



DECEMBER 2018 NEWSLETTER

It's our First Holiday Season here at Lakes Region Recovery Center. Check out our upcoming workshops and groups. We are looking for submissions for our "Your Voice" section of the newsletter. (the page after the calendar page). See page for details.

Last Month @ LRRC...

Winter weather was upon us though technically still fall. Please check our Facebook page for the most up to date info on weather closings. Despite wacky weather we still had a lot of fun at LRRC.

On the 24th we had a special Craft Day which included a state-wide project called Pieces of Recovery: The Puzzle Project members came and were able to decorate a puzzle piece on what recovery means to them. These pieces will be combined with 417 other pieces created by those in recovery and those who support recovery to make one large collage to represent recovery in the state of Maine.



LAKES REGION
RECOVERY
CENTER
207-803-8707
LRRCBRIDGTON.
ORG

December Happenings...

Sunday December 16th
from 12pm-2pm Free Spaghetti
Dinner @ Vivo's
** please ask LRRC staff for details**

Thursday Dec. 20th
From 9:30am-2pm
FREE Hep. C & HIV Testing
Confidential & Easy

Thursday Dec. 20th
@ 6pm our first annual
Volunteer's Holiday Party

Monday Dec. 31st
8pm-1am New Years Eve Pot
Luck Party
** sign up at LRRC**

We will be closing @ 5pm on Monday
December 24th and will re-open @
9am Wednesday December 26th

DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 12p-1p AA Mtg.	3 10:15a-10:45a Meditation 3p-4p Recovery Skills 5:30p-7:30p Nurturing Program	4 7p-8p All Recovery	5 3p-4p Vocational Focus 7p-8p NA Mtg	6 11a-12p AA Mtg 12p-1:45p Reiki 2p-4p Vet. Reiki 4:30p-5:30p Alanon	7 7p-8p AA Mtg.	1 2p-4p BYOS Game 7p-8p NA Mtg 8 2p-4p Financial Fun 7p-8p NA Mtg.
9 12p-1p AA Mtg.	10 10:15a-10:45a Meditation 3p-4p Recovery Skills 5:30p-7:30p Nurturing Program	11 7p-8p All Recovery	12 3p-4p Vocational Focus 7p-8p NA Mtg	13 11a-12p AA Mtg 12p-1:45p Reiki 2p-4p Vet. Reiki 4:30p-5:30p Alanon	14 12:30p-1:30p Creative Writing 7p-8p AA Mtg.	15 2p-4p BYOS Game Day 7p-8p NA Mtg.
16 12p-1p AA Mtg. 12p-2p Spaghetti Dinner @ Vivo's	17 10:15a-10:45a Meditation 3p-4p Recovery Skills 5:30p-7:30p Nurturing Program	18 7p-8p All Recovery	19 3p-4p Vocational Focus 7p-8p NA Mtg	20 9:30a-2p Free HepC/HIV Testing 11a-12p AA Mtg 12p-1:45p Reiki 2p-4p Vet. Reiki 4:30p-5:30p Alanon 6p Volunteer Holiday Party	21 12:30p-1:30p Creative Writing 5:30p-6:30p Blue Christmas 7p-8p AA Mtg.	22 2p-4p Craft Day 7p-8p NA Mtg.
23 12p-1p AA Mtg.	24 10:15-10:45a Meditation 3p-4p Recovery Skills Closing @ 5pm	25 Closed **7pm All Recovery Mtg will be held	26 3p-4p Vocational Focus 7p-8p NA Mtg	27 11a-12p AA Mtg 12p-1:45p Reiki 2p-4p Vet. Reiki 4:30p-5:30p Alanon	28 12:30-1:30p Creative Writing 7p-8p AA Mtg.	29 7p-8p NA Mtg.
30 12p-1p AA Mtg.	31 10:15-10:45am Meditation 3p-4p Recovery Skills 8p-1a PotLuck NYE Party					

YOUR VOICE

This page is dedicated to people in recovery and their supporters. Submissions and recommendations can be done anonymously or credited. This is where you can share your insights, interests, art, and fun stuff with the rest of the recovery community. The layout will change according to what is submitted monthly. This is simply an example month. I await your January submissions. Please contact Micki with any questions. Deadline for submissions is Wednesday December 28th, 2018.

I CAN'T SLEEP!!!

Recovery related Web-surfing recommendations...

Youtube:

Brene Brown on Empathy

“Everything you think you know about addiction is wrong” - Tedtalks Johann Hari

“Like a Woman” spoken word by Annabelle Fern

Matt Maeson (music artist)

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends. And they never expect him to pretend to feel happy, they just love him anyway, and they never leave him behind or ask him to change.



SWEET PARTY MIX

I get my recipes from allrecipes.com. I have made this one and it's soooo good! – Micki

Ingredients

- 1 (12 ounce) package crispy corn and rice cereal
- 5 ounces slivered almonds
- 6 ounces toasted, chopped pecans

- 3/4 cup butter
- 3/4 cup dark corn syrup
- 1 1/2 cups light brown sugar

Directions

1. Preheat oven to 250 degrees F (120 degrees C). Lightly grease a large roasting pan.
2. In a large bowl, mix crispy corn and rice cereal, slivered almonds and toasted, chopped pecans.
3. In a medium saucepan over medium heat, melt the butter and mix with dark corn syrup and light brown sugar. Pour the mixture over the crispy corn and rice cereal mixture. Stir and shake to coat all the nuts and cereal.
4. Pour the coated mixture into the prepared roasting pan. Stirring approximately every 15 minutes, cook 1 hour in the preheated oven. Cool on wax paper, and store in airtight containers.

Christmas Pep

Want to give your spirit a lift,
But not by getting drunk?

Give yourself the greatest gift:
Recovery from that Junk.

Christmas is arriving soon,
And you are worth it, friend!

It's time for you to leave your cocoon,
And soon you'll start to mend.

You can't do this alone;
You need to ask for help.

So go pick up the phone,
Share the feelings you have felt.

Call a sober pal,
Tell the secrets you have kept.

Intently listen they shall,
It begins with your first step.

By Julie & AJ Hart

Free Hep. C & HIV Testing

Thursday December 20th

From 9:30am-2pm

@ Lakes Region Recovery Center



Testing is Free & 100% Confidential

Rapid Results – 20minutes or less

No Blood Drawn – finger prick for Hep. C & HIV testing or an oral swab is available for HIV testing.

Links to Care – if someone tests positive or has health concerns you can be connected to affordable care.

**For questions or more information contact
LRRC @ 207-803-8707**

Lakes Region Recovery Center is located at the back of the Bridgton Hospital Campus, make a right at the ambulance garage.



**Pot Luck New Year's Eve Party
@ Lakes Region Recovery Center
Monday December 31st from 8pm-1am**

Fun Food and Friends!

All are Welcome!

You can bring your favorite dish to share

**Sign up at LRRC
or on our Facebook page:
Lakes Region Recovery Center**