

## Wise Woman

It all started by sharing a sack lunch with a woman I had never expected to meet, let alone work with! I was almost 10 months sober and looking for some volunteer work to keep me out of mischief. Several friends, one in particular who was not in recovery, urged me to call a woman whom she had met and thought I would have something in common with (being careful not to refer to my alcoholism). The woman had moved to this area from California and been hired to be the clinical director of a new facility for chemically dependent women.

I was aware of the new facility; women in my support groups who had experienced treatment in this gender-sensitive environment were sharing things in a way that I had not heard in my treatment experience. They all had something special, something different – speaking of their spiritual connections and their Wise Woman! I was intrigued, curious and I definitely felt that I was being guided to make the next move.

The woman's name seemed familiar to me, so the first thing I did was search for a box of sheet music I had accumulated during my school days. A storage area in the basement of our home had flooded and destroyed several boxes, so I had little hope of finding the thing I vaguely remembered. But there it was – just a coincidence, of course – the sheet music for “My Dreams Are Getting Better All the Time” with a picture of this woman, a young Marion Hutton! I felt as if I knew her, as I had some “78” records of Marion singing with the Glen Miller Band. I called Residence XII immediately and Marion answered the phone. I told her that several people suggested I should call her, and she replied “it sounds like you're being given some spiritual nudges... when can you come out to the Res?” Was this another nudge?

We met the next day in her office, sharing our individual sack lunches, which were exactly the same – just another coincidence, of course. When I first saw her, I sensed her charisma and energy. And her smile was contagious! I felt the depth of her sincerity, kindness and vision, later understanding that I had indeed met a Wise Woman.

Memories of her friendship and mentoring continue to be an inspiration in my recovery. And to think, this was just the beginning!

Did I reach perfection? Far from it – keeping it simple, a day at a time, acceptance and the ever presence of spiritual “nudges” and intuition remind me that it's progress, not perfection, that is possible, and that each day is a new beginning. Change is constant and “shift” happens, so I am still learning! My mission is to be authentic, following the spiritual 12-step path in my recovery. Life in recovery is full of surprises, and I have been blessed and “blissed” by family, friends and co-workers.

I am forever grateful for Residence XII, and I continue to learn from the women whose lives have touched me. Thank you! My Wise Woman acknowledges the Wise Woman within you, and we are one. Namaste! - Greta Kruger



Greta Kruger,  
Counselor

## Upcoming Events

### Community Tours of Residence XII

The last Friday of each month: May 30, June 27, July 25, and August 29

Learn about addiction treatment and the programs offered at Residence XII while touring our facility from a patient's perspective. RSVP to Pat Dye at 425-823-8844.

### 2008 Alumnae Picnic

Sunday, August 10, 2008 from 11 am to 2 pm  
Juanita Beach Park, Kirkland

### 2nd Annual Residence XII Benefit Luncheon

Tuesday, September 23, 2008 from 12 pm to 1 pm  
Meydenbauer Center, Bellevue

### 2008 Candlelight Meeting

Friday, December 5, 2008 from 7 pm to 9 pm  
North Kirkland Community Center

For alumnae, their guests, sponsors and staff. This is a women's-only event.

# Fun Alcohol-Free Beverages

Try these fun beverages at your parties this summer from Liz Scott's cookbook *Sober Celebrations*:

## Herb-Infused Spa Water

A delightfully refreshing alternative to boring spring water

One gallon spring or purified water  
½ medium-size cucumber, trimmed and sliced thin  
½ lemon, sliced thin with seeds removed  
One 4-inch sprig of fresh rosemary  
Four 2-inch sprigs of fresh mint

Pour the water into a 1-gallon pitcher and stir in remaining ingredients. Chill 2 hours or overnight before serving. Serves 8.

## Southern Sweet Tea

A traditional thirst-quenching sweet iced tea

1½ cups granulated sugar  
3 cups water  
¼ teaspoon baking soda  
12 regular-size black tea bags  
Cold water  
Lemon slices

Bring the sugar and three cups of water to a boil and stir until the sugar has dissolved. Remove from heat, add the baking soda and tea bags and steep for 15 minutes. Remove the tea bags and pour into a gallon pitcher; add enough cold water to make a gallon, shake or stir and keep chilled in the refrigerator. Serve with ice and lemon slices. Serves 20.

## Celebration Champagne

A unique and refreshing alternative to champagne

One 1-liter bottle club soda, chilled  
One 1-liter bottle ginger ale, chilled  
3 cups unsweetened white grape juice, chilled  
One 6-ounce can pineapple juice, chilled

Pour all ingredients into a large bowl or pitcher, stir, and serve! Serves 24.

Recipes used with permission. From *Sober Celebrations: Lively Entertaining Without the Spirits*, Liz Scott, 2007

Visit [www.sober-celebrations.com](http://www.sober-celebrations.com) for more information.



Chef Liz Scott is the author of *The Sober Kitchen: Recipes and Advice for a Lifetime of Sobriety* and *Sober Celebrations: Lively Entertaining Without the Spirits*. *Sober Celebrations* is available for purchase at the Residence XII front desk.



# Residence XII Alumnae News

## An Alumna Story

I have been very happily married to my husband Scott for five years. Scott has been so supportive of my recovery. He has embraced my experience at Res XII from day one. The inclusion of my husband and my family in the Res XII program has been awesome.

A month after Scott and I were married I became so ill that Scott had to call 9-1-1 one morning when I simply could not stand up. I spent three days in the Intensive Care Unit where Scott was told that his new bride had a 50/50 chance of surviving the night. My cirrhosis had almost killed me (by the way, my new husband had no idea that I was an alcoholic...)

After three days in ICU and a few more days in the hospital, I was released and one would think that I would have learned my “lesson.” Not so. I struggled with my addict for a few months only to finally realize that I needed serious help. I finally checked myself into Res XII as an inpatient.

I learned more about myself during my stay of 23 days than I could have ever imagined. However, as many of the women who you may speak with on your quest for a sober life, I did relapse. Although I had such an amazing journey while I stayed at Res XII, I am still, and will always be an alcoholic.

So, just shy of two amazing years of sobriety, I relapsed. My Mom had a stroke. Although I was planning to see her in California to go on our annual “Date Festival,” I arrived to see my usually vibrant Mom in a coma. This was my first relapse. Shortly afterwards, when I went back again to bury my Mom, my addict reared her ugly head again.

## Residence XII Alumnae Committee

Our mission is to provide the means to maintain a connection to Residence XII upon graduation via outreach and fellowship. Inclusive of Residence XII graduates young and old, we support one another in sobriety and those who wish to achieve it.

The Residence XII Alumnae Association Planning Committee meets on the third Saturday of every month at 10:00 a.m. at the “Res”. The Alumnae Association creates an avenue for those who desire to maintain an active connection to the Res and other clean and sober women.

The Association provides members with an opportunity to be involved in many ways. We provide service for those who are in inpatient care and may need rides to meetings or various

My family confronted me with my obviously ongoing addiction. Had I taken the truth – MY truth to heart, I would have had the strength to call someone – anyone – for help. In hindsight I truly believe that had I done so, I may not have felt so alone and relapsed. Instead of receiving my two-year coin I told my very beloved home group that I had relapsed. And, instead of anyone judging me, I got complete and total support from these people who I had grown to love and cherish. I pray that each and every one gets this blessing of love and support. All that you need to do is open yourself to those who truly understand what you are going through. Trust me – they “get it.”

This is one of the many reasons why I am so very proud to be a member of the Residence XII Alumnae Group. My intent is to share how very important it is to truly stay connected! You need to find your “fit” regarding a sponsor as well as a home group. Just like everything else in life, try everything on until YOU find what fits for you. My group has helped me bridge the gap between my inpatient care and my restored life.

Sincerely and with much gratitude,  
Kerry



appointments. Alumnae are also involved in supporting Sunday and Tuesday meetings at Residence XII. In the near future, the Alumnae are planning potlucks, picnics, retreats, bowling and other events which can foster recreation, relaxation and just plain fun for those who wish to keep their bond growing with women from the Res.

If you would like to be a part of the planning for the Alumnae Association, please attend on the third Saturday of every month. Alumnae events like the picnic and bowling are open to all Res Alumnae – the more the better. Please join us and keep the connection growing! For more information, email Stacy Smalls at nubianmoon@comcast.net or call Pat Dye, Director of Development at Residence XII, 425-823-8844.

# The Chemically Dependent Older Adult

By Allison Kristman-Valente, BS, MSW, Research Coordinator

In the last decade there have been growing concerns within the chemical dependency field about the status and direction of services for older adults. This interest can be attributed to the increasing age of the Baby Boomer population, the amplified need of older adult chemical dependency services, and the rising clinical belief in specialized treatment for older patients with chemical dependency.

Regarding substance abuse among older adults, recent literature has described this problem as a hidden epidemic. The difficulty in assessment, diagnosis, and referral amongst this population, coupled with the shortage of services available for older adults prevents this issue from getting the attention it deserves. Further, there have been few empirically-based studies leaving most statistics shrouded in estimation and under reporting.

Older adults are a subset of the US population who are entering the age range of fifty years of age and older. Whereas some studies use the cut off of 55, and others 65 years of age, the predominant age used in the literature is fifty years old. This is due to the greater number of commonalities and/or characteristics persons aged 50-64 share with the 65-plus age group compared to 40-49 year olds.

In 2004 there were approximately 35 million adults over the age of 65 in the United States. By the year 2030 this population will represent 20% of the total US population. Baby Boomers, those born between 1946 and 1964, are the largest age group represented in the U.S population. Based on estimations from the literature, approximately 15-20% of the current older adult population, or approximately 2.5 million people, suffer from alcohol and/or drug problems. Baby Boomers, with their past experience with alcohol and drug use as children of the '60s and '70s, have become a unique population within the chemical

dependency field. As they near older adulthood there has been speculation that the need for age-specific services will increase.

Despite the limited research, older adults have been shown to benefit from treatment and possess several factors that aid them in relapse prevention and treatment adherence. A variety of treatments have been found to work exceedingly well with older adults including cognitive behavioral therapy, encouragement-based therapy, and social support. This group's greater financial security and good support systems help prevent relapses.

However, older adults are also subject to age-specific risk factors such as dementia, isolation and chronic illness. There is still a question among researchers and clinicians whether treatment needs to be delivered in age-specific or mixed-age groups.

By far alcohol has been the drug of choice for the older adult population in the last decade. It is also the primary focus of the majority of older adult substance use research. However, in recent years there has also been a growing subset of drug users among the older adult population, largely due to their prior use during their teen years, as well as their familiarity with drug culture and the increasing availability of illegal substances. Average substance use rates amongst older adults are: 10.2% drugs only, 85.8% alcohol only, and 4% dual-use illicit substances. This trend in substance preference can be found and supported in the literature.

Despite the obvious need for treatment, older adults are often underrepresented in treatment settings. As of 1998 only 7% of admissions to publicly-funded substance use programs were age fifty and older. This could be due to the scarcity of programs that offer specialized treatment for older adults. Less than one in five of the current substance abuse programs in the US offers age-specific programming. In one study by Schultz, Arndt, & Liesveld (2003), 13,749 substance-abuse facilities were surveyed and of these, only 17.7% (or 2,374) reported offering services that were specific to older adults. The authors also found that even with some agencies offering age-specific services, there was still no correlation between the total population of persons age 65 and older in a state and the number of age-specific services offered in that state. This paucity of services within the chemical dependency field may act as a barrier to referral, leaving physicians and clinicians with no referral resources after intake and diagnosis.

*(continued on next page)*



# Other News from Residence XII

## Director's Corner Spring 2008

Welcome to spring, my favorite season of growth and new beginnings after the long winter. It is also a season of growth at Residence XII. We are actively working with an architecture firm and the City of Kirkland on expansion plans for the property we purchased adjacent to our current location. It is our goal to eventually serve more women and families through the addition of residential beds and new services. The plan will require a capital campaign and a great deal of work, but we are on our way!

We are working on the addition of two new programs. In the near future, we plan to add a treatment group for lesbian women focused on their specific needs and challenges in recovery. We also plan to add additional services for women who are compulsive gamblers as well as chemically dependent. These issues are unmet needs in our existing treatment population and we want to ensure that our program addresses critical needs within that community.

Our emphasis on program development and striving to better meet the needs of the women and families we serve has led to the recent announcement that Residence XII will be receiving the James W. West, M.D. Quality Improvement Award from the National Association of Addiction Treatment Providers. This award is for our Trauma Integration Project started in February, 2007. It involves the Seeking Safety curriculum developed by Lisa Najavits to treat trauma as part of our intensive outpatient treatment groups. We are honored to receive this award and I salute the staff members who are making these innovative approaches possible and successful.

Sharon Chambers

## The Chemically Dependent Older Adult (continued from opposite page)

There is a tidal wave approaching the United States in terms of older adult chemical dependency needs. Providers and researchers need to address all stages of substance use treatment beginning with motivation to seek treatment, diagnosis, assessment, referral, gender differences in risk, and after care. Each stage offers an inlet into recognizing and addressing the differing needs of the chemically dependent older adult as a unique and complex population.

Currently, Residence XII offers a specialized clinical track for older adults in our Residential Treatment Program. This valuable set of classes is lead by our Senior Specialist Greta Kruger, who has been working in the field of chemical dependency for over 20 years. Included in the curriculum are topics that address issues pertinent to older adults such as grief and loss, spirituality, and beginning recovery later in life.

*If you have any questions or comments, please feel free to contact Allison Kristman-Valente, BS, MSW, our Research Coordinator. References used in the above article are available upon request.*

Member of



national association of addiction treatment providers

## Welcome to Our New Medical Director

Residence XII is pleased to welcome our new Medical Director, Dr. Rozina Lakhani MD, MPH who joined our staff in January. She is currently a Psychiatrist and Managing Director of Shifa Health, with offices in Mount Vernon and Mill Creek. Dr. Lakhani completed her residency and masters at the University of Illinois in Chicago. We are very excited to have someone with her level of mental health experience join our agency.

## Save a Tree? Prefer Email Communication?

We are working to make our newsletters and other information about Residence XII available by email BUT we need your email address. Please send us your current email address via the Contact Us section of our website ([www.residencexii.org](http://www.residencexii.org)). Thank you!

## Save the Date! September 23, 2008

Save the date for Residence XII's 2nd Annual Benefit Luncheon to be held on Tuesday, September 23, 2008, at the Meydenbauer Center in Bellevue. The luncheon is an opportunity to eliminate the stigma and shame associated with addiction, and begin to create awareness about addiction as a chronic brain disease. One of the goals of Residence XII is to remove the cloak of secrecy that currently surrounds this devastating disease.

Last year the Benefit Luncheon raised over \$260,000 in gifts and pledges for Residence XII. This luncheon has become the primary fundraising event for our organization. We are looking forward to the 2008 Benefit Luncheon, with KING 5 Television news anchor Jean Enersen serving as our emcee.

If you are interested in serving as a Table Captain at this event, we welcome your support; Table Captains are asked to invite nine of their friends and associates to join them for the luncheon. Attendance is free and no minimum donation is required. Please contact Pat Dye, Director of Development, at 425-823-8844 for more information about being a Table Captain or to register for the event.



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Residence XII | 12029 113th Ave NE, Kirkland, WA 98034 | (425) 823-8844 (800) 776-5944 | [www.residencexii.org](http://www.residencexii.org)

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alcohol & chemical dependency treatment for women

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