

# Connect<sup>2</sup>Recovery

The newsletter for Gateway Alumni, Family & Friends

## The Irresistible Appeal Of Music

What is it about music that makes you feel better? Chores are less laborious and traffic is more bearable when your favorite tunes are playing. A song has the ability to trigger a medley of emotions—from happiness to sadness to serenity. But why does music have the ability to lift your spirits and soothe your soul?

According to a recent issue of *Science*, Dr. Valorie Salimpoor, a neuroscientist at McGill University in Montreal, reports that music triggers the part of the brain that releases the “pleasure chemical” dopamine—which also helps counter the release of stress hormone cortisol.

However this is just part of the “neural symphony.” Uniting your past with your present, it turns out, may be one of the key powers of music.

“Music also activates the amygdala,” says Salimpoor, “which is involved with the processing of emotion, as well as areas of the prefrontal cortex involved in abstract decision making. When we’re listening to music, the most advanced areas of the brain tie in to the most ancient.”

Music can elevate your mood, ease your pain and trigger fond memories, like your first kiss or fun times with family and friends—so reap the benefits and relish the gift of a fond memory, one song at a time.

Source: Science.Time.com “Why Your Brain Craves Music” by Michael D. Lemonick April 15, 2013



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If you know a family member or friend struggling with alcohol or drug abuse, Gateway Foundation can help.

**24-Hour Helpline**  
**877-505-HOPE (4673)**  
**RecoverGateway.org**

## Recovery-Inspired Music

Looking for music that relates to recovery? Here is a collection of recovery-themed music with the artists' websites where you can learn more.

*Courage & Wisdom: Songs Inspired by Recovery*, including new music for "The Serenity Prayer" by David Zasloff [davidzasloff.com](http://davidzasloff.com)

*Judie* and *Into the Light* by Judie [musicbyjudie.com](http://musicbyjudie.com)

*Chance to Start Over* by Sonia Lee [sonialee.net](http://sonialee.net)

*Trail of Light* by Gracie Vandiver & Friends [trailoflightcd.com](http://trailoflightcd.com)

*Party Sober, Promises, I Think I'll Quit Drinking Today* and *People with No Last Names* by Michael and The Messengers [quittedrinkin.com](http://quittedrinkin.com)

*Twelve Songs* by Mary Lyn B. [twelvesongs.com](http://twelvesongs.com)

*Songs of the Twelve Steps* by Jimmy G. [12stepsongs.com](http://12stepsongs.com)

*The Courage to Change* by Bill Brooks [billbrooksmusic.com](http://billbrooksmusic.com)

*Recovery "It Was - It Is"* and *Trade Wind* by Kenny K. [kennykmusic.com](http://kennykmusic.com)

*"The Gateway treatment program and your wonderful staff have given me hope and the chance to be a mother to my son. Thank you for making my dreams become a reality." - Michelle*



## Success in Recovery

A group from Gateway Foundation Chicago West's Intensive Outpatient Program created a moving poster highlighting their personal thoughts and feelings about recovery:

*"Just when the caterpillar thought life was over...it blossomed into a beautiful butterfly."*

*"Sunshine. Rain. Love. Recovery."*

*"Fail to Plan. Plan to Fail."*

*"Choose your weapon."*

*"The sky is the limit in sobriety."*



Gateway Foundation Chicago West's Intensive Outpatient Program participants and their revelations about recovery on display at the treatment center.

## Have a Question? Ask the Expert.

Visit [RecoverGateway.org/Alumni](http://RecoverGateway.org/Alumni) and click on "Ask the Expert." Fill out the short online form and your question will be submitted to one of our staff experts. If we choose your question, you may see it answered in this newsletter!

# Stay Connected This Fall!

Fall is a beautiful time of year here in Illinois. To keep you connected to a supportive community, we hope you will join us for fun and fellowship at our Alumni events in the upcoming months. We will be hosting informative workshops and holiday celebrations.

## Aurora

400 Mercy Lane, Aurora, IL 60506  
RSVP to Pamela Gomez-Scott at 630-966-7436

### Thanksgiving Dinner-National Role Model Month

Friday, November 15, 5 p.m.  
RSVP by 11/13/13

### Holiday Party/Game Night/Cookie Exchange

Friday, December 13, 5 p.m.  
RSVP by 12/11/13

## Chicago Northwest

4301 W. Grand Ave., Chicago, IL 60651  
RSVP to James Medrano at 773-862-2279 x3627

### Mexican Dinner

Friday, September 20, 5-7 p.m.  
RSVP by 9/16/13

### Career Coaching/Job Development

Friday, October 18, 5-7 p.m.  
RSVP by 10/14/13

### 12-Step Speaker

Friday, November 15, 5-7 p.m.  
RSVP by 11/11/13

### Holiday Dinner & Raffle

Friday, December 20, 5-7 p.m.  
RSVP by 12/16/13

## Springfield

2200 Lake Victoria Dr., Springfield, IL 62703  
RSVP to Mercedes Kent at 217-529-9266 x2652

### Speaker Jam

Saturday, September 21, 6-8 p.m.  
RSVP by 9/19/13

### Career Coaching & Halloween Party

Wednesday, October 16, 6:30-8 p.m.  
RSVP by 10/14/13

### Thanksgiving Dinner/Graduation

Wednesday, November 20, 7-8:30 p.m.  
RSVP by 11/18/13

### Holiday Party

Wednesday, December 18, 7-8 p.m.  
RSVP by 12/16/13

## Carbondale

1080 E. Park St., Carbondale, IL 62901  
RSVP to Cynthia Miles at 618-529-1151 x2905

### Celebrating Recovery Dinner

Monday, September 16, 6-8 p.m.  
RSVP by 9/14/13

### Career Coaching

Monday, October 21, 6-8 p.m.  
RSVP by 10/19/13

### A Gobbling Good Time

Monday, November 18, 6-8 p.m.  
RSVP by 11/16/13

### 12 Days of Appetizers

Monday, December 16, 6-8 p.m.  
RSVP by 12/14/13

## Chicago West

3828 W. Taylor St., Chicago, IL 60624  
RSVP to Gabriela Raijer at 773-826-1916 x 2850

### Labor Day/Recovery Celebration

Monday, September 2, 5-7 p.m.  
RSVP by 8/31/13

### Career Coaching

Saturday, October 19, 5-7 p.m.  
RSVP by 10/17/13

### Pre-Thanksgiving Celebration

Saturday, November 16, 5-7 p.m.  
RSVP by 11/14/13

### New Year's Celebration

Tuesday, December 31, 5-7 p.m.  
RSVP by 12/29/13

## Caseyville

600 W. Lincoln St., Caseyville, IL 62232  
RSVP to Jason Ford at 618-345-3970 x3416

### Italian Cuisine/Yoga

Thursday, September 19, 6-8 p.m.  
RSVP by 9/17/13

### Resume Writing

Thursday, October 17, 6-8 p.m.  
RSVP by 10/15/13

### Thanksgiving Dinner

Thursday, November 21, 6-8 p.m.  
RSVP by 11/19/13

### Speaker Jam

Tuesday, December 31, 6 p.m.-1 a.m.  
RSVP by 12/29/13

## Lake Villa

25480 W. Cedarcrest Lane, Lake Villa, IL 60046  
RSVP to Kelly Hay at 847-356-8205 x3218 (Adults) or  
Bennie Haywood at 847-356-8205 x3201 (Youth)

### Italian Night

September 2013  
For more information contact Kelly Hay

### Celebrating Recovery (Youth)

Saturday, September 28, 6-9 p.m.  
RSVP by 9/26/13

### Job Interviewing/Resume Building

October 2013  
For more information contact Kelly Hay

### Career Coaching (Youth)

Wednesday, October 23, 6-7:30 p.m.  
RSVP by 10/21/13

### Thanksgiving Dinner

November 2013  
For more information contact Kelly Hay

### Thanksgiving Dinner (Youth)

Friday, November 22, 6-8 p.m.  
RSVP by 11/20/13

### Holiday Dinner

December 2013  
For more information contact Kelly Hay

### Winter Celebration

Saturday, December 21, 1-5 p.m.  
RSVP by 12/19/13

For more information or to RSVP for an Alumni event, please call the contact listed for each treatment center.

## Reflections On Recent Connections

### Graduation at Gateway Foundation Springfield

May 15, 2012, was a sweet day for 16 individuals and 35 guests who attended their loved ones' Graduation Ceremony after successfully completing Outpatient Treatment at Gateway Foundation Springfield. The evening included a Graduation Ceremony whereby Gateway Foundation team members individually recognized each graduate and presented them with a certificate in addition to guest speakers and a delicious barbeque dinner.



Pictured are the proud graduates of Outpatient Treatment at Gateway Foundation Springfield along with staff.

### Summer Fun at Gateway Foundation Aurora

A fun group of Alumni along with their family and friends enjoyed a Summer Solstice Picnic at Gateway Foundation Aurora on June 13, 2013. The get together featured speakers, including Recreational Therapist Ellen VonOhlen, Residential Counselor Larry Trahant and a Gateway Alumnus. In addition, guests enjoyed fellowship, sober fun, playing bean bag toss games and a delicious picnic menu.

## Get Your Alumni Group Meeting Schedule

Maintain your connection with Gateway Foundation, other Alumni and the recovery community through upcoming fellowship events. For a complete schedule of meetings, visit [RecoverGateway.org/Alumni](http://RecoverGateway.org/Alumni).

## Help Us Help Others

Help continue our tradition of excellence. Donations to the Gateway Charitable Foundation help ensure that each person, regardless of economic status, has access to effective treatment and the chance to lead a productive, drug-free lifestyle. Visit [RecoverGateway.org/Donate](http://RecoverGateway.org/Donate) to donate in any amount.

Donate online, safely and securely through

**PayPal**<sup>™</sup>

MORE WAYS TO STAY CONNECTED



Interested in more Alumni news? Visit [RecoverGateway.org/Alumni](http://RecoverGateway.org/Alumni) for Alumni events, meeting schedules and past newsletters. If you would like to be removed from our mailing list, please send an email to [contactus@recovergateway.org](mailto:contactus@recovergateway.org).