

Epicurean Delight – Enter to Win an iPad 2

At this year's Epicurean Delight, Renz Center will be raffling off an iPad 2 as a part of our 50th Anniversary celebration. The iPad 2 32 GB Wi-Fi is Apple's newest generation of iPads, and features:

- 9.7" LED-backlit display with IPS technology
- Dual-core A5 chip
- Front and back cameras
- Up to 10 hours of battery life
- Built-in Wi-Fi
- 3G data service with Verizon Wireless (can be exchanged for an AT&T plan)
- Bluetooth 2.1 and EDR technology
- 64GB flash storage
- Over 65,000 apps for iPad, available from the App Store

Raffle tickets are \$10 for 1, \$45 for 5, and \$80 for 10. The raffle drawing will take place during Epicurean Delight on September 24th...winner does not need to be present to win. To enter the iPad 2 Raffle Drawing, simply cut out the raffle ticket, mail in with a check made payable to Renz Center and send to: **Deb Howe, Renz Addiction Counseling Center, One American Way, Elgin, IL 60120**

For more information on the iPad 2 raffle drawing, visit www.Renz-Center.org, or call Deb Howe at (847) 742-3545 ext. 236.



iPad 2 Raffle Drawing

Name: _____

I would like to buy _____ ticket(s)

Please send the ticket(s) stubs to:

Address: _____

Phone: _____

\$10 for 1 \$45 for 5 \$80 for 10

Winners will be announced at Epicurean Delight September 24th. Winner does not need to be present to win. All proceeds to benefit Renz Center programs.

Fax: (847) 697-5583 (Admin. & EA5)
 Fax: (847) 697-2719 (Prevention)

(847) 742-3545
 Elgin, IL 60120
 One American Way
 ADMINISTRATION

EMPLOYEE ASSISTANCE SERVICES
 PREVENTION OFFICE

Fax: (630) 837-7184
 (630) 837-6445

1535 Burgundy Parkway
 Streamwood, IL 60107
 STREAMWOOD OUTPATIENT

Fax: (630) 513-6892
 (630) 513-6886

309 Walnut Street
 St. Charles, IL 60174
 ST CHARLES OUTPATIENT

Fax: (847) 697-6583 (Passage)
 Fax: (847) 742-3559 (Outpatient)
 TDD: (847) 742-0242
 (847) 742-3545
 Elgin, IL 60120

Two American Way
 PASSAGE PROGRAM

ELGIN OUTPATIENT & www.renzcenr.org





Mission Statement

Renz Addiction Counseling Center is a not-for-profit corporation dedicated to the prevention, intervention, and treatment of addictive behaviors and disorders and to factors often associated with addiction. The Center strives to provide the most effective preventative and clinical care in a safe and nurturing environment through a teamwork approach for anyone affected by addiction or addiction-related issues.

Calendar of Events

- September**
- National Recovery Month
- September 6th**
- Free Substance Abuse Assessment Screening
- 10 a.m.-noon
- Two American Way, Elgin
- September 24th**
- 4th Annual Epicurean Delight
- October 15th**
- National Latino HIV Awareness Day
- October 23rd-31st**
- National Red Ribbon Week
- December**
- National Drunk Drugged Driving Month
- December 1st**
- World Aids Day



Epicurean Delight... A Tastefully Sinful Event To Celebrate 50 Years of Community Service

For a culinary evening filled with gourmet food and wine, plan to attend Renz Addiction Counseling Center's 4th Annual Epicurean Delight Fundraiser. Held at Elgin Community College's Culinary Arts and Hospitality Department on September 24th, 6:00-9:00 p.m., this year's event promises to be special as Renz Center celebrates 50 years of community service.

"Since it's Renz Center's 50th Anniversary, we've decided to step Epicurean Delight up a notch and offer a four course gourmet meal," said Renz Board President Dr. Ian Jones. "Each course has been carefully selected to complement each other, with an unforgettable dessert finale."

And The Winner Is...



New this year, Renz Center will be raffling an iPad 2 at Epicurean Delight...please see back page for more information. Guests can also participate in raffle drawings throughout the evening for culinary-themed baskets filled with cookbooks, gourmet food and utensils, hotel weekenders, local restaurant/theater gift certificates, and more.

Tickets Now Available

Tickets to Epicurean Delight are \$80 per person, and are available by ordering online at www.renz-center.org/events.htm or by sending a check payable to Renz Center to:

Deb Howe
Renz Addiction Counseling Center
One American Way
Elgin, IL 60120

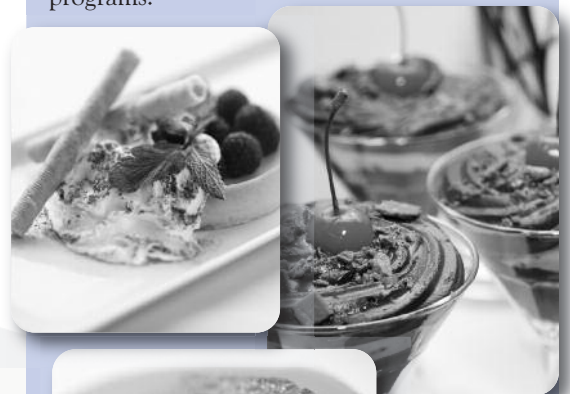
Top Epicurean Delight Sponsors

American Chartered Bank
First Community Bank
Tighe, Kress & Orr, PC

Other sponsors include:

EFS Foundation
Fox Valley Fire & Safety Company
Smile For Life Dental
Law Offices of Barbara A. Weiner

If you would like to be an Epicurean Delight sponsor or make a raffle basket donation, please contact Deb Howe at dhowe@Renz-Center.org. All proceeds benefit Renz Center programs.



Continued on back page

2011-2012

Board of Directors

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Executive Director

Deb Howe
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Colleen Koncilja
Director of Clinical Services

Lora Tovar
Coordinator of Administrative Services

Renz Center is a non-profit 501 (c)(3) organization funded in part by the Federal Government; Illinois Department of Human Services, Division of Alcoholism and Substance Abuse; the 708 Boards of Geneva, Hanover, St. Charles and Schaumburg Townships, United Way and other local funders. Priority is given to pregnant women and women with dependent children.

Welcome To The Board

Renz Center would like to welcome Patricia Arroyo and Mary Hyatt to the board.



Patricia Arroyo brings years of experience to Renz Center's board as Provena Saint Joseph Hospital's Interpreting Services and Community Health Mission Services Supervisor. When not at work, she enjoys traveling, swimming, and playing with her puppy Mason.



Working in the community corrections/probation field for 32 years, Mary Hyatt retired in April 2011 as Interim Executive Director for the 16th Judicial Circuit Court Services Department. She has been married to Rick for 30 years, and spends her free time volunteering at the Juvenile Justice Center library, traveling, fishing, and gardening.

Join The Voices For Recovery: Everyone Benefits

This September, people throughout the country will pay tribute to all the individuals who have reclaimed their lives and are now living drug-free during National Recovery Month. This year's theme, Join the Voices for Recovery: Recovery Benefits Everyone, promotes the message that behavioral health is essential to overall health, that prevention works, and treatment is effective.

"A substance abuse addiction affects everyone," said Executive Director Jerry Skogmo, "from the individual seeking treatment to his family and friends. And for people in the community, it affects crime, healthcare costs, and employment pro-

ductivity. Join us at Renz Center as we honor those who have worked toward sobriety, and support those currently in treatment."

Renz Center salutes all the individuals who are now living drug-free and have begun their recovery journey.



If you think you have a substance abuse problem...
For a free substance abuse assessment and one-on-one consultation, visit Renz Center's Two American Way location in Elgin on **September 6th, from 10 a.m.-noon.** No appointment necessary.

Employee Anniversaries as of July 2011

24 Years
Lora Tovar

22 Years
Patti Anderson

19 Years
Lin Henricks

18 Years
Carlos Chavez
Colleen Koncilja

15 Years
Jerry Skogmo

14 Years
Frank Gotthard

12 Years
Marcos Bostho
Dave Crement

11 Years
Barbara Pachmayer

10 Years
Scott Austgen
Terri Lee

8 Years
Angie Peralez

7 Years
Tami Dominic
Jackie DeLaney
Jim Hall
Deb Howe

6 Years
Jaser Abdallah
Scott Bracken
Katie Stauffer

5 Years
Monica Cuevas
Myrel Derus
Elsa Jimenez
Marilyn Kuffel

4 Years
Ron Ahlberg
Julie Pena
Lysette Pullman
Tiffany Tumminaro

3 Years
Ricardo Gasca

2 Years
David Allen
Lisandra Guiraldelli
Helen Smith

1 Year
Kenya Andrews
Alicia Castrejon
Cory Hattenschweiler
Rebecca Incandela
Susan Lopez
Jamie Rohner
Tricia Sinnott
Linda Tkachenko



Prevention Education Key At Renz Youth Soccer Camp

At-risk youth have the unique opportunity to participate in a camp that combines substance abuse prevention education with soccer. For 10 weeks this summer, youth between the ages of 10-17, will be divided by grade and receive the Learning For Life and All Stars curriculum before stepping out and playing soccer.

“What makes this camp distinctive is that kids take what they learn in the classroom and apply it on the field,” said Renz Prevention Coordinator Ricardo Gasca. “We spend a lot of time teaching such life-skills as trust, communications, building solid relationships, and setting personal goal...lessons that the kids can use to become better soccer and team players.”

This camp was made possible in part by Elgin Township and Good Sheppard Lutheran Church in Elgin.

Students Participate In ITI Leadership Camp

The 37th Annual Illinois

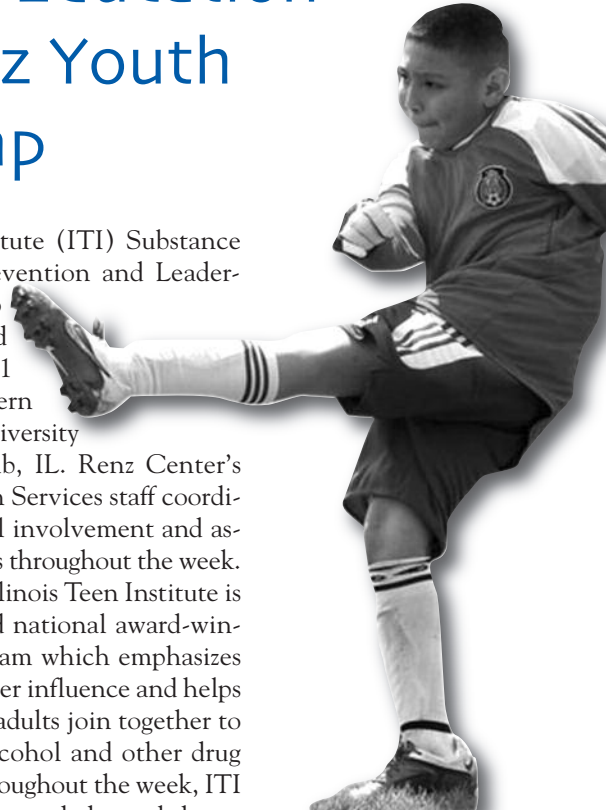
Teen Institute (ITI) Substance Abuse Prevention and Leadership Camp was held July 17-21

at Western Illinois University in Macomb, IL. Renz Center’s Prevention Services staff coordinated local involvement and assisted teens throughout the week.

The Illinois Teen Institute is a state and national award-winning program which emphasizes positive peer influence and helps teens and adults join together to prevent alcohol and other drug abuse. Throughout the week, ITI campers attended workshops, participated in discussion groups, and created a substance abuse prevention education plan for their community.

The ITI camp was sponsored in part by the Illinois Alcohol and Drug Dependence Association.

“Kids take what they learn in the classroom and apply it to the field.”



Photos Courtesy of Jeff Suddeth Photography

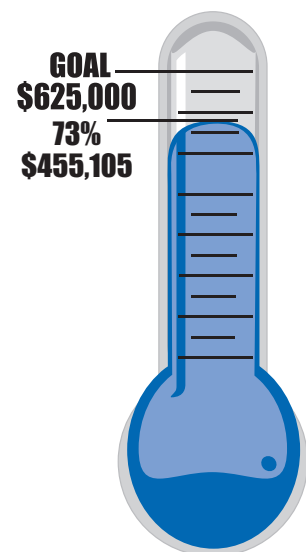
Capital Campaign Update: Support Still Needed For Capital Campaign

As the Investing in the Community Capital Campaign continues to make strides, financial support is still needed. Back in 2008, Renz Center’s board of directors made the decision to expand Clinical Services by purchasing an adjacent building to its current location and adding a serenity path to complete the Elgin campus. Clinical Services now encompasses the entire Two American Way building, and is now home to the Community Homeless Integration Project. The One American Way facility now includes Prevention Services,

which has recently expanded its De Mujer a Mujer (Woman to Woman) program, and Administrative offices.

“In order to provide the community with the expanded clinical and prevention services that are needed,” said Executive Director Jerry Skogmo, “all the funds for the capital campaign have to be raised. Future plans include expanding both individual and group counseling programming.”

To find out how you can make a difference in the life of someone who needs substance abuse treatment, visit www.RenzCenter.org.





Agencies Collaborate To Help Homeless

Throughout the last 50 years, Renz Center has responded to the needs of the community by adding services when necessary. The Center's latest call to action is through the Community Homeless Integration Project (CHIP), a comprehensive case management service for substance abusing and/or mentally ill individuals who are, or at-risk of, being homeless. Working in collaboration with the Community Crisis Center, Ecker Center for Mental Health, Greater Elgin Family Care Center, Lazarus House and PADS of Elgin, CHIP counselors work one-on-one with individuals to get them the help they need. Following is a story about one individual's journey.

Down, But Not Out

A resident at Lazarus House in St. Charles, Lucas was 35 years old, homeless, unemployed, addicted to marijuana, and struggling with physical and mental health issues.

Through counseling and encouragement at Lazarus House, Lucas became one of CHIP's first program participants early last year. He was paired with

one of Renz Center's CHIP counselors who did an assessment, created a treatment plan, and composed a list of attainable goals. As a case manager, the CHIP counselor coordinates counseling and doctor appointments, deals with housing and financial issues... anything that helps participants achieve their goals.

As a part of his treatment plan, Lucas participated in individual and group counseling for his addiction and met with an Ecker Center counselor. As a CHIP participant, Lucas was eligible to be placed on a waiting list for housing. He met his goals, and earned special incentives such as personal care items and gift cards for food, clothing and gas.

Struggling To Stay Sober

Sobriety is not always easy, and Lucas initially had trouble staying sober. He tested positive for drugs, and always felt sick. It was not until his Lazarus House and CHIP counselors were able to coordinate healthcare services through

Delnor Hospital that Lucas was finally diagnosed. Immediately following his physician's visit, Lucas had surgery to remove his gallbladder and appendix, and had part of his colon removed. Today, he still struggles with infections, but feels well enough to work on his addiction issues.

A Journey Worth Climbing

Through the aid of Ecker Center's HUD program and financial assistance, Lucas has moved into his own apartment and takes care of himself. While Lucas continues to seek psychosocial rehabilitation and remains an active CHIP participant a year-and-a-half later, his path towards independence and sobriety looks hopeful.

Recovery is not a program or event, but a process. Prevention education strengthens families and communities.



You Can Give More For Less

Thanks to legislation passed late last year, American seniors can make the gift of a lifetime by giving their IRAs to charity without federal tax penalty. So your retirement funds can go further than ever before.

The Tax Relief Act of 2010, restores the IRA Charitable Rollover for 2010 and permits its use up to December 31, 2011. If you are over 70½, you are eligible to make an IRA charitable rollover of your mandatory withdrawal to Renz Center or any other eligible charity. And the good news is that your IRA distribution will be similar to other IRA rollovers - it will not be included in your Fed-

eral taxable income.

If you qualify, you may exclude from your taxable income any IRA funds that are directly transferred to a charity (up to \$100,000). Giving through your IRA this way may have little or no tax impact for you when you file your return.

In addition, giving non-cash assets like appreciated stocks, bonds or mutual funds can eliminate tax on up to 30% of your AGI, without having to pay capital gains tax.

For more information, please contact your financial advisor or call Renz Center's Accountant Bob Tighe at Tighe, Kress & Orr at 847-695-2700.



Study On Teen Substance Abuse Highlights Need For Screening, Prevention Programs

A new study showing marked increases in teen use of marijuana over the past three years underscores the importance of incorporating screening and prevention programs into all health care interactions with adolescents and their parents, says a leading expert on adolescent substance abuse treatment.

"Any time professionals have an option to work with parents or teenagers, even if it's not directly about a substance abuse issue, they should be putting drug use on the radar screen," says Ken Winters, Ph.D., Director of the Center for Adolescent Substance Abuse Research, Professor in the Department of Psychiatry at the University of Minnesota, and Research Scientist at Treatment Research Institute.

Other facts from the study include:

- Teens who reported alcohol use, 62 % said they had their first full alcoholic drink by age 15 (not including sipping or tasting alcohol)
- Of those teens who reported alcohol use, 25 % said they drank a full alcoholic drink for the first time by age 12 or younger
- Almost half of teens (45 %) said they do not see a great risk in heavy daily drinking.
- 40 % of those who start drinking at age 14 or younger developed alcohol dependence, compared with 10 % of those who began drinking at age 20 or older.
- 25 % of teens reported taking a prescription drug not prescribed to them by a doctor at least once in their lives

For more information on the study, visit www.drugfree.org. Reprinted with permission from *Join Together*, April 19, 2011.

Did you know...



Long-term drug use results in significant changes in brain function that can persist long after the individual stops using drugs.

Reprinted with permission from the National Institute On Drug Abuse, Principles of Drug Addiction Treatment: A Research Based Guide, May 2009.

Save ^{the} Date

**Epicurean Delight
Fundraiser
September 24th**