

# NEWSLETTER

*"If you can quit for a day, you can quit for a lifetime." – Benjamin Alire Sáenz*



## RECOVERY ISSUE

This **DOUBLE** issue celebrates recovery month with two recovery stories and all the great articles you love.

## DON'T MISS OUT!!

Mark your calendars for great upcoming events!!

## JOIN THE VOICES OF RECOVERY: Together We Are Stronger

This year marks the 30th year that the nation celebrates the gains made by those in recovery. Sponsored by the Substance Abuse and Mental Health Services Administration, the observance is held every September to educate Americans that substance use treatment as well as mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. The month celebrates the millions of Americans who are in recovery, reminding us that treatment is effective, and yes, people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help.

Recovery Month works to promote and support new evidence based treatment and recovery practices, the emergence of a strong and proud recovery community and the dedication of service providers, like The Crane and The Phoenix Program, and community members across the nation who make recovery in all its forms possible. Join us at The Crane as we take part in this monumental celebration during the week of September 23rd through the 28th with special events on each day.

THE CRANE

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## MEET OUR VERY OWN

# Donald Moye



My experience of becoming a staff member of Paula



topics as well as personal matter, hence being able to give and

receive helpful feedback from each other.

The benefits obtained from the Individuals I serve have been very rewarding. The interaction with them sometimes helps me more than it helps them. I would like to encourage everyone to come and visit the center and be tested for both HIV and HEP C because everyone needs to know their status.

I sometimes find it difficult to write about myself, but when I'm given an opportunity to share my life experiences, it always seem to flow naturally.

*In loving service,  
Donald Moye*

Crane Life Enrichment Center started in 2014 by volunteering for a year with a desire to help others with substance abuse disorders and mental illness. During that year, I obtained a certification as a peer support specialist and an Early Intervention Specialist for HIV/HEP C.

I am a person in long term recovery that enjoys sharing with my peers the many pathways to recovery.

What I really love about the staff here at The Crane is that we have a family filled environment which helps us to better serve the Individuals that enter our doors.

We can candidly share about work related

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## AM I AN ADDICT?

It is not always easy to recognize addiction, which leaves many people asking: how do I know if I'm really an addict? Addiction can take on many different forms, which makes answering this question more difficult than one would think. Some addicts spiral downward quickly, moving to increasingly harder drugs and going to extreme lengths to get their hands on their substance of choice. In contrast, other addicts can go years without anyone even noticing their substance abuse, let alone getting the professional help that they need to recover. If you think your drinking or substance use is causing problems in your life, this is an indication that depend-

ence or addiction may have begun to form. Thankfully, recognizing these problems is the first step toward recovering from addiction if it is present. Addiction is always associated with symptoms that dependence on a substance has taken hold. However, these signs and symptoms of addiction are not always visible or immediately obvious. In fact, there are three different kinds of warning signs for addiction: physical signs, behavioral signs, and psychological signs. If you believe you have a substance use disorder, please see or talk to one of our professionals to see how you can find your way to recovery.

# KNOW THE DIFFERENCE?

Fall weather is coming soon. During this time of year, we can have more fires in or around our homes. Checking your smoke alarms and smoke detectors is a must. Ah... you noticed I stated smoke alarms *and* smoke detectors. Yes, I did because there *is* a difference. Smoke alarms are all-in-one self-contained units that include the smoke sensor and the audible alarm. This type is usually found in a residence. Smoke detectors usually only contain the smoke sensor and nothing else. The alarm is in a different unit. The controls for the system is in a central location. This type is usually found in a place of business.

Smoke alarms have two different sensors called photoelectric, which is the sensor for smoldering fires and ionization, which is the sensor for fast burning fires. When purchasing a smoke alarm, please check to see which type you are purchasing. You can purchase smoke alarms that detect one, the other, or both. Really it's best to buy one that detects both types.

Now that we know the differences in smoke alarms and smoke detectors, we need to know if the system is battery operated or wired. It is better to have the wired smoke alarms versus the battery operated smoke alarms because for one, you won't have to worry about changing the batteries, and it is also interconnected which means if one smoke alarm goes off in your home, it will cause the other smoke alarms in your home to go off too. This way there is no worry about hearing it throughout your home. If your home is not wired for smoke alarms, then you will have to use the battery operated ones. You need to know what kind you have so when it is time to

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**Smoke alarms have expiration dates.**

**The National Fire Protection Association recommends replacing your alarms every ten years.**

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replace it. Replace it?... you might ask.

Yes, replace it. Smoke alarms have expiration dates. The National Fire Protection Association recommends replacing your alarms every ten years. The reason for replacing the alarm is because the sensor's effectiveness decreases. When placing smoke alarms throughout your home, the best places to install them are within every bedroom, kitchen, hallway, and even in the basement. Since smoke rises, the alarm needs to be at least 12 inches from the ceiling. Placing them near windows, vents, doors, or anywhere there could be an airflow, is not a good place to install them. The reason is because of air being able to interfere with the smoke detector's capabilities.

So, now that we know about smoke alarms and their capabilities, let's enjoy what September's fall weather has to bring.

*Submitted by Ursula Lucier*



# MEDICATED-ASSISTED TREATMENT



## UNDERSTANDING OPIOID ADDICTION

Many teens and young adults first use opioids when they are prescribed following an injury or routine procedure like the removal of wisdom teeth. Common prescription opioids include Codeine (for example, Tylenol with Codeine), Fentanyl, Hydrocodone (Vicodin or Lorcet), Morphine and Oxycodone (Percocet or OxyContin).

For a variety of reasons — to party and get high, or to cope with stress — some teens and young adults intentionally misuse opioids. The vast majority of those misusing prescription drugs are getting them from the medicine cabinets of friends, family and acquaintances. Some young people start misusing prescription opioids and then switch to heroin as it becomes cheaper or easier to acquire. Opioid use and misuse can create brain changes that lead to addiction. A person who is addicted develops an overpowering urge, or craving, for the drug. The person also experiences a loss of control, making it more difficult to refuse the drug, even when use becomes harmful. Most people who are addicted to opioids cannot taper off (use less of the drug over time) without help.

“We all think, ‘Why can’t these people just stop?’ and it’s not like that,” explains Dr. Alicia Murray, a psychiatrist specializing in addiction. “They’re not the same person once they become dependent on drugs. They’re a different person. They can’t get to those same skills that they once could get to. Because their brain is now rewired.

It’s only thinking about the drug.”

## HOW MEDICATION-ASSISTED TREATMENT CAN HELP OPIOID ADDICTION

When people become dependent on opioids, they feel sick when there are no opioids in the body. This sickness is known as withdrawal. Along with intense cravings, withdrawal is a hallmark of opioid addiction, and the two combined can make recovery especially difficult.

By helping to reduce cravings and withdrawal, medication-assisted treatment can help a person stop thinking constantly about the problem drug. This allows the person to focus on returning to a healthy lifestyle. In addition to tailoring medications to address cravings and withdrawal, a comprehensive treatment approach will also include therapy or counseling to address behavioral issues, support recovery and prevent relapse. Family therapy is especially effective for teens and young adults to address substance use along with other issues.

## MISUNDERSTANDINGS ABOUT MEDICATION-ASSISTED TREATMENT

Some people in treatment programs for addiction, or who are seeking help through a 12-step program, may be told that medication-assisted treatment is simply substituting one addictive drug for another. This is not true.

Taking medication for opioid addiction is like taking medication for any other chronic disease, such as diabetes or asthma. When it is used according to the doctor’s instructions, the medication will not create a new addiction.

For more information, do not hesitate to ask any of our staff and they will point you in the right direction.

# DRUG FACTS YOU SHOULD KNOW



Below are five important facts that you should definitely know about drugs and the impacts they can

have on not only you, but your loved ones. Please read and share accordingly.

**1. Cocaine is the 7th most popular drug in the world after alcohol, tobacco, cannabis, caffeinated energy drinks, MDMA & Shisha Tobacco.**

It's not only yourself that you do harm to by purchasing cocaine.

Buying cocaine funds the exploitation of impoverished people, destroys and pollutes large areas of rainforest, forces people from their homes so coca can be grown on their land, and results in the murder of those who stand in the way of powerful crime groups. In fact, 164,000 people were murdered in 2007 and 2014 due to cocaine-related crime in Mexico alone.

**2. More than 100,000 babies are born addicted to cocaine each year in the U.S. due to their mothers' use of the drug during pregnancy.**

The addiction factor in cocaine is such that it can cause pregnant mothers to be unable to stop using the drug during pregnancy. This can cause extreme health risks for the child, including sudden infant death, behavioral issues, learning disabilities and more.

**3. The National Institute on Drug Abuse estimates that nearly one-fourth of people who try heroin will become addicted.**

Heroin is an exceptionally powerful drug

with a high probability of addiction. This is because the brain's receptors for heroin are located in the parts of the brain that are responsible for pleasure. When heroin is metabolized, it breaks down into morphine which binds to the opioid receptors in the brain. After someone uses heroin, their pain signaling pathways become overactive, resulting in the user feeling the need for more heroin to feel "normal".

**4. Depressants, opioids and antidepressants are responsible for more overdose deaths (45%) than cocaine, heroin, methamphetamine and amphetamines (39%) combined.**

The media is abuzz with the issue of prescription abuse, and for good reason. Often legal depressants, opioids & antidepressants cause more deaths than illegal drugs.

**5. Fentanyl is a synthetic opioid that is 50 times more potent than heroin. And, with Fentanyl, just a quarter of a milligram (.25 milligrams) can kill you.**

That is equivalent to the size of just two grains of sand. This is what makes it so popular for drug suppliers to use – just the tiniest amount can increase the potency of a drug, keeping their margins profitable and their customers satisfied.

The danger of fentanyl isn't just to users – It can be a threat to anyone who knowingly or unknowingly come into contact with it.

The drug can be absorbed through the skin or accidentally inhaled. That means that naked fentanyl, even if not purposely consumed, can have a potentially lethal effect.

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If you think you may need help, please talk to one of our peer specialists or contact our treatment facility, The Phoenix program at 770.960.2058.

# DRUGS AND SOCIAL MEDIA



Do you feel there is a connection between the social media world and the increased use of drug/substance abuse? Recently with a larger use of social media and how the internet makes the world smaller, questions as these have come up.

There were some studies conducted by The Recovery Village, and they came up with some shocking numbers of how the two connect. This article is written to allow people to know the things one may go through when it comes to substance abuse, something no one is going through alone.

Many people were surveyed and 49 percent of the respondents said that individuals who regularly use social media are most prone to developing a drug addiction. 27 percent of the respondents feel that people who use these technologies are most susceptible to substance abuse. The Recovery Village was able to find out that many people spend several hours a day, just surfing the internet and others are on their favorite social media site. 52 Percent of the 399 surveyed said that they use the internet multiple times a day. 20 percent of the 399 surveyed said

they're on all day long. What this does is expose our mind to whatever is trendy or what's going on at the moment to be forced in our faces and down our throats.

Imagine what something like that could do for someone dealing with substance abuse. Imagine being someone who has been substance abuse free for about two weeks and has already been struggling through their two-week process and they decide to get on a social media site and see their peers having fun. They may be just out together doing some social drinking, but for the individual who has been struggling with alcohol abuse, this may be a trigger for them. We can also think about the individual who is really having a horrible day and decides to get on the site and sees someone promoting the sale of some illegal substances that may give you a quick fix of their depression at the moment. The times we live in now are really predicated on fitting in, and drug use is something that is being looked at as something normal in society. Merely getting on a site to say "hey" to some old friends or to see how life is going for a family member, could lead to an individual seeing their trigger to relapse. I advise moving smartly when it comes to social media because there is a strong connection between this and drug use social media.



Did you know that in addition to hosting 12 step groups, The Crane offers Peer Support groups Monday through Friday from 3 to 4 pm? These classes are facilitated by our Peer Specialists with an evidence based curriculum via Living in Balance and on Monday and Fridays, Recovery Check-Ins to see where everyone is in their recovery in a open forum. These and other treats can be found on our webpage via [thecrane.org](http://thecrane.org)



# ARE YOU RELATED TO THE ISM FAMILY?

When growing up in what most would consider a typical or even a dysfunction family, we don't always know all of our relatives. Yes, we may get to know our immediate family pretty well including our parents and siblings and at some point, early on usually, we are introduced to aunts, uncles and cousins some close and others we consider 'distant.'

What most of us do not want to own up to, however, are the relatives that hide within ourselves that we pretend do not exist, but rears its ugly head at the most inopportune moment. They are known as the ism family...and though they don't have any identifiable physical traits, they have characteristics that are quite common across the board. If you have no idea of the isms in which I speak of, then allow me to introduce you to merely a few of those secret family members by their first names as well: Racism, Sexism, Classism, Ableism, Ageism, Heterosexism, and even Nepotism.

Though some exploit their family members at every chance they get, there are others that swear publicly they have no affiliation with them, though the moral DNA tests seem to prove that there is a 99.9% relation.

This family of isms all involve a negative pre-judgment whose purpose is to maintain imagined control and power. Collectively or individually, these social phenomena work to establish a "defined norm" or standard of "rightness" under which everyone is judged.

It tickles me that most people related to the isms have deep roots of spirituality. I don't consider myself an expert or anything, but doesn't the good book state, judge not, lest ye be judged in Matthew 7:1...oh my, the hypocrisy of it all.

To see the complete definitions of the isms, see page 19

*Submitted by Trakell*

## WHAT'S COMING UP AT THE CRANE?

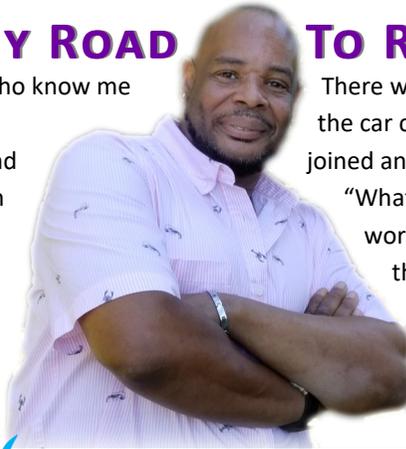
<p><b>SEPTEMBER 2ND</b> Movie Day At The Crane ▪ 2 pm</p>	<p><b>SEPTEMBER 3RD</b> Weight Loss Challenge At The Crane ▪ 2 pm</p>	<p><b>SEPTEMBER 3RD</b> ZUMBA Classes Return At the Crane ▪ 2 pm</p>
<p><b>SEPTEMBER 13TH</b> Spades Tournament Rematch At the Crane ▪ 1 pm</p>	<p><b>SEPTEMBER 23RD</b> Recovery Week At The Crane Movie Day ▪ 2 pm</p>	<p><b>SEPTEMBER 24TH</b> Recovery Week At The Crane Voting Registration ▪ 2 pm</p>
<p><b>SEPTEMBER 25TH</b> Recovery Week At The Crane Credit Repair Class ▪ 2 pm</p>	<p><b>SEPTEMBER 26TH</b> Recovery Week At The Crane Basketball Game Day ▪ 2 pm</p>	<p><b>SEPTEMBER 27TH</b> Recovery Week At The Crane Cooking Class ▪ 2 pm</p>
<p><b>SEPTEMBER 28TH</b> Walk for Recovery at 10 am ▪ Recovery Festivities at 11 am 1792 Mt. Zion Rd. Morrow GA</p>		



# MY ROAD TO RECOVERY

I am Willie but those who know me call me “LaWillie” or “BaeBae” I was born and raised in Atlanta, GA on August 15, 1966, the second oldest out of 4 kids. Growing up I had a father, but my mom pretty much raised us by herself, meaning, my mom and father were divorced while I was in elementary school. While entering high

school I took on the responsibility of caring for my two sisters. While my mom worked from 3 to 11 pm, my brother was working as well and they were rarely home. During my 9th grade year, I joined the marching band and played on the soccer team. Well upon graduation, I received two four year scholarships. The scholarships were from Clark University for music, and Morris Brown College as well. With my mom being a single parent, I saw no way for me to further my education and receive the support needed from my family. In 1984, I graduated from school and took my first real job at country home bakery where I met a couple of friends and we began hanging together. Now at this point in my life, I never was introduced to drugs or any illegal substances. Well lo and behold me and my friends were sitting there playing cards and a particular car would pull up and people would run to the front of the car and I would always sit there and wait for them to return.



There was one time in particular when the car came and everyone left and I joined and went to the car. I asked “What you girls got”, and my co-worker replied, “here Willie sniff this.” I did as she instructed and after I asked “What’s that?” and she replied sarcastically “cocaine you idiot.” At that moment is when I started



My mother gave me money as she usually did, but couldn’t stand to look at me anymore...



using drugs, I wanted to hang with my friends and also wanted to be like them.

To be honest that wasn’t my thing though and in a year I stopped using cocaine, but continued drinking alcohol. Well in 1993, I became clean and sober joining the tri-city group of AA and I was very active for many years and also was the secretary. For many years, I managed to stay clean.

In 2017, I started going back around my old friends and hanging in areas I used to ‘chill around.’ Honestly, looking back now I know that being around those old things brought back old demons. I started back using it in 2017, but the good thing was that I didn’t use as much as initially when I was abusing. 2018 for me was quite different and a bit rougher for me, and I hit rock bottom. It started when I became a roommate to an AA classmate; she had an extra room and it was perfect for me. One day my roommate came to me, and let me know that her son’s marriage had ended and he needed somewhere to stay. In my mind, I was thinking that he’d move in with me in a month or

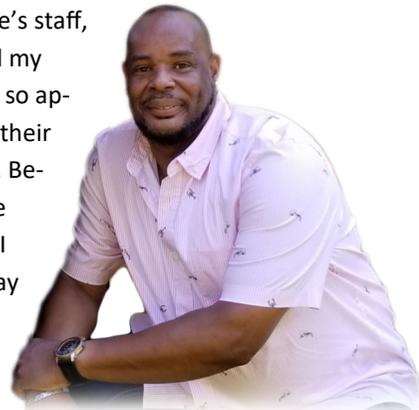
maybe a couple of weeks. It shocked me that he was there the next day with all his clothes ready to move into my home. Once I saw that I decided to leave and live in my car. I didn't take any clothes with me and I was on the streets. I went to my family's home and was asked by my sister not to come back until I got myself together I then began using more than ever.

My mother was hurt the most by my situation. Even through her hurt, she constantly called and checked on me and gave me \$125 to clean myself up and get a hotel. My mom reached out to me on every Tuesday and Thursday for 9 months straight. We would meet up weekly at Dunkin' Donuts, and she regularly gave me the money and filled her desire in being able to just look me in the eyes to know I was okay. August 3, 2018, she turned my world upside when she gave me money as she usually did, but couldn't stand to look at me anymore. That was one of the worst feelings I could've ever felt; to describe it I felt as if a truck just ran me over. After that happened, I looked in the mirror and cried to myself. There was a major needed pep talk to myself that was given, and I had to beat myself up verbally to understand that I really needed to get my stuff together. I drove to Anchor hospital and parked my car. I went inside the building and asked a worker to ask them to take my keys. I told the lady that if she didn't take my keys that I would've killed myself via overdose. She took my keys and it was a relief to me. I went to a lodge for 30 days for recovery, and my sister came to visit me and it was hard for her to be stern with me but it was well needed. Everything

that the lodge had to offer as far as to help, I was in attendance for it.

I was admitted to My Brother's Keeper towards the end of August. My Brother's Keeper and Paula Crane Center helped me to get better; they have always encouraged me that I'll be alright. In December, I moved out of my Brother's Keeper but kept going to the program until I graduated in February. I no longer have to attend any meetings or anything, but I still attend things, because it is so helpful for me. The connection I have with the staff at The Crane is second to none, and that's perfect for me. The most important part about staying clean is to stay connected. Everything in my life that I went through has left me no regrets nor remorse. The most beautiful thing about the whole situation is that my mom is uplifted and extremely proud of me and believed I could always get clean. Now I am surrounded by people who believed in me more than I believed in myself. I have people who gave me the courage and strength to keep my head up and show the strength they've helped me find. They have also helped me to stay clean day by day. The Crane's staff, my peers, and my sponsors I am so appreciative for their help and love. Because of those great people, I can make it day by day on my road to recovery.

*Interviewed by Nikos*



# SPADES TOURNAMENT SHOWDOWN

In July, The Crane announced verbally to Individuals, of an upcoming Spades and Dominoes tournament that would be coming soon. From the moment of the announcement, the bragging rights started and the trash talking amped up....because what's a fun game of spades without a bit of trash talk, claiming to be the best ever to play the game?

Well, when the date and time was set and the flyers were distributed, the registration for the games filled up extremely fast. Even though no one knew what the winners would receive, the title alone of being the best at the game was more than enough.

Set on August 23rd at 1 pm, the spades game pitted all Individuals against "The House" which of course consisted of the staff of the Crane Center and the question was posed, "Can You Beat The House?"

When the day finally arrived, everyone enjoyed finger foods that could be easily eaten during the games including tenders, popcorn chicken ice cold bottled sodas and more! The house rules were explained as jokers and



aces high. The winner of each 2 out of 3 hands in obtaining

the most books would get their team's card stamped. The first eight teams to reach the goal of three stamps would move into the quarterfinals, where the teams were selected by a mutual nonplaying member, Ursula.

The House was represented by three teams, Donald and Yolanda, Tia and Dathon and Trakell and Bernice. During the quarterfinals and the semifinals, two of the three house teams moved forward. When all was said and done, it was proven that the Individuals could **NOT** beat the house, and so the house played itself in the final round.

Because the Individuals were not able to pull off the caper they'd intended, a spades rematch was promised and has now been officially scheduled for September 13th. Details of the rematch are still being worked out, but as for the very first Spades Tournament at the Crane, congratulations must be given to Mr. Dathon and Mrs. Tia for winning the entire tournament and well representing "The House!"



\*Due to time constraints, the dominoes tournament never fully got off of the ground. Because of this, we will be scheduling a tournament dedicated solely for this event. For details of when and how to join, please follow us on Facebook by looking up The Crane or on webpage at [thecrane.org](http://thecrane.org)

# WET & WILD BACKYARD PARTY BECOMES ANNUAL!



Yes, you did read it correctly. Due to high demand and popularity, the wet and wild backyard barbecue party held at The Crane on August 16th has officially become an annual summer event!!

With the feeling more of a family reunion vibe, as described by many Individuals, everyone knew they would have fun at the event, but no one could have anticipated just how much fun the whole spectacle would be.

The spread consisted of plenty of sodas, water, Gatorade, sausages, extra large Nathan hotdogs, Cajun and lemon pepper chicken, house salad, potato salad, watermelon and rocket popsicles.

With Security Guard Dathon on the grill, Trakell and Ursula keeping up antics on the

microphone and going through the water games and Ava Gale kicking off the water gun fights and even Tia and Yolanda manning a super soaker like a pro, the whole team joined in with Individuals to kick back and just have some plain ole fun!! Even our maintenance department got in on the fun with Darryl changing up the game by using ice cold water to soak both Individuals and staff alike!!

The Double Trouble meeting that meets on Friday joined in as did many other new Individuals along with our regulars. We do give many thanks to both Bernice and Donald for not only keeping dry, but keeping an eye on the front desk, ensuring everyone found there way either to a meeting or to the backyard party!!

# TWO PATHS DIVERGED

The decision I made lead me down an 11-year path that wasn't the best for me or my loved ones



Hello, my name is Angela; I am from the Westside of Atlanta. I was born Grady hospital, so you can call me a true "atlien". I have a sister that is 4 years younger than me. At the young age of 22 years old I was living life: I had a place to live, I was a student in college, and at that moment I was truly a responsible person. It's crazy how one decision can change the trajectory of one's life. I was introduced to an illegal substance that I probably should've stayed away from. To create an illustration for you; imagine you are driving and come to a stop sign, and there are only two ways you can go right or left. The decision I made lead me down an 11-year path that wasn't the best for me or my loved ones. In January 2000, I was arrested and was in jail for 4 months. As I was released I felt like at that moment I was finally able to see myself. Shortly after my jail release, I ran into Ms. Quinn a good friend of mine. She said something profound, if you ever need help getting clean, give me a call." She followed by giving me her card. Maybe about 2 months later, I was home and saw her card on the table, and made a major decision to give her a call. She assisted me in realizing the greatness I had in myself and that I could overcome. I also had a son, and that was a major factor of me wanting to get right.

The fact that God gave me another shot at life, I had to get clean and try to maximize my life. I reached the point I wanted to and I



was drug-free for 16 years. The time I was drug-free was truly a great moment of life. A minor mistake I made was to think that drinking alcohol would be better than using those illegal substances.

Truthfully, I was in a rut and was drinking daily to not deal with the loss of my mother. Every emotional moment that came my way I felt drinking would be an outlet for me. Honestly, I felt that would be a way for me to get away from whatever I was going through. I truly learned that those things were a recipe for disaster.

I looked deep down inside of myself and decided that being a drunk for the rest of my life wouldn't be my life story.

Last September, I went to Saint Jude's detox center in downtown Atlanta for 21 days. The detox center was very helpful for me to start another journey to being substance-free. October 30th of last year, I entered into My Sister's keeper, and going to treatment was the best thing that could've happen to me. This program is allowing me to be guided and also receiving suggestions to be a better person. I'm in a position of learning about myself; I'm able to see how strong the mind

is when it comes to substance abuse and addiction. These programs helped show me that life is full of opportunities to live a better life. Right now I'm in a position where I never want to relapse again. Setting healthy boundaries helps me understand self-preservation, and I can promise you that changing your mind-

Setting healthy boundaries helps me understand self-preservation, and I can promise you that changing your mindset gets you one step closer to freedom.

set gets you one step closer to freedom. At the moment, I'm back in school at Southern

Crescent for business management. I am on the right path to the life I want to live, and for me, that's what excites me.



*Interviewed by Nikos*

## NOT SO INNOCENT ANYMORE



If you have thought about trying to kick a smoking habit, you're not alone. Nearly seven out of 10 smokers say they want to stop. Quitting smoking is one of the best things you can do for your health — smoking harms nearly every organ in your body, including your heart. Nearly one-third of deaths from heart disease are the result of smoking and secondhand smoke. You might be tempted to turn to electronic cigarettes (e-cigarettes) as a way to ease the transition from traditional cigarettes to not smoking at all. But is smoking e-cigarettes (also called vaping) better for you than using tobacco products? Can e-cigarettes help you to stop smoking once and for all? Well....

Studies show that electronic cigarettes are just as addictive as traditional ones. Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, says Blaha, many e-cigarette users get even more nicotine than they would from a tobacco product — you can buy extra-strength cartridges,

which have a higher concentration of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of the substance.

Did you also know that electronic cigarettes aren't the best smoking cessation tool. Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.

There's a strong link between smoking and cardiovascular disease, and between smoking and cancer. But the sooner you quit, the quicker your body can rebound and repair itself. Talk to your doctor about what smoking cessation program or tools would be best for you.

*Reviewed by  
Michael Joseph Blaha, M.D., M.P. H*

## TRANSP0-INFO

State troopers warn drivers to use caution in school zones, for it is unlawful in passing a stopped school bus carrying our children and there will be consequences. There will be penalties that include six points on your driving record and for a driver under 21, a conviction for unlawfully passing a stopped school bus will result in a six month suspension on your driver's license.



Colonel Hitchens also cautions motorists to be alert for children waiting at the bus stops, especially during the early morning hour when visibility is reduced. He states, "Children are not always alert to dangers around them at school bus stops. Drivers should be prepared to stop when approaching children waiting for a school bus." In closing, please be mindful and cautious when around any school bus, whether moving or stopped.

*Submitted by Bernice Taylor-Davis*  
Transportation Specialist



## COOKING CLASS 2.0

There has been countless cooking classes at The Crane, all headed by Trakell. The class held on August 2nd was taken up a notch, with groups of Individuals teaming up to make their own meal under the direction of Trakell and the assistance of Ursula and Tia.

After waivers were signed, the group teamed up in sets of three to four and found a station within the cooking room. Armed with a gas burner, large skillet and all the ingredients needed the groups learned what they would be preparing. They were tasked with working as a

team and following directions in cooking an entire meal and a preparing a Caesar salad. The winning group in completing both won gift cards of \$40 each to provide a meal for their own family or friends.

Even though there was only one group selected to win, in essence, everyone won with being able to indulge in the meals that had been prepared.

The next class is right around the corner, so don't miss out. Check our calendar of events on page 9.

# 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
E.A. Meetings	
Saturday	11:30 - 12:30

## THECRANE.ORG

If you haven't signed up to receive The Crane's weekly schedule, and you feel like you always either miss events or find out too late about them, then your worries are now completely over.

On September 1st, The Crane launched its very own website complete with updates on all of the latest events, upcoming changes, blogs and everything in between that comes with recovery. We are here for you, even on live chat!! Check out our site and let us know what you think...if there's something you'd like to see, let us know and we will try our hardest to make sure it happens.

You can also follow us on Facebook for daily inspirational quotes and updates on happenings at the center, just "like" us as an agency and even check in the next time you're here. We'd love to see your feedback no matter when or how!

## THE CRANE STORE

The Crane store has been on pause for the month of August as other events and programs were launched. In September it will return with all of the goodies, hygiene products and supplies that you are familiar with and love!

Per usual, the only way to shop in the store is with incentivized Crane money on Tuesdays and Thursdays. We cannot and will not accept actual money for any reasons.

If there is an item that you would like to see in the store, please leave us a note in our suggestion box at the front desk, or send us a message via our webpage thecrane.org or Facebook page by looking up: The Paula Crane Center.

# MAY IT BE



May He love you to your rocks and the tips of your branches  
May your leaves always provide the life giving  
    exhalation of breath and return to nourish your soil  
May your walk be winged in angelic protection  
May every rejection lead to a victory of your soul  
May every loss strengthen your knees in bended prayer  
    as your heart reaches heavenward  
May the good Lord cradle your spirit through  
    the tears you shed  
May you know healing and wholeness  
    from His blood that was bled  
May one night be a friend to comfort  
    your longing for a new day  
May the day be your blessing in every way  
May the wind swept clouds reveal the wonders of motion  
May the solidity of earth ground you in stillness and awe  
May our Father gift you with awareness of your emotions  
May you feel with balance of heart and head  
    with love and devotion  
May the answer be that He is satisfying your  
    every question and need  
May you seek the freeing Word  
    that liberates from the trappings of greed.  
May the eagles rise and the albatrosses dive  
    inspire you to trust  
May the fawns first steps be beacons  
    of your own emergence from dust  
May our Father Mother you with divine lovingkindness  
May the Spirit awaken you from your own insistent blindness  
We are presented with God's own measure of Faith  
Each to walk humbly with Him in hope and in  
    His abundant grace  
Live today in the knowing of His wondrous plan  
    for you and His love  
He will keep you and protect you with provisions from above.  
Let us say Amen and Amen again  
Amen, O Lord, Amen. Amen

*Submitted by Neema "Zee" Harris-Merritt*

## THE BENEFITS OF MAKING MISTAKES



Recovery awards us the benefit of freedom from the guilt and shame associated with making mistakes. God removes our transgressions as far as the East is from the West *Psalms 103:12*.

Being a person in long term Recovery has been one of my life's greatest milestones. The greatest is having a relationship with such a loving, awesome God of my understanding. This relationship afforded me Recovery, which opened doors I thought were shut for life. One of those doors is healing for my family and another chance to bond and develop a healthy relationship with my children. Another door was an opportunity for employment

in a field that I feel I am a benefit to others and I am happy doing so.

Due to the hurt and pain we cause in active addiction, quite often, we think all is lost. The guilt and shame can hold us hostage for many years. We are unable to accept forgiveness for the things that happened to us and our families when we were in active addiction. I asked for forgiveness from God and others but still felt I deserved to remain in pain and anguish as punishment for my wrongs.

I could easily live a life of regret for the mistakes I've made in life but, I don't. Are there things in my life I'm remorseful about? Sure, and I should be. However, the mistakes I've made, I have learned incredibly valuable lessons from. In essence they have shaped me into who I am today. I am grateful for the mistakes and will make more. Based on what I have learned, my goal moving forward is to learn faster and not make the same ones again. Unlearned lessons (School of Hard Knocks) are destined to be repeated.

*Submitted by Yolanda James*

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## SPIRITUALITY & ADDICTION

Many people with addictions are put off getting help because they have heard that there is a spiritual element to recovery, and they do not feel that they can function within a spiritual framework. Spirituality and addiction recovery sometimes seem to go hand in hand. The 12 step movement, with its focus on a higher power, can be particularly challenging. Some of the reasons that people with addictions feel strongly about this include:

- Not having a religious background, and feeling uninformed about religion & spirituality.
- Feeling that religion is about controlling people, and not wanting to be controlled or to be part of an approach that controls others.

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# SPIRITUALITY & ADDICTION

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- Recognizing the role of religions in war and other atrocities, and not wanting to be associated with them.
- Being an atheist — believing that there is no God.
- Being agnostic — believing that there is no way of knowing whether God exists, so it is hypocritical to pretend you know that there is a God.
- Having had an unpleasant or abusive experience with a member of a church or religious organization, particularly if they were in a leadership position.
- Having experienced or witnessed such severe abuse, pain or suffering, that the idea of a God who could have prevented this makes no sense in any positive way.
- Feeling uncomfortable with the idea that some religious doctrines associate human suffering with past failings or wrongdoings, and are somehow "deserved."

These are all valid reasons for rejecting or refusing involvement in a religious organization. But they do not, in themselves, exclude you from discovering your own spiritual path. Many people are able to connect their spiritual path with an organized religion, but many others do not require a "religion." By any means, whatever you may consider your Higher Power does not have to fall within the category of what others believe. It is about your own self discovery and your own belief system.

## THE WALL



During a funeral, the pallbearers accidentally bump into a wall whilst carrying the coffin and when they do so they hear a faint moan.

So they open the casket only to find that the woman inside is actually alive.

She lives for 10 more years after this and then eventually dies and so there's another funeral for her.

At the end of the service, as the pallbearers carry out the casket, the husband cries out, "Watch out for the wall!"

## I SEE YOU



Bob left work one Friday evening. But it was payday, so instead of going home, he stayed out the entire weekend partying with his mates and spending his entire wages.

When he finally appeared at home on Sunday night, he was confronted by his angry wife and argued for nearly two hours. Finally his wife stopped the nagging & said to him, "How would you like it if you didn't see me for 2 or 3 days?" He replied, "That would be fine with me."

Monday went by and he didn't see his wife.

Tuesday and Wednesday came and went with the same results.

But on Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.



There's nothing like being able to speak to someone who can relate to what you're saying. Our Peer Support team, Donald Moye and Yolanda James are experts in their fields, with both being Certified Addiction Recovery Empowerment Specialists at The Crane. If you need a listening ear or to just vent about a situation, they are here to serve. Just drop in for a group or for a one-on-one session with them and they'll be more than happy to be there for you!

## DAVID SCOTT HEALTH FAIR

On August 10th, the largest health fair in the county hosted by Congress David Scott was held in celebration of its 15th year and guess who was there?

If you guessed Clayton Center and The Crane, then you would be absolutely correct. Not only did The Crane come, but they offered information on ALL of Clayton Center's services from Behavioral Health, Children and Adolescent services, Developmental Disabilities and The Phoenix program treatment program.

With six of it's staff showing up, The Crane well represented the agency and their own program and provided Free HIV and HEP C tests in a private room.



Many giveaways were given and new contact information received. We now look forward to the 16th year in 2020!

## ZUMBA RETURNS!

After a one month hiatus in August, On Wednesday, September 3rd at 2 pm ZUMBA with Trakell returns!!

With the class will come the usual hydrations and brand new dance routines in Salsa, Hip Hop ,R&B, Line Dancing, Cha-Cha and Reggae-ton. Also with this class will kick off an ultimate weight loss challenge for anyone interested in really getting into shape. Weigh-ins will be held all day on Wednesday, even if you can't attend the ZUMBA class and want to participate in the challenge, you must come in for a confidential weigh-in for a starting point of who has lost the most weight in the month of September. Trust me, you don't want to miss out on the prize attached to this one!

## EXPLANATION OF THE ISMS

*Continued from page 9*

Just to clarify some of the family traits of the all so famous isms:

**Sexism:** This ism seeks to oppress women. In a patriarchal system, where there is an enforced belief in male dominance and control, women "exist for men or not at all."

**Heterosexism:** This is a belief that only heterosexual, or "straight" relationships are valid.

**Racism:** Defined as the belief that races have distinctive cultural characteristics determined by hereditary factors and that this endows some races with an intrinsic superiority over others

**Classism:** Refers to a prejudicial belief and/or behavior towards groups of persons sharing a similar social position and certain economic political and cultural characteristics.

**Ableism:** Discrimination and prejudice towards people who are physically or mentally challenged.

**Ageism:** Prejudice or discrimination against a particular age-group & especially the elderly.

**Nepotism:** the practice among those with power or influence of favoring relatives or friends, especially by giving them jobs.

*Submitted by Trakell*



# THE CRANE

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1792 MT. ZION ROAD, STE A, MORROW GA 30260 ▪ PHONE: 770.960.2009 ▪ FAX: 770.960.2024