

2013 – Year in Review

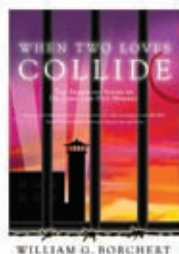


Chandelier



January

Jimmy Mooney started the year off right after winning the Georgia Hospital Heroes Lifetime Achievement Award in December 2012.



February

Author Bill Borchert and the Mooney Family were hard at work this month finalizing the details for the launch of a wonderful new book, *When Two Loves Collide*.

March

Willingway was busy preparing for the arrival of Dr. Larry Jedlicka, who began his addiction fellowship on April 1st. We thoroughly enjoy having him here.

INSIDE:

- Homecoming 2014
- Willingway Foundation: How you can help
- The 3 A's of Compulsive Behavior
- Sober Travel

April

Homecoming 2013, Dr. John & Dot: A Legacy of Hope, was a blast! We had over 500 alumni, family and friends in attendance!



Don't miss Homecoming 2014 – April 25-27!

July

Willingway was a founding patron of the C.O.R.E. conference in July. This 1st annual conference focused on the importance of abstinence-based treatment.

August

This month, we learned a very special lesson from the Willingway Maintenance Department when they went to great lengths to rescue an owl.

October

Willingway was a proud sponsor of the 2013 Haunted Forest at Georgia Southern University, of which some proceeds benefit the Center for Addiction Recovery at GSU.



December

Nurse Lynn Seamans is named 2013 Employee of the Year at the annual Christmas party.



November

The annual UNICOI retreat was a blast for patients, staff and Willingway alumni.

May



Dr. Shawn Williams was appointed Willingway's new Director of Medical Education.

June

Inpatient Program Manager Raymond Scott, beat the summer heat by visiting with some local kids to help educate them on how to stay drug-free and have healthy self-esteem.

September

Willingway co-sponsored Statesboro's 1st Annual National Recovery Month celebration at Mill Creek Park in September. We had a great turnout!



Homecoming 2014:

Let your **SOUL SHINE**

Limited Seating! Please Pre-Register

Pre-Registration Fee – \$30 per person

On-site Registration Fee – \$35 per person

Save a Tree – Register Online!

Simply visit willingway.com


and click on the Homecoming tab to register!

For Alumni, Family & Friends

Homecoming 2014 promises to be a fun-filled weekend of renewal in which you can celebrate recovery and share your experience, hope and strength with others. Join us as we gather in Statesboro April 25-27 for a time of fellowship and gratitude for our recovery. Pre-registration is \$30 per person and the on-site registration fee is \$35 per person attending the entire weekend. One-day fees are \$15.

All Homecoming events except for the Women's Residence Reunion, the Lodge Reunion, and the Open House + BBQ will be held at the Marriott Springhill Suites & Conference Center, located at 105 Springhill Drive (corner of Hwy 67 & 301 Bypass.)

We encourage our Homecoming Guests to stay at the Springhill Suites since this will allow you to be on-site for all official Homecoming activities.

Call (912) 489-0000 for reservations and hotel information. 

Will we see
YOU
this year?

Have a question about Homecoming?

Contact Reagan Daly,
Willingway Public Relations
Coordinator, with any
questions, comments or
registration help.

800.242.9455
rdaly@willingway.com



2014 HOMECOMING REGISTRATION FORM

38th Annual Homecoming, April 25-27, 2014 at Springhill Suites, Homecoming Headquarters

LIMITED SEATING! PLEASE PRE-REGISTER!

Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email: _____

Total Number of People Attending: _____ @ \$30 each

(please include your children if over 13 years of age)

– Clubhouse Fun Day Participants: _____ @ \$7 each

(Putt-Putt Golf, Bowling or Laser Tag. All inclusive price.)

– “Driving for Sobriety” Golf Tournament: _____ @ \$65 each = _____

(Held at Forest Heights Country Club. Must pre-register, no exceptions)

Golfer Name	Handicap or Avg. Score	Box Lunch (Y/N)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Events and Meals

(Costs of events & meals are included in the registration fee. Please indicate number of persons attending to help us plan better for each event.)

Ice Cream Social: _____	Open House @ BBQ _____
Advisory Breakfast _____	Dance Party & Pizza _____

Name Badge Information

Complimentary childcare will be provided during the Friday night sharing meeting, the Saturday morning and Saturday night meetings, and the Sunday morning speaker meeting. Childcare will be provided on-site at the Springhill Suites Conference Center.

Names and ages of Children needing childcare:

Name: _____ Age of Child _____

Name: _____ Age of Child _____

Name: _____ Age of Child _____

Name: _____ Age of Child _____

Our hospitality suite and most Homecoming events will be located at the Springhill Suites this year. Rooms are available to Homecoming guests at the Springhill Suites starting at \$99 per night. Call 912-489-0000 to make your reservation. Reserve early; the hotel will fill up fast! These additional hotels have offered special rates to our alumni.

ACCOMMODATIONS

Springhill Suites
Homecoming Headquarters
912-489-0000

Holiday Inn
912-489-4545

Comfort Inn
912-681-2400

Georgia's Bed & Breakfast
912-489-6330

Hampton Inn
912-489-8989

La Quinta Inn
912-871-2525

MEETING TIMES + SPEAKERS

FRIDAY, APRIL 25

- 9:00am Hospitality Center Opens
(located in Springhill Suites lobby)
- 10:00am Registration Begins
- 10:00am Golf Tournament
(caravan meets at Springhill Suites 9:30)
- 2:00pm Clubhouse Family Fun Day
- 5:00pm Women's Residence Meeting @ The Residence
- 5:00pm Men's Lodge Meeting @ Lodge
- 7:00pm Hospitality Center Closes
- 8:00pm Open Sharing Meeting
(childcare available)
- 10:00pm Ice Cream Social
- 11:00pm Hospitality Center Opens
- 11:00pm Late Night Sharing Meeting @ Springhill Suites
- Midnight Hospitality Center Closes

SATURDAY, APRIL 26

- 8:00am Hospitality Center Opens
- 8:00am Advisory Breakfast - For Alumni and Friends
(Springhill Suites Conference Center)
- 10:00am Hospitality Center Closes
- 10:00am Speaker Meeting – Debi C., Daleville, AL
(childcare available)
- 12:00pm Open House & BBQ, C.A.R. Pie Toss Fundraiser
- 3:00pm Hospitality Center Opens
~Dinner on your own~
- 7:00pm Hospitality Center Closes
- 8:00pm Speaker Meeting – Kenna M., Los Angeles, CA
(childcare available)
- 10:00pm **Dance Party! & Pizza**
- 11:00pm Hospitality Center Opens
- 11:00pm Late Night Sharing Meeting @ Springhill Suites
- Midnight Hospitality Center Closes

SUNDAY, APRIL 27

- 8:00am Hospitality Center Opens
- 10:00am Speaker Meeting – Jimmy M., Statesboro, GA
- 11:30am Close of Homecoming

Please return this registration form and payment to :
Willingway, 311 Jones Mill
Road, Statesboro, GA 30458
attn: Reagan Daly.
You may also register online.
Go to www.willingway.com
and click on the link to
Homecoming. For additional
Homecoming information,
contact Reagan at
912-489-7288.

Happy, Joyous & Free:

Enjoying Travel & Vacations in Recovery

With the arrival of a new year, we begin to contemplate our year ahead. This includes our hopes, dreams, ambitions and especially our much needed vacation time. One of the many benefits of getting sober is really being able to enjoy life. That means having fun and living a life full of adventure. Sometimes people in recovery may be intimidated and a bit frightened at the thought of taking on new adventures and going on trips in early sobriety. Some people may think that they won't be able to enjoy a vacation without a chemical fix.

In society, and especially on vacations, we will find ourselves surrounded by alcohol in restaurants, stores, and ships we sail on. As we have read in the Big Book, we have been assured that we can go anywhere in the world, granted we are spiritually fit.

Sober Celebrations & Gratitude Cruises – www.sobercelebrations.com
Sober Vacations International – www.sobervacations.com

Even if you are spiritually fit, you may still find yourself a bit apprehensive about taking a vacation to an island or setting sail on a cruise ship. You may ask yourself, "Will there be 12-step meetings there? Will I be too tempted?"

Fear not, thankfully in this day and age, there are already organizations and businesses set up to help sober people take that leap of faith and embark on the vacation of their dreams. They provide travel with a safety network of recovering people to help you feel at ease.

As you begin to plan your 2014 adventures, below are a few of the recovery vacation specialists that can help you plan the trip of your dreams:

Sober Travel – www.travelsober.com
Sober Cruises – www.sobercruises.com

Note: Willingway does not endorse any of the above travel companies but only provides the list as a resource. Willingway also encourages all potential vacationers to explore all alternatives.

The Three "A's" of Compulsive Behavior

The word "addiction" can often be confusing for many people. The three most common words related to it that often make it so misunderstood are "addicted", "addictive", and the word "addiction" itself.

Separating them out, the word "addictive" is probably the most widely misunderstood term. Any behavior that appears to be excessive is many times regarded as "addictive". You may hear someone say, "Your exercise program is becoming addictive", or "You'd better be careful how many french fries or peanuts you eat because they are becoming addictive."

And we've all heard of the so-called "workaholic," a person who seems to be "addicted" to their job or employment. But jobs aren't really "addictive." Many people simply use their employment as a way of ignoring other things in their life they'd rather not do or responsibilities they'd rather not meet.

In the treatment world, "addiction" is defined as a condition or disease one has regardless of the substances or activity involved. For example, an individual who compulsively drinks alcohol has a chemical addiction; an individual who eats compulsively has a food addiction; an individual who compulsively gambles or spends has an addiction, either to the excitement and rush of gambling or to the money itself.

There are other factors involved in the diagnosis of a disease, but the person who engages in compulsive behaviors such as these has been diagnosed with the disease of "addiction" and is identified as "addicted."

According to the American Society of Addiction Medicine, "addiction" is, ultimately, "a primary chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction of these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or by substance use and other behaviors.

Addiction is characterized by the inability to consistently abstain, the impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.

Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

To summarize, the three "A's" of compulsive behavior in the treatment setting mean:

- addiction is a clinically diagnosed disease.
- addicted is what you are when you have the disease.
- addictive is a term used both medically and non-medically and too often very inaccurately.



What is the Willingway FOUNDATION

(And how does it help people like me?)

What Is the Foundation?

The Willingway Foundation was formed in 1977 as a non-profit charitable extension of Willingway. The Foundation has supported research of addictive diseases and has now been offered opportunities for recovery to impact society at large.

What Does the Foundation Do?

The focus of the Foundation is the development of The Dot & John Mooney Center for Addiction Recovery (CAR) at Georgia Southern University. CAR is a revolutionary concept to offer on-campus guidance and support to the high-risk college population. It seeks to help students integrate recovery principles into their education and careers.

Foundation Objectives

1. Provide Operational Support for the Center for Addiction Recovery
2. Creation of The Dot and John Mooney Endowment to provide operational expenses for the Center for Addiction Recovery (CAR) at Georgia Southern University.
3. Physicians' Fellowship and Training to provide fellowships supporting physicians' training in addiction medicine.

Success of this campaign can only be achieved by enlisting a partnership among caring individuals, corporations and foundations through investments. The return on investment is staggering: to reclaim our next generation of youth and educate our doctors.

If you share these concerns for today's youth and would like to be a partner in recovery opportunities, help us ensure tomorrow's future for them today.

Willingway Foundation and C.A.R. (Center for Addiction Recovery)

Problem:

Student addiction on college campuses

- 1,400 students die each year from alcohol-related injuries
- 40% reported binge drinking
- 31% missed class due to substance abuse
- 22% failed an exam or essay due to drinking
- 90% of all campus rapes involve alcohol
- Almost half of all treatment admissions today are 18-24 year olds

Solution:

Center for Addiction Recovery

What is CAR? How does it work?

The Center for Addiction Recovery (CAR) makes resources available to students seeking to maintain their recovery lifestyle by:

- housing 12-step meetings run by students in recovery
- striving to create a cohesive recovery community
- educating those seeking information on addiction
- providing assistance to recovering students whose previous behaviors or academic records might prohibit their acceptance into the University.

The Willingway Foundation is now accepting investments to change the lives of students in recovery and change the future of an entire generation.

Investment Amount: _____ \$1,000 _____ \$500
_____ \$250 _____ \$100
_____ \$50 _____ \$25

Print Name: _____

Signed: _____ Date: _____

Please make checks payable to:
Willingway Foundation
311 Jones Mill Rd, Statesboro GA 30458


Willingway
FOUNDATION

What positive impact will YOUR investment make?
Change the life of a student in recovery and change the future of an entire generation.
Please contact us today. www.willingwayfoundation.com • 800.242.9455 or 912.489.7288

Join the Willingway Foundation Team and be the first to hear about upcoming events!
Send an email to willingwayfoundation@gmail.com to JOIN the Willingway Foundation TEAM!

CONTINUING CARE MEETINGS

Albany, GA 31707

Tuesdays 6:00 p.m.
1511 W. Third Ave
Suite 101
229-669-3959
Charles Lamb

Atlanta, GA 30345

Tuesdays 6:00 p.m.
Shallowford Presbyterian
Church Counseling Center
2375 Shallowford Rd., NE
404-216-3882
Robby Carroll

Augusta, GA 30904

Saturdays 10:00 a.m.
Covenant Presbyterian
Church
3131 Walton Way
706-736-1183
Joe Ward

Hilton Head Island, SC 29928

Wednesdays 6:30 p.m.
Christ Lutheran Church
829 William Hilton Pkwy
843-384-8759
Carol Rively

Jacksonville, FL 32207

Mondays 6:00 p.m.
All Saints Episcopal Church
- Education Bldg
4171 Hendricks Ave
904.463.1246 (John) or
904.463.5200 (Cathy)
John & Cathy Roberts

Macon, GA 31201

Mondays 6:30 p.m.
Centenary United
Methodist Church
1290 College Street
Fellowship Hall
478-538-3863
Don Wilkinson

Raleigh, NC 27622

Mondays 6:00 p.m.
Suite 320 Anderson Plaza
100 East Six Forks Rd
919-349-6269
Charlie Wagner

Savannah, GA 31405

Mondays 6:00 p.m.
300 Commercial Court
Suite F
912-920-9392
912-657-0426 (cell)
Jayne Holland

St. Simons Island, GA 31522

Saturdays 10:00 a.m.
The Club House
1501 Demere Rd
912-617-6385
Joel Mills

Statesboro, GA 30458

Wednesdays 6:30 p.m.
Willingway Outpatient
373 Savannah Ave
912-764-6236
Charles Stokes

Waycross, GA 31501

Tuesdays 6:30 p.m.
Quality Inn, Room 163
Corner US 1 & US 82
912-286-0258
Sandie Blackburn

Join our
email list
TODAY
at
willingway.com

Registration Inside!

WILLINGWAY HOMECOMING 2014

April 25-27, 2014



Join the Willingway Foundation Team
and find out how you can get involved and give back!

Send an email to:
willingwayfoundation@gmail.com to sign up!

Register Online! Save Time!
Register today for Homecoming 2014.
Go to willingway.com and
click on Homecoming to register.



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