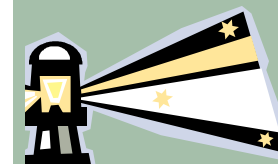


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1003 Martin Luther King Drive  
Bloomington, IL 61701

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# The Beacon

*A publication from Chestnut's Alumni Services*



Chestnut Health Systems

March/April 2008

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## A Wonderful Journey!

Each issue of The Beacon will feature a testament of hope from an alumni of Chestnut.

**This issue's testament comes from JoAnn T. who has been sober for 21 months.**

"I learned a lot about the disease of alcoholism while in treatment at Chestnut. Chestnut gave me a foundation to have the willingness to work the steps. Chestnut also helped me see the signs on how to prevent relapse. All the groups sessions and literature helped me to understand what tools I need to use to stay in recovery. Working with Chestnut's counselors helped me build my self-esteem.

"Advice I would give to those early in recovery is make sure you work closely with a sponsor. Also, make sure you get honest with yourself and others.

"I stay sober today by starting every day with prayer and meditation. I meet with my sponsor once a week and make sure that when I attend 12 step meetings that I talk with other alcoholics before and after each meeting. Journaling is also important to me. By writing in my journal and sharing at meetings, it helps me to get things out. Staying involved in activities is also part of my recovery. I attend activities sponsored by 12 step fellowships as well as Chestnut's alumni events. I also give back by volunteering at Chestnut."

Would you like to share thoughts about your recovery with us? If so, please send an e-mail to [alumni@chestnut.org](mailto:alumni@chestnut.org). Anonymity is guaranteed.

## MARK YOUR CALENDARS

*Upcoming events sponsored by Alumni Services (all events are free of charge, unless otherwise indicated)*

Friday, March 7, 5:30 PM—Monical's Pizza & University Cinemas

### Pizza & Movie Night

- Meet at Monical's Pizza, 1219 S. Main Street, Normal. Dinner will be provided, courtesy of Chestnut
- Movie will then follow (movie cost on your own—discounted tickets available in advance)

Saturday, March 29, 6 PM—Chestnut (Adolescent Building)

### Potluck & Game Night

- Meet at Chestnut's Conference Center (lower level of 1003 Martin Luther King Drive)
- Bring a side dish to pass and your favorite board game

Saturday, April 5, 9 AM—Chestnut (Adolescent Building)

### Mind, Body & Spirit Rejuvenation

- Meet at Chestnut's Conference Center (lower level of 1003 Martin Luther King Drive)
- This event will be structured as a mini-workshop to teach those in recovery, techniques such as yoga, tai chi & reiki

Saturday, April 12, 7 PM—ISU Bowling & Billiards Center

### Billiards Night

- Meet at ISU's Bowling & Billiards Center for free open pool from 7–10 PM

Friday, April 25, 7:30 PM—Lincoln AA/NA Meeting Hall

### Potluck

- Meet at the AA/NA meeting hall at 410 Pulaski Street in Lincoln for a potluck and fellowship
- Please bring a side dish to pass

Sunday, April 27, 1 PM—Chestnut (Adult Building)

### Bring Some Spring to Chestnut

- Meet at 702 W. Chestnut for an afternoon of planting flowers & plants on the grounds of Chestnut

## RECAP OF ALUMNI EVENTS

### Dinner & Movie Night

On Saturday, January 5, over 20 people enjoyed a Mexican dinner at Fiesta Ranchera and then saw the movie National Treasure 2. Look for our next Dinner & Movie Night, coming very soon on Friday, March 7.

### Hockey Game

More than 25 clients, their families and alumni watched the Bloomington-Normal Thunder hockey team beat the Flint Generals on Friday, January 18.

### Bowling Night

On Friday, February 1, alumni, clients and some of their family members enjoyed bowling at AMF Circle Lanes, courtesy of Alumni Services.

### Luau

On Saturday, February 23, folks enjoyed a 3-hour tropical getaway, complete with an abundance of island food, live DJ and even a virtual beach!



*Luau attendees enjoyed an evening packed full of food, fun and fellowship!*

Chestnut Health Systems  
1003 Martin Luther King Drive  
Bloomington, IL 61701  
(309) 827-6026  
[www.chestnut.org/alumni](http://www.chestnut.org/alumni)

Locations: Bloomington-Normal, Chicago Area, Joliet, Decatur, Granite City, Maryville, Belleville

*The Beacon informs readers of news, events and people that can strengthen recovery. The mission of Alumni Services is to provide alumni with the support and guidance needed to ensure a successful recovery.*

If your address needs to be updated or removed from the mailing list, please call (309) 827-6026 x3377 or email [alumni@chestnut.org](mailto:alumni@chestnut.org).

**National Problem Gambling Awareness Week  
March 9—16, 2008**



Warning signs: Preoccupation with gambling. Gambling to win back what you've lost. Lying to cover up gambling. If you or someone you know may have a problem, you're not alone. Get help. Treatment is confidential. And it works.

Call 24/7 for advice and treatment info.  
**1-800-522-4700**



## MEDITATION CORNER

*When I trust and respect myself enough to be honest, others respond with trust and respect.*

- John Stevens

We can greet all situations today with ease if we have committed ourselves to lives of integrity. Having made the decision to be fully honest at all times eliminates our uncertainty in responding to others, and thus we don't cloud issues and confuse our contemporaries with inconsistencies.

Without fail we recognize others' integrity as ours is recognized. It goes without saying that each of us is more at ease with those we trust.

Honesty invites honesty. Self-respect encourages respectful behavior toward others, and like a boomerang, it returns to the initiator. We teach others how to treat us. With every action we take, every word we speak, we are informing others of our personhood.

*I will set the tone for my day by my behavior toward self and others. Over this I am all-powerful.*

The above meditation is taken from: *The Promise of a New Day*, March 23, Karen Casey & Martha Vanceburg, 1991, Hazelden Foundation. Reprinted with permission.

## Ask the Expert— Gambling Addictions

**Nancy G. Duffy, MSW, LCSW**  
Individual, Marriage & Family Counselor



### What are some signs someone has a gambling problem?

- Personality changes
- Withdrawal from family & friends
- Borrowing money
- Obsessive thoughts about gambling
- Lying & evasiveness
- Exaggerated display of money & other possessions

### How do I know if I have a gambling problem?

Problematic gambling starts with occasional gambling. At the onset, an individual may experience frequent winning which can perpetuate a cycle in which the person creates a fantasy about a "big win" or unrealistic optimism that they are going to win. This is accompanied by a feeling of excitement in anticipation of gambling and even a feeling of euphoria when the person wins. This phase is always followed by a "losing" phase. At this point, the individual often lies frequently to cover up their gambling, often isolates and is unable to pay off incurred debts.

### How can gambling affect families?

Problem gamblers often display patterns similar to substance abusers. Domestic violence can be prevalent and there is a higher risk of children of gamblers following the addictive path of their parents.

### What help is available if someone has a gambling problem?

- Toll-free, 24 hour, confidential help lines: 1-800-GAMBLER or 1-800-522-4700
- Gamblers Anonymous
- Chestnut's Counseling & Family Services: (309) 820-3500 (Bloomington-Normal area) or (618) 877-4420 (Granite City area)

## Opportunities to Grow Added to Chestnut's Alumni Events

We are excited to add both educational components and service components, to be held on a regular basis to our Alumni Calendar of Events. Over the next few months, we have scheduled two educational opportunities and one service project. Below are all the details.

### Mind, Body & Spirit Rejuvenation— Saturday, April 5, 9 AM–12 PM

- Will feature demonstrations in yoga, tai chi and reiki
- Meditation and relaxation techniques will also be discussed
- Held at Chestnut's conference center (Martin Luther King Drive)
- Space is limited - please register by April 3

### Bring Some Spring to Chestnut—Sunday, April 27, 1–3 PM

- Help give back to Chestnut by planting flowers and plants on the grounds of Chestnut

### Speaker's Panel—Friday, May 9, 7 PM

- Speakers in recovery will talk about building & maintaining a support system
- Held at Chestnut's conference center (Martin Luther King Drive)

## Opportunities for Service

Chestnut has many volunteer opportunities. Service work is an important part of recovery. By volunteering for Chestnut, you are enriching yourself as well as the lives of others who are in recovery.

At the present time, we are looking for volunteers for the following positions:

### Share Your Sills or Talents with Chestnut

- We are looking for volunteers to help facilitate recreational activities on our adult and adolescent units on the weekends. Do you have a skill or talent in this area that you would like to share with our clients? Whether it's playing a musical instrument, any type of art or craft, cooking or any type of physical activity or sport, the clients would be eager to learn.

### Volunteer Transporter

- Transport clients to and from church, medical or legal appointments, meetings or other appointments or activities.

Check out more at:  
[www.chestnut.org/volunteers](http://www.chestnut.org/volunteers)



Are you bored, looking for something to do that is affordable and fun? Check out these fun alcohol-free activities in the Bloomington-Normal community:



### McLean County Museum of History, 200 N. Main Street, Bloomington

FREE admission every Tuesday from 10 AM–9 PM. Current exhibits include *A Turbulent Time: Perspectives of the Vietnam War* and *Presence, Pride and Passion: A History of African Americans in McLean County*.

### McLean County Arts Center, 601 N. East Street, Bloomington

FREE admission to view exhibits during center hours (Tuesday, 10 AM–7 PM, Wednesday–Friday, 10 AM–5 PM and Saturday, 12–4 PM).

### TC Buzz Coffee Company, 2103 N. Veterans Parkway, Bloomington (Between Jewel/Osco & Parkway Cinemas)

Gaming night ever Friday & Saturday night, 7 PM–midnight (video games, board games and cards).

### The Coffeehouse, 114 E. Beaufort Street, Normal

FREE jazz concert on Sunday, March 16, 4–6 PM.