stress or troubled thoughts, serenity it works**

Warren

Disease

My drug of choice is all at once an addict at its best
For one for me, and none for all
My greed is such a vet
My troubles piled, my stress raised
I can't see straight, no more paid days.
An addict at its best, a dedication to death
Over run by devotion
Pains filled with emotion
Contradiction, immoral plots
Calamities, life is all he's got
Continuously tries to repent
All of his pay check spent
No food in the fridge, only first month's rent
The struggle has begun, I've found my low
Not far to go, before I reach the depth
I am disease, my family's needs
An addict at its best
Selfish thoughts linger through
There is no cure, so no point to
I lost all in me that's best, always messed up and stressed
An addict at his best.

Warren - January 2012

Don't Judge a Book (or Body) by it's Cover

Unfortunately in today's society we are judged first on our appearance. Both men and women are bombarded by the media on what is in style, the latest haircut, the most stylish car and the latest and greatest diet.

The nutrition industry is also responsible for media hype with the latest herb or supplement promising clearer skin, thicker hair, longer life and the ability to shed those unwanted pounds in weeks without diet or exercise. Don't believe it! Always remember that these are marketing tools used to make the consumer buy into their products so that they can make money.

Nutritional supplementation is a very slow process and works with your entire body. It does not target one specific area; it works in unison with every system that comprises who we are.

Make healthy food choices, drink plenty of water, exercise daily, sleep at least 7 hours at night and visit your doctor yearly for physicals, and your body will stay in fine tune.

Just because you are a few pounds overweight or underweight does not determine your general health. Stamina, blood pressure, cholesterol levels, sugar levels and your overall general well being determines the shape of your body. There are many people out there who are "over weight" and can jog 20 miles, swim 50 laps, do yoga and Pilates and possess IQ's of over 170. They are not lazy or stupid!

Just as we don't judge others for tattoos, piercings, hair styles and clothing styles don't judge yourself or others for body size! Love you for who and what you are! Be well and be wise!



Saturday, September 8th, 2012

**DE NOVO TREATMENT
CENTRE**

**20th YEAR
REUNION!!**



**ALL DENOVO ALUMNI AND
FAMILIES WELCOME!**

*Come join us for a special luncheon
featuring speakers in recovery and a
celebration of De Novo*

*Treatment Centre's 20 years of
service.*

*Meet the founders, past and current
Board Members, staff, and many
years of De Novo Alumni!*

**Featured speaker Father Peter Watters*

LOCATION

Local 793

International Union of Operating Engineers

2245 Speers Road

Oakville, ON L6L 6X8

TIME

12:00 p.m.—2:00 p.m.

**Please confirm your attendance by
contacting Jacqie Shartier at**

1-800-933-6686

Or

jshartier.denovo@bellnet.ca