



JEREMIAH'S INN & LOCAL CHEFS TURN UP THE HEAT AT CHOPPED! WORCESTER 2019



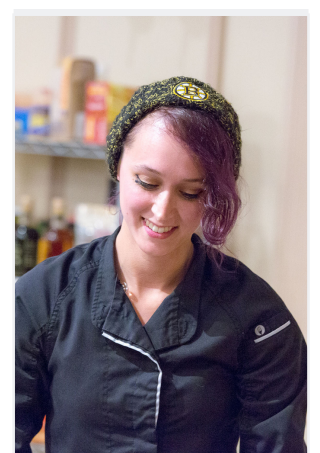
**RICK
ARAUJO**



**BILL
BOURBEAU**



**CHRIS
BAIROS**



**LAUREN
FLORES**

CHOPPED! Worcester 2019 was held on Oct. 7th at Maironis Park Banquet Hall in Shrewsbury. Thank you to our good friends *Belit* for livening up the reception with their upbeat performance. Bartenders Kathy Haggerty and Gary Mahoney were shaking up CHOPPED! signature mocktails such as “peary good with a knife” consisting of fresh rosemary syrup, pear juice, and splash of lime. Thanks to donations from our incredible community supporters, we had 6 auction packages worth over \$500.00 to bid on! This year’s competitors were: *Rick Araujo* representing *Lettuce be Local*, *Chris Bairos* representing *Broth*, *Bill Bourbeau* of *The Boynton Bar & Grill* & winner of Worcester’s Best Chef in 2019, and *Lauren Flores* in her competition debut.

Each chef was given 30 minutes to prepare two courses with ingredients commonly found in our food pantry. Pantry staples such as milk, pasta, and oil were provided, along with some fresh produce donated by Lynn Cheney of *Lettuce be Local*.

The chefs were tasked with making an appetizer with canned salmon, black beans, unsalted matzos, and water chestnuts. Their entrée had to contain instant mashed potatoes, sliced pears, Trappist Preserves hot pepper jelly, and clam juice.

Judges from left: Chef Ken O’Keefe, Chef Chris O’Harra, Barbara Houle, Ginny Sears & Tony Bristol



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11TH ANNUAL WORCESTER CARES ABOUT RECOVERY WALK & RALLY



Jeremiah's Inn, was once again a proud sponsor of this amazing Recovery Month event

A fun day for families to celebrate the miracle of recovery with music, food, face painting, and even a bounce house! Friends and family and those in recovery trekked around the YMCA Central Community Branch and surrounding neighborhoods holding signs that read "Recovery is possible; I'm living proof" and "My daddy is in recovery." Finally, recovery speakers from the area and local officials shared messages of hope, healing, and support. We are so grateful to all those who attended and volunteered their time to help out. It proves to us, that the city of Worcester really does care about Recovery.

 On Sept 14th the Worcester recovery community gathered to celebrate recovery. Everyday Miracles is a peer recovery center in downtown Worcester offering support, training, and recovery related services to the community since 2008. Each year, along with JI and several other local organizations that support recovery, they host the Annual Walk & Rally.

What is the difference between Recovery & Sobriety ?

Recovery is realizing that drugs and alcohol were the solution to the problem and not the problem in itself.

Recovery is working through the issues that caused you to drink and use drugs. **Sobriety** is just putting them down.

Recovery is about changing our behavior. **Sobriety** is just about changing our drinking and using habits.

NEW STAFF UPDATE: CASE MANAGER JAYSON DAUGHTRY

Jay is originally from Boston but has been a Worcester resident for over 20 years. He attended Worcester Vocational High School and Graduated at the top of his class from Mount Ida College. Although his degrees were in english and history, he subsequently decided that human services was more "supportive to his character." Jay is "a man of the people", and he tells us he feels honored and privileged for the opportunity to help people. Jay worked for both AdCare and Spectrum Health as a Case Manager. He then spent several years as a Brain Injury Specialist before he decided to return to his roots and join our team. Jay has a great sense of humor which helps him fit right in here at JI, and his welcoming smile immediately puts residents at ease. We are grateful to have him on board- welcome Jay!!

Welcome to the team!!



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As with any good event it, had its share of mishaps, but our hilarious and loyal emcees: Chef Mike Arrastia of The Hangover Pub and Twisted Chef Jay Powell of JP's Twisted BBQ provided some comic relief! Our clock did not work, and we forgot to give the chefs the meat we purchased until well into the competition, so we added some more time to the clock and carried on - until the fire alarm went off! Everyone took it in stride, and once we were certain it was a false alarm, we were ready to crown a winner. Our panel of judges: *Chef Christopher O'Harra*, *Chef Ken O'Keefe* from *Publick House Historic Inn*, *Barbara Houle* food writer for *Worcester Magazine*, *Tony Bristol* from 96.1 SRS, and *Ginny Sears* from iHeart Media, awarded Chef Rick Araujo the coveted "Golden Cleaver", chef Bill Bourbeau was a close second, followed by Chris Bairos and Lauren Flores. All the chefs proved to be extremely creative, resourceful and most of all generous of their time and talent, and we cannot thank them enough! Finally, We could not have put on the event without the help of our generous sponsors and supporters.



In the recovery world, it is known as "The Trifecta". The two-month period with the three most indulgently celebrated holidays - Thanksgiving, Christmas, and New Year's Eve. Factor in the change of seasons, which causes depression in nearly 10 million Americans. Then add gift stress or financial insecurity, and possibly some family conflict- and you have the recipe for a relapse!

RELAPSE RATES REACH
40%-60%
DURING THE HOLIDAYS

According to National Institute on Drug Abuse (NIDA) relapse rates range between 40 to 60 percent for heroin, and up to 90 percent for alcohol! Furthermore, it is a tough time to be in treatment, living away from your children, with little or no income to purchase gifts for them. For this reason, several years ago, we implemented the **Holiday Wish Program**. With our amazing partners, Pam Copland of Pam's Porch 5 and her network of givers, and Jill Shea and Lake View Elementary Students, plus the support we get from the community ensures all the residents and their children have gifts to open on Christmas Day. If you are shopping on Amazon this season consider shopping through the SMILE program (link located on back page)-simply choose JI as your charity and they will donate .05% of your purchase to us!! Please contact Alyssa for further information or to learn more about donating gifts.



Holiday Wish List



Winter Needs:

- Gloves, hats, & coats: (all sizes men & kids)
- Socks: All sizes for men & kids (new only)
- Underwear and Undershirts: (all sizes M-3XL) (new only)
- Pajama /sweatpants: (sizes M-3XL men & kids)
- Sweatshirts/Long sleeve T-shirts: (sizes M-3XL men & kids)
- Twin size bed sheet sets, pillow cases, blankets or quilts
- Bath towels & face cloths

Toiletries:

- shampoo
- soap
- antiperspirant
- toothbrush/ toothpaste
- dental floss
- shave cream & razors
- lotion
- q-tips
- combs
- chap stick
- dish & laundry soap

Gift Items:

- Ear Buds
- Gift Cards (Wal-mart, Dollar General, Target, Kohl's)
- Patriots, Red Sox, & Celtics gear
- Children's toys & clothes for all ages

Mark your calendar...

Winter Coat & Costume Drive: Now - Dec 31

Alumni Meetings: Nov 21 & Bi-weekly Thursday

Graduation: Nov 21 & recurs monthly on last Thursday

Giving Tuesday: Dec 3

Massachusetts Organization for
Addiction Recovery

MOAR Holiday Celebration: Dec 3



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