

RREACT ALUMNI NEWSLETTER: THE BRIDGE

The RREACT Alumni newsletter was created to highlight members from the Alumni group, demonstrate that people are more than their addiction, provide updates on upcoming events, additional resources, and more!

What's In This Quarter's Issue:

- Alumni Member Spotlight
- Upcoming Alumni Events
- Highlights from Past Events
- Cooking with RREACT
- Additional Resources



ALUMNI SPOTLIGHT

This issue's Alumni Highlight is on Luke. Luke has been in active recovery for 2.5 years. Luke is a father and works in the roofing industry. Luke believes one of his hidden talents is his work ethic. Luke enjoys being outdoors and loves to fish.

If Luke were to be stuck on a deserted island, the three items he would take would be flint, a water filter, and a buck knife. Luke's favorite food is medium steak and he enjoys listening to Wu-Tang. If Luke could travel anywhere in the world he would like to travel to Rome because he likes history. Luke's favorite animal is a fox and his favorite season is spring because he likes to see everything in nature grow back.

Very few people know that Luke is an introvert and the person who knows him the best is himself because no one will know us completely beside ourselves. Luke knows how to make those around him laugh and says his own dry humor is what makes him laugh the most. If Luke came with a warning label, it would be "don't press my buttons." What makes Luke angry is seeing judgemental people. The best advice that Luke has ever received is that it's okay to receive help.

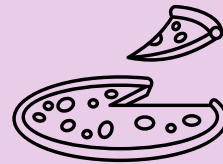


Upcoming Alumni Events

February 13th: RREACT's Annual Give Back Day, 3639 Parsons Ave, 6-8PM.



March 23rd: Second Annual Dodgeball Party, 3901 Parsons Ave, 6-8PM.



April 20th: Taco Bar Social and BINGO, 3901 Parsons Ave, 6-8PM.



Moments from Recent Alumni Events



Cooking with RREACT: La Scala Chopped Salad

Ingredients:

- Salad: 15 oz chickpeas rinsed + dried, 1 small head of iceberg lettuce - chopped, 1 head romaine lettuce - chopped, 4 oz salami slices cut into strips, 8 oz marinated artichoke hearts halved, 1/3 cup sundried tomatoes, 1 1/2 cup shredded mozzarella cheese
- Dressing: 1/2 cup olive oil, 2-3 tbs red wine vinegar, 2 tbs Dijon mustard, 1/4 grated parmesan cheese



Directions:

- Whisk together first 5 dressing ingredients than mix in parmesan cheese
- Marinate chickpeas in 1/3 of dressing
- Toss the rest of the salad ingredients in the remaining dressing and add the chickpeas on top

Resource Spotlight: Forward Health

Services:

Partial Hospitalization
Intensive Outpatient Treatment
Outpatient treatment
Medication Assisted Treatment
Individual & Group Counseling
Support Groups
Mental Health Treatment
Telehealth Options

6020 Groveport Road
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Accepts: Medicaid, Medicare,
private insurance, self-pay

* Only male services at this
time