



# DRY TIMES

THE QUARTERLY NEWSLETTER OF ARID GROUP HOMES NIAGARA

SPRING 2005

## FACTS AND INFO

### BED NIGHTS

December 2004: 373 (87%)  
January 2005: 380 (88%)  
February 2005: 307 (79%)

Budget: 85 percent occupancy

### EDITOR'S NOTE

A special thanks to Paul Heron from everyone in the ARID family. He was a driving force on the Board and the founder of this newsletter. We miss you and wish you good fortune in your new endeavour.

Thanks also to Ken and Leon for their support.

### DRY TIMES ALSO E-MAILED

Dry Times will be available as an e-mailed newsletter. Stay informed with ARID's program's and progress.

Call Ken at 905-871-7041 or Leon at 905-227-1113 to have your e-mail address added to the list.

### DRY HUMOUR

A man goes into a bar and seats himself on a stool. The bartender says, "What'll it be buddy?" The man says, "Set me up with seven whiskey shots and make them doubles." The bartender does this and watches the man slug one down and so on until all seven are gone.

Staring in disbelief, the bartender asks why he's drinking so fast.

"You'd drink them this fast too if you had what I have."

The bartender hastily asks, "What do you have pal?"

The man quickly replies, "I have a dollar."

## THEY SAVED MY LIFE

Long before June 5, 2005 Brian S. knew he had problems with alcohol, but it wasn't until the day before that, that he began to finally accept his "powerlessness" over it.

For the first time he realized some serious changes needed to happen in his life. Looking back, alcohol had been his solution to all his problems; specifically stress. Although he had not created all of those situations, he certainly drank excessively when they arose. Whether it be the future of his finances, the loss of a seven year marriage, loneliness or any other threatening circumstance. "I would just drink until the noise in my head would stop."

Prior to his last drinking episodes, Brian suffered a severe aneurysm. Hospitalized for over a year, he had to relearn how to eat, speak and walk. In spite of the doctor's grim news that he would never again walk or eat by any other method than a feeding tube, his determination prompted him to shoot back with, "I'll walk out of this hospital, go

to McDonald's and eat as many hamburgers as I want!" And he did.

He returned to work eventually but the old ways of drinking set in very quickly. He was fired from his job six times. The union had given up on him. His termination came just weeks short of pension requirements. His disease had completely taken over his life. Thoughts of suicide brought him to call for help. A friend came and took him to detox. During that week he was encouraged to see a counsellor, who directed him to AA. Brian says, "I lost everything. I didn't know who I was or what I was. I wanted to try anything."

His first meeting was a frightening experience. Still sick and paranoid, the elevator doors opened and several people grabbed his...

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## CHAIRMAN'S MESSAGE

A special greeting and thanks to all ARID partners and volunteers for an outstanding effort in 2005. The ARID board and advisory committee recently completed two special board retreat meetings for the implementation of our strategic plan. ARID's future is now mapped with great prospects.

### ANNOUNCEMENTS

THANK YOU FORT ERIE BINGO for a recent funding increase that will permit the installation of a new roof on the Fort Erie home.

We are very pleased to report that ARID has retained the services of a professional fundraising company, The Dennis Group, supervised by Chonee Dennis, President, from Fonthill. ARID is setting up a new foundation and Chonee will be assisting with all fundraising, including the Partner's Program. ARID is also pleased to announce that our good friend Jim Muir is now part-time support staff.

Since the beginning of 2005, forty residents have passed through ARID's doors and both homes are currently at full occupancy. Thanks to Trillium all residents are now sleeping better on new mattresses in both homes.

All from ARID wish Paul and Ellen Heron, who have moved to Mexico, our very best.

Carl Johnson  
ARID Board Chair

### WALK & ROLL-A-THON

What a success! W.A.R.M. and ARID raised over \$10,000 with the help of over 70 participants. ARID doubled their amount from last year.

Thanks to all involved and a special thanks to Enbridge, and their committee, for supplying the tents, BBQ, food and drinks. Your contribution made the difference.