

# NEWSLETTER

*Just when the caterpillar thought the world was over, it became a butterfly. - Zen Proverb*



## Support Systems

“Surround yourself with people who don’t just ask how you are doing. Surround yourself with people who make an effort to make sure they are part of the reason you are doing so well.” This quote by Jennae Cecelia rings true across the board in life and is especially true for anyone in recovery. It is a known fact that recovery is a long road with highs and lows. You can’t avoid all the lows and that can stress you out and put you at risk of relapse. However, having a support system makes recovery manageable.

Surrounding yourself with a healthy set of friends and family who support you and help you through this new phase of life will help you to realize these five important things: **Facing challenges aren’t as difficult.** When you are faced with a challenge, you might become overwhelmed and stressed. These feelings might trigger your unhealthy reaction of drinking or doing drugs. Having people to rely on helps you handle the situation. Their insight and assistance make a complicated and emotional situation seem manageable.

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### I AM BORICUA

Read this month’s story of redemption and strength found through recovery in our highlighted story of the month.  
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### GIVING BACK

Meet the newest volunteer of The Crane and learn how she gives back so that others do not give up.  
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Our transportation specialist, Bernice makes sure she is up to date on all the traffic laws and now you can be too with these monthly tips:

Most drivers know they are breaking the law if they speed or run a red light. However, there are other obscure Georgia traffic laws that drivers may not realize they are violating.

In 2014, for example, Georgia passed a “Slowpoke Law.” The legislation says if cars start lining up behind you, you move out of the left lane or get a citation. Not many drivers realize it’s still the case even if you are driving at the speed limit.

This law makes sense because drivers who are behind a slower car in the passing lane often become impatient. They may tailgate or pass on the right, both of which can cause accidents.

## MYTHS DEBUNKED

If you or a loved one is struggling with a substance use disorder, you’ve probably heard a lot of well-meant advice from a lot of people who just don’t get it. Of course, this makes sorting out the drug abuse facts from fiction incredibly difficult.

So today, we want to clear the air. Here are three myths about addiction that you might believe—and why they’re entirely wrong:

### **Myth #1: If you have an addiction, you just don’t have enough willpower**

For centuries, addiction has been seen as a moral failing. The common belief was that those who were addicted simply weren’t strong enough to overcome it and that there was something inherently wrong with them.

But today, we understand addiction very differently. If you have been struggling with an addiction and failing, it’s not because you’re not strong enough. It’s because you need treatment.

### **Myth #2: Detox is enough**

Detox is the time period when you focus on getting all of the toxic substance out of your system. As the substance clears out, it can leave behind some massive withdrawal symptoms. For this reason, it’s best to detox at a recovery center, or at least in an outpatient setting, so doctors can monitor your symptoms and intervene if necessary. But it doesn’t end there. After detox, you’ll need intensive inpatient treatment to learn how to overcome the inevitable cravings and regain control of your body, mind, and life.

### **Myth #3: An addict has to want to recover in order for rehab to be effective**

Bring up the topic of addiction in any group, and you’ll almost always hear “recovery only works if you really want it.” While the sentiment is usually well-intended, it’s unfortunately misguided. Even those who don’t care to get clean often wind up sober and ready to stay sober by the end of treatment.





# THE SILENT SERIAL KILLER

You don't have to be  
the next victim

On the signage outside of The Crane is posted "Free HIV and HCV Testing." Most people who are ushered in from the sign come in for the HIV Test with no idea how important it is to receive the HCV Test as well. Luckily all who are tested are educated on both HIV and HCV, otherwise known as HEP C. The two tests are ran simultaneously and results given at the same time.

For those who may be reluctant, or just have no clue, this article is to educate everyone on what exactly Hepatitis is all about.

Hepatitis means inflammation of the liver. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can all cause hepatitis. However, hepatitis is often caused by a virus. In the United States, the most common hepatitis viruses are hepatitis A virus, hepatitis B virus, and hepatitis C virus.

Hepatitis A, hepatitis B, and hepatitis C are liver infections caused by three different viruses. Although each can cause similar symptoms, they are spread in different ways and can affect the liver differently. Hepatitis A is usually a short-term infection. Hepatitis B and hepatitis C can also begin as short-term infections but in some people, the virus remains in the body, and causes chronic (lifelong) infection. There are vaccines to prevent hepatitis A and hepatitis B; however, there is no vaccine for hepatitis C.

Hepatitis C (HCV) is what The Crane tests for.

This type of hepatitis can cause both acute and chronic hepatitis infection, ranging in severity from a mild illness that lasts only a few weeks to a serious, lifelong illness resulting in cirrhosis and liver cancer.

Hepatitis C is usually spread when blood from a person infected with the hepatitis C virus enters the body of someone who is not infected. Today, most people become infected with the hepatitis C virus by sharing needles or other equipment to prepare or inject drugs.

People can become infected with the hepatitis C virus during such activities as:

- Sharing needles, syringes, or other equipment to prepare or inject drugs
- Needle stick injuries in health care settings
- Being born to a mother who has hepatitis C

Less commonly, a person can also get hepatitis C virus through:

- Sharing personal care items that may have come in contact with another person's blood, such as razors or toothbrushes
- Having sexual contact with a person infected with the hepatitis C virus
- Getting a tattoo or body piercing in an unregulated setting

Hepatitis C virus is not spread by sharing eating utensils, breastfeeding, hugging, kissing, holding hands, coughing, or sneezing. It is also not spread through food or water.

In terms of prevention, there is currently no effective vaccine available against hepatitis C and the most effective preventive measures to reduce the risk of exposure to HCV include education, harm reduction programs targeted towards people who inject drugs and the implementation of robust infection control practices in healthcare settings.

Anyone can call The Crane to make an appointment and get tested. Remember, you don't have to be a victim; knowledge is power!

# GOT THE MUNCHIES?

A willingness to budget, an empty stomach and willingness to work on socialization skills were the only requirements for this field trip to Chili's on July 5th.

The chosen six got a chance to venture out to the local Chili's restaurant in Morrow. The group were all given gift cards and required to budget their meals accordingly. With full range of the entire menu, each Individual had to decide on a drink, appetizer and/or dessert and of course an entrée. Not only did they have to account for



their food, but they also had to leave an adequate tip to the server on their cards as well.

Everyone chose exceptionally well and meals ranged from Cajun chicken pasta, appetizer sampler, burgers, wings and ribeye steaks.

The group got to know each other better and laughed and joked the entire time which was a welcomed change from the day to day groups and meetings that they have to regularly attend.

This was the first of many restaurant trips since the Individuals enjoyed it as much as they did!

## WHAT'S COMING UP AT THE CRANE?

<b>AUGUST 1ST</b> Movie Day At The Crane ▪ 2 pm	<b>AUGUST 2ND</b> Cooking Class At The Crane ▪ 2 pm	<b>AUGUST 6TH</b> National Night Out 1980 Mt. Zion Rd ▪ 4 pm
<b>AUGUST 10TH</b> David Scott Health Fair 9652 Fayetteville Rd ▪ 9 am	<b>AUGUST 16TH</b> Wet & Wild Party At The Crane ▪ 1 pm	<b>AUGUST 23RD</b> Spades & Dominoes Tournament At The Crane ▪ 1 pm
<b>SEPTEMBER</b> Recovery Month Celebration, More Details To Come		
<b>EVERY FRIDAY MORNING</b> Coffee & Chit Chat Mornings ▪ 7:45 am		





# THE CIRCLE OF LIFE FINDS ITS WAY TO THE CRANE



Hakuna Matata....it means no worries for the rest of your days!! Well, at least for two hours, six lucky Individuals got a chance to put their worries aside and attend AMC Theaters and watch the cinematic genius of The Lion King on opening day!! Compliments of The Crane, Individuals were transported to the theater and handed their previously reserved tickets and gift cards to purchase refreshments from the concession stand.

Even though the center is only about two blocks away from the theater, the group left about an hour early to have some fun at the arcade, only to find unfortunately that the arcade no longer exists at this particular location. No worries, however, as the group was able to kick back without rushing and take in other movie displays of movies that were about to open. About fifteen minutes before the show started, the group lined up to decide on refreshments; a daunting task indeed with options way beyond popcorn and nachos. The group took full advantage and though some opted for good ole' popcorn, others ventured out to flatbread, chicken tenders and curly fries.

Once settled in, the group received a fully nostalgic treat as familiar songs and jokes took off in the movie. While enjoying the full glory of the movie, the group had no idea that a massive storm had commenced right outside. The storm was so severe that it caused a glitch in the whole theater with the main lights to flicker on and the screen to go pitch black, though the sound continued. The whole fiasco lasted only about 30-45 seconds, but because it happened at all, guest services of the theater gave each Individual a free ticket to return to watch any movie of their choosing. This kind act of generosity shows the depths that this particular theater is willing to go to ensure their patrons are completely satisfied. The group that received the comp tickets are currently in plans of picking out the movie they will be watching and will be taking the journey back to the theater in August.



**THE CRANE**

# BACK TO SCHOOL BASH BREAKS RECORD



Grill the hotdogs and polish sausages, turn up the music and blow up the moon walk, it's time to get the back to school bash going again....and what a bash it was! With a projection of 100 people to attend, that projection was vastly underestimated being that over 500 people actually attended!!!

Headed by Community Liaison, Johnnie Watkins, to say that this year's back to school bash was a hit, is truly an understatement. The festive event included cotton candy (fluffed personally by last month's Crane Highlight Sonia Lackley), snow cone punch (there turned out to be technical difficulties

with the snow cone machine), nachos, hotdogs and sausages done by Cartwright's Catering.

Activities ranged from the infamous moonwalk, full gaming truck, cake walks, musical chairs and DJ antics of The Crane's own duo of Trakell and Ursula. A special musical guest, JV Carter also showed up and rendered two hype selections!

In the end, bags and school supplies were given to the children and meet and greets also done by Clayton County Sheriff's department making the event quite memorable!

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## MANDATED REPORTER

A woman walks into a pharmacy one day and says to the pharmacist, "I'd like a poison that'll kill my husband but make it look like he died of natural causes."

The pharmacist says, "Ma'am, not only can I not do that for you, I'm going to have to call the police and report you."

The woman takes something out of her pocket and hands it to him. He looks at it and sees that it's a picture of her husband making out with the pharmacist's wife.

The pharmacist says, "Oh, you should have told me you had a prescription."



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## NEED SPACE?

Why is girlfriend one word but best friend is two words?

Because your best friend gives you space when you need it.

**BOB**

**& PETE**



Bob goes to see his friend Pete. He finds Pete in his barn dancing naked around his John Deere. "What are you doing!" asks Bob. Pete stops dancing & says, "My wife has been ignoring me lately so I talked to my psychiatrist and he said I needed to do some thing sexy to a tractor."

The term ‘Life Skills’ refers to the skills you need to make the most out of life. Any skill that is useful in your life can be considered a life skill. Tying your shoe laces, swimming, driving a car and using a computer are, for most people, useful life skills. Broadly speaking, the term ‘life skills’ is usually used for any of the skills needed to deal well and effectively with the challenges of life.

It should therefore be clear that everyone will potentially have a different list of the skills they consider most essential in life, and those that they consider unnecessary. Someone living in a remote rural community might put driving a car high on their list of essential skills. A Londoner or New Yorker, however, would probably rank that pretty low.

Eddie Nelms, a regular at The Crane, states that he has really benefited from the life skills that he was taught here in our groups. Mr. Nelms also stated one of his favorite

# PUTTING IN THE WORK OF LIFE SKILLS



things about The Crane, is the life skills he has developed and continue to sharpen those skills.

Some of the skills taught here at the Crane include soft skills to retain jobs and maintain healthy relationships, how to budget and manage a daily budget, cooking classes and coping skills of responding opposed to reacting to situations.

The Crane has various other classes to offer in this genre, just follow us on Facebook so that you don’t miss out!!

*Contributed by Nikos Jackson*

## MEETINGS HOSTED BY THE CRANE

N.A. Meetings	
Monday	7:00 pm - 8:30 pm
Thursday	5:15 pm - 6:30 pm
	6:45 pm - 8 pm
Friday	6 pm - 7:30 pm
Saturday	12 pm - 1:30 Women’s Meeting
	2 pm - 3 pm
A.A. Meetings	
Tuesdays & Thursdays	1:30 pm until 2:30pm

Double Trouble Meetings	
Wednesday	1 pm - 2 pm
Friday	1:45 pm - 2:45 pm
C.O.D.A.	
Monday	6:15 pm - 7:15 pm
F.A. Meetings	
Friday	6:30 pm - 8 pm
G.A. Meetings	
Saturday	9:30 am - 11 am



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**There was one particular night, where I decided I was going to take my own life at 7:22 pm to be exact.**

**So as the clock marched on to 7:22 pm, I started to load my revolver to just end the pain and suffering.**

My name is Gia and I am Boricua. In 2001, I moved to the US shortly after becoming an adult. At the age of 19 years old, I began hanging out with the wrong crowd. In 2002, is when I began to start using illegal drugs. That phase of my life lasted for a year, and after that, I was drug-free for about 14 years. From 2017 to the beginning of 2019, I started back using illegal drugs. The difference from using in 2017 is at that moment I started using a new drug. Well at least it was new to me and I loved it.

I once tried a different drug and it gave me a feeling I've never experienced. I imagined the feeling of being limitless, and having the ability to do anything. I had the mindset that I possessed superpowers. I wanted to be a superhero, and while high I felt like I was a superhero, maybe even Wonder Woman. As we know though, nothing

lasts forever. Over time, I started feeling depressed, paranoid and began isolating myself from everyone. Just like the famous 2Pac album, I felt like it was "Me against the world." There was so much pain and suffering in my life, I felt I was at my breaking point. During these low points, my wife and I weren't communicating and that added to the difficulty.

During my hard times, I thought of suicide on different occasions. But there was one particular night, where I decided I was going to take my own life at 7:22 pm to be exact. The irony in that is July 22nd (7/22) is my birthdate. So as the clock marched on to 7:22 pm, I started to load my revolver to just end the pain and suffering. As I know now, God had other plans for my life. At exactly 7:20 pm a great friend of mine called. She did not know what I was in the process of doing. God used her to distract me from committing suicide at 7:22 pm, but I was so determined to do it at that time and no other time. Once the clock struck 7:23 pm I no longer wanted to take my own life. Shortly after, I went to the police station turned in my gun, and then began to seek help.

I was able to find a place to receive some well-needed treatment, called my Sister's Keeper. The program helped me stay busy, but more importantly, it helped me stay clean. I left the program, but I'm still in treatment. Surprisingly to myself, it allowed me to gain more coping skills and the ability to be a stronger person. But as anyone who has ever dealt with an addiction knows that every day has its problems. Now I'm in a great position on changing my thought process. I know it will be a difficult road to success, but I, more importantly, know it will be well worth it.

*Interviewed by Nikos Jackson*



## POWER TRIPS

It has once been stated "When power goes to your head, it may shut out your heart." I'm sure we have all had that unfortunate experience when even the smallest dose of power changes a person. You know the one that gets a promotion or a bit of fame and then, suddenly, they're a little less understanding or friendly to the "little people."



Yes, it is understood that leaders (let's save nepotism for another article) are usually in leadership positions because they have proven themselves in some capacity. They may have the best technical skills, or the boldest and best ideas, or maybe they found themselves in a leadership position because they knew how to work with and motivate a team of people to accomplish far more than they could alone.

As leaders rise, however, there is a tendency to let it go to their heads. The faster a leader rises, the more likely this is to happen. Pride begins to set in, and pride is the gateway drug to arrogance.

Leaders must strive to never confuse their skills with their value. I may be "better at" something, but that doesn't mean I am "better than" someone. People matter! They may have a different skill set or serve in a different capacity, but they matter.

Dan Rockwell was quoted, "Lousy leaders are 'better' at everything. Arrogant talent is a barrier to the growth of others. Humility opens doors for others."

Remember, leaders who alienate people by their arrogance rarely last. But leaders who value people and elevate others create lasting impact. It is evidenced based that the ability to engage with people is a key indicator for success and employee performance....in other words, don't ever forget to treat others the way in which you would want to be treated, no matter what position you may be promoted to because people fall off of high horses and even show ponies every day....cushion your fall.

*Trakell*

## LET'S DANCE!!

All good things come to an end...or at least to a slight pause.

In July our regularly scheduled Wednesday ZUMBA classes expanded to Mondays as well. Twice a week participants boogied along to Salsa, Hip Hop, Reggae, R&B, and Merengue dances alike.

For extra motivation, participants strived to reach the "3 Star" level in each class and were rewarded with goodie bags each day. Those reaching two and one star received significantly smaller bags to motivate them to strive harder in the upcoming classes.

For the month of August the classes are taking a hiatus to make way for another class that is sure to be just as strenuous, fun and exciting. Starting August 7th, The Crane will host a dance class that will start at 2 pm. The class will include the latest line dances and some of the goldie-oldie dances that you may have never quite gotten the hang of.

Slated to begin at 2 pm each Wednesday in August, the class will be headed by The Crane staff and include plenty of hydration to keep everyone going. There is no sign up, just show up to still get a good workout and be the dancing machine at the next party you attend!!

**THE CRANE**



## OFF TO THE RACES

Once a year, Atlanta Motor Speedway is the bustling center of the Monster Energy NASCAR Cup Series world, filled with hundreds of thousands of fans from all over the country. But the rest of the year, this premier racing facility is open to the public for speedway tours and a behind-the-scenes look at one of the south's finest entertainment complexes.

The Crane took advantage of one of these tours on July 12th given by track expert Jan Davis who had the participants hanging onto every word as she proved to seemingly be a walking Wikipedia of the track world. The tour included a brief track history, a visit to Petty Garden, a

tour of an Atlanta Motor Speedway suite, a sneak peek at the garages and Victory Lane, and three laps in the Speedway van around the same 1.54-mile track.

After an exciting tour at the track, the group took off to socialize at Pizza Hut where they all indulged on calzones, boneless wings, garlic knots and of course piping hot pizza!!

If you are interested in touring the racetrack, reservations can be made Monday through Friday at select afternoon times, dependent on track availability by calling 770.707.7970.



Do you have a goal of completing your general educational diploma or continuing any of your other education goals? Mrs. Adams can help you to reach these goals. Just come in on any Tuesday or Friday at noon for placement testing or call to make an appointment. Remember: It's never to late to start on the journey to being a better you!



## MEET OUR VERY OWN

*J.H. Montgomery*

My name is J.H. Montgomery also known as Jackie here at the Crane Center. I am currently working as a volunteer and I also facilitate a recovery meeting on Tuesdays for the

members of the community as well as the individuals attending groups here. I have been in recovery for over thirty years and I still continue to work on my recovery because it is a lifelong process. I retired from New York to GA as a nurse in 2017. I totally enjoy working as a volunteer here at the Crane Center. I truly believe that I am working in the field I have been called for. I have a Masters in Mental Health Counseling and this is the reason that I find that I have a duty to work with individuals in all areas of addiction and Mental Health. I enjoy working with the staff here

and welcome every opportunity that the staff affords me to work with the individuals. I am also looking to work part-time locally with a Nursing agency being that I have been working in the nursing field for more the 40 years. I am the mother of two and the grandmother of four. Recently I even became a great - grandmother. I enjoy bowling and I am a member of a local softball team which I totally enjoy. I also like to consider myself a worker for social justice as well as a community activist. As a resident of Georgia, it is important that we get the word out and stop the voter suppression that has been occurring in this state for decades; it is time for a change. The Crane Center is a wonderful place to work and is a necessity and an asset for those individuals that attend here.



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**Friends help lower anxiety in social situations.**

You might have started using alcohol or drugs to reduce your social anxiety, but it took over your life and caused more anxiety. Having a friend or family member with you in a social setting helps reduce the stress of

## SUPPORT SYSTEMS

being alone or feeling awkward.

**Family and friends keep you in check.** Sometimes you become too confident in recovery or fall back in old behavior patterns, which increase your risk of relapse. A loved one provides valuable insight about your behavior and that can help you address the issues.

**You have your own personal cheering section.** Having loved ones who support your

recovery is a positive thing, especially when you hit a rough patch. They can empower you to work through the issues that are keeping you down.

**Your confidence and self-esteem grow.** It feels good to have people who want to be around you and who care for your success. Their presence and active role in your recovery can boost up confidence and self-esteem that alcohol and drugs chopped down.



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