



NEWSLETTER | 20  
Spring

## THE GAVIN FOUNDATION IS DOING EVERYTHING WE CAN TO HELP CLIENTS PAST AND PRESENT THROUGH THE CORONAVIRUS SCARE



With the state of Massachusetts issuing a stay-at-home advisory, we know that it can be hard to stay focused on sobriety when so many things are acting as stressors. Fearing for the health of our loved ones and ourselves, worrying about our jobs and our next paycheck, and about the future of the city, are all things that can push someone over the edge. While we have been forced to shut down our in-person meetings, the Gavin Foundation is still here for you. We have scheduled virtual meetings that can be accessed on computers, tablets and smart-phones, and virtual one-on-one meetings can be scheduled with clinicians at any time. Phones are still being answered, and we will respond to emails. In the meantime, it is important to remember all the hard work that you have put in to get to where you are today, and to be grateful for all of the good things that we have in life. Be strong, be spiritual, and be safe as we continue to fight to return to the normal state of affairs.

For more information, please review the protocols recommended by the Center for Disease Control ([cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)) and the State of Massachusetts ([mass.gov/covid-19](https://www.mass.gov/covid-19)).

A Substance Abuse Treatment Organization Serving the Greater Boston Area Since 1962

[gavinfoundation.org](https://www.gavinfoundation.org)

## MEETINGS ARE STILL AVAILABLE ONLINE!

**The Devine Recovery Center will be hosting daily online meetings on the following schedule (EST:)**

<https://zoom.us/j/adOOD4jyGN>

10 am EST Open Topic/Discussion - All are welcome

ID #291-391-456

6 pm EST Closed Women's Big Book  
NEW ID #6732490989

6 pm EST Closed Men's Meeting  
Meeting ID #418 857 033

9 pm EST Open Beginner's Meeting 1st Three Steps - All are welcome  
ID #133 037 235

Online meetings can also be found at:  
[intherooms.com](https://www.intherooms.com)

***Do you need help finding substance abuse treatment for yourself or a loved one? Contact the Center For Recovery Services at 617.268.5000 to get help right away.***

## THE RECOVERY HOUSES ARE EXCITED FOR A RETURN TO SUMMER TRADITIONS

Nothing can keep our clients from preparing for the late summer months when things will hopefully be back to normal and their monthly summer BBQs will provide a fun and relaxing time for all to enjoy! They are always a great time for everyone!

## REST IN PEACE ARTHUR ADAMS

It is with great sadness that we share that Arthur Adams, former Director of the Gavin House, passed away this past Saturday. Our hearts go out to his family. Thank you Arthur for dedicating your life to helping those in need. He will forever be a legend of the Gavin Foundation.



Arthur Adams with Ron Maciejewski after receiving his award at the Gavin Foundation Anniversary Dinner in 2019.

## AFTER SEVEN YEARS, THE DEVINE RECOVERY CENTER IS AS STRONG AS EVER!

HOLIDAY FUN AND AN ANNIVERSARY CELEBRATION KEPT THE D.R.C. IN HIGH SPIRITS THROUGHOUT THE WINTER MONTHS

In the month of December the members of the DRC participated in holiday activities including helping gather and distribute gifts for members' children and families with StepRox Recovery Center.

January was the DRC's 7th Anniversary! Members and staff came to together to share a celebratory dinner and meeting. Members past and present shared stories of how the center has not only impacted their sobriety but their overall lives.

February brought the center's annual Karaoke Night, the biggest one yet! More than 75 members attended, sang, and had tons of fun in sobriety! These recent events have given the Devine Recovery Center's members the opportunity to not only learn the value of giving back as well as how much fun can be had in sobriety.



Members having a great time at the Devine Recovery Center Anniversary Party.

## ALL OF THE GAVIN PROGRAMS HAVE BEEN RECERTIFIED!

A special thank you to all the program directors and staff who worked very hard in getting Gavin Foundation's 4th renewal CARF Accreditation. This past February Gavin Foundation renewed their CARF accreditation. The CARF accreditation renewal survey consisted of two outside surveyors selected by CARF to complete a 3-day onsite survey of Gavin Foundation's programs and business practices. All of Gavin Foundation's programs were able to demonstrate how they were in conformance of the CARF standards. Each program director, staff member and outside stakeholder showed the surveyors evidence that Gavin Foundation works hard at improving efficiency, fiscal health, and service delivery to create an organization that is Dedicated to the Restoration of Dignity to all persons served. Thank you to Jimmy Mccray and Barbara Samek for all of your hard work with completing this process!!

## THE ROAD TO RECOVERY GALA HAS BEEN POSTPONED

In the spirit of doing everything that we can to help stop the spread of COVID-19 across the city of Boston, the Gavin Foundation has made the decision to postpone the annual Road to Recovery Gala. The Gala is usually held in the spring of each year, will likely be moved to a future date. As more information becomes available it will be released.

## GIVE THE GIFT OF RECOVERY!

The Covid-19 Pandemic has hit the Gavin Foundation hard, and we are doing everything we can to continue to provide our clients with the highest level of care possible. If you would like to assist in these efforts and donate to the Gavin Foundation to offset the financial damages of this situation, we would be so grateful. Anything you can give would go a long way in helping to ensure that we can continue to care for those in recovery in the greater Boston area.

Giving information can be found at [www.gavinfoundation.org/donate](http://www.gavinfoundation.org/donate)

## AAWOL PROGRAM

### ALCOHOLICS ANONYMOUS WAY OF LIFE

Due to the Covid-19 pandemic, we have had to suspend The Alcoholics Anonymous Way of Life AAWOL program until further notice. When this is over and we are able to open the program again, we will need your support in getting AAWOL back up and running. It cannot be overstated how important alumni of the program will be in making sure that the program will open again strongly and be there for future generations of Bostonians looking to stay on the right track. For more information about the program, please call the Gavin House at 617.268.5517 or the Charlestown Recovery House at 617.242.0088.

## THE WALSH COMMUNITY CENTER

### SO PROUD OF THE WALSH ALLUMNI PLAYERS!

We saw several former Walsh participants reach some incredible milestones this season! One lifelong member was hired as the Assistant Athletic Director at the Tynan, while another has been accepted into the Fairfield Nursing Program. Another prior participant in the Marine Corp. recently got married and purchased a home in the area, and has a baby on the way. Congratulations! Lastly, a high school member who attends Latin High School and practices at the gym on Friday evenings, has been scoring 25 points a game on his school team.



*The beautiful Valentines created by the South Boston Boys & Girls Club Torch Club*

## THANK YOU TO THE KIDS OF THE SOUTH BOSTON BOYS & GIRLS CLUB TORCH CLUB!

The members of the South Boston Boys & Girls Club Torch club were so nice to put together such beautiful Valentine's for the staff of the Devine Recovery Center. We truly appreciate it and they were amazing!

## SO MANY GREAT EVENTS THIS PAST SEASON FOR THE CUSHING BOYS & GIRLS HOUSES

With the young residents confined to their houses, Phoenix multisport and Medicine Wheel have been so incredible to our residents, providing online classes and activities to help them get through these rough times. The William J Ostiguy High School has also been working with the Cushing houses in providing online classes so that the students can continue their studies virtually. Thank you so much to all of you that are helping to keep the Cushing young-adults on the right path!

Over the winter, the Phoenix multisport was so great in hosting the Cushing House boys for the Friday Night Youth Climbing Event, where they were able to practice rock climbing in an incredible facility. On February 25th, the Boys attended a showing of "The Way Back at Showplace Icon Boston. The venue made sure the Cushing House was comfortable and were shown a great time, and we are so appreciative of their kindness. To start off vacation week on President's day, the boys went bowling and had a great time. These activities are so important in helping the boys stay focused and on the right path.

The Cushing House girls had a great time at the DRC Karaoke night, and were also able to go roller skating during their February break.

## CENTER FOR RECOVERY SERVICES

Lauretta Brennan and her son Frankie were interviewed in the Boston Herald, documenting his relationship with former Boston Celtic Evan Turner.

One of the center's clients who has been attending counseling since July 2017 graduated from Newton Drug Court in early March. Congratulations!

The Madison Park Development Corporation came to CRS to meet with SOAP clients and interview them on the spot. Following the interviews, three clients were offered jobs. Amazing News!

## THE SOBER SOFTBALL LEAGUE WILL BE RETURNING SOON!

As life returns to normal over the coming weeks, the Sober Softball league will be returning for the summer! For those who have been apart of the league in the past, or who want to join up, please contact Shawn Feeley at [shawnfeeley@gavin-foundation.org](mailto:shawnfeeley@gavin-foundation.org).

## SOME TIPS TO HELP GET THROUGH THE DAY

One of the most significant characteristics of addiction is the profound sense of isolation that is associated with it. While virtual AA meetings can be a tremendous help, they only run for an hour or so each day. That leaves a lot of free time alone with your thoughts. Here are some tips on how to spend the rest of your day.

1. Wake up and stick to a schedule that is productive to avoid cravings.
2. Don't watch too much news. It will only stress you out.
3. Read some recovery books to help feel less alone.
4. If possible, spend some time outdoors, keeping a safe distance from other people. "Move a muscle, change a thought".

For those of you with people in recovery in your life, ask how you can help!



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