

# SAGE'S ARMY, INC.

# NEWSLETTER

Fall 2015



Sage's Army, Inc., P.O. Box 156, Westmoreland City, PA 15692  
Website: [www.sagesarmy.com](http://www.sagesarmy.com) E-Mail: [admin@sagesarmy.com](mailto:admin@sagesarmy.com)

Members,

This Fall Newsletter brings together the people who are fighting to bring change (through Education and Awareness) to the growing trend of Addiction. We like to keep you abreast of the ongoing events of Sage's Army and any news worthy updates as we get them in from the county, state, and country. We would like to thank you for joining this continuously growing movement and appreciate you supporting Sage's Army and our efforts.



Sincerely,

*The Sage's Army Team*

## Community Meetings

Sage's Army Community Meetings are open to the public and are held the **SECOND THURSDAY** of each month. Doors open at 6 pm at the Calvary Assembly Church, 8653 Pennsylvania Avenue, Irwin, Pa (behind the Giant Eagle).

These meetings provide interesting speakers who enable us to understand all the facets of this epidemic. There are open discussions at the end of each meeting for your questions and comments. **PARENTS** are particularly encouraged to attend these meetings.

Our speakers (to include law enforcement, doctors, lawyers, county officials, and recovery

### INSIDE THIS ISSUE

Message to our Members	1
Community Meetings	1
Team Meetings	2
Events we Attended	2
Schools we Visited	3
Sage's Army Success's	3
Upcoming Events	4
Newsworthy Tidbits	4
Questions and Answers	5
Article of the Quarter	6
Resource Phone Numbers	7

**SAGE'S ARMY IS ABOUT AWARENESS.**

**DRUGS DO NOT DISCRIMINATE.**

persons speak of their experiences) educate you in Addiction and give you necessary resources at your disposal.



### Meeting Highlights

Our September Meeting was very enlightening as we had Shara Saveikis, MSW, the Executive Director, Jason Slonceski, Case Worker Supervisor, and a host of case workers from the Westmoreland Children's Bureau. They spoke on the workings and rules that govern the Children's Bureau. Our Speaker in Recovery was Kendra.

In October, we heard from Dan Carney, the Executive Director of the Union Mission in Latrobe (the ONLY shelter program for men in Westmoreland County). In addition, Russ shared his story and experience running Sober-Living housing with our Community Group.

At our November meeting, we met Diane Kerigan, a Licensed Professional Counselor and Nationally Certified Counselor who did a great presentation on Addiction and Coping - Learning how to Cope with Addiction in the Family. Our Guest Speaker in Recovery was Jess.



**A GREAT BIG "THANK You" TO OUR SUPPORT SPEAKERS!**

*WITHOUT YOUR DEDICATION TO OUR CAUSE, WE WOULD NOT BE AS EDUCATED ON ALL ASPECTS OF ADDICTION AND THAT WHICH SURROUNDS IT.*

## TEAM MEETINGS

Sage's Army Team Meetings are attended by a group of dedicated volunteer individuals, along with the Officers and Directors, who help map out our present and future events. We would like to hear from any of you about ideas that you may have and want to contribute or, if you would like to attend the Team meeting in person, just contact one of our staff or e-mail [admin@sagesarmy.com](mailto:admin@sagesarmy.com)



*GRIEF IS PAINFUL, in our grief we have found a positive direction in the midst of our suffering...SAGE'S ARMY*

*Unity is strength...when there is TEAMWORK and COLLABORATION, wonderful things can be achieved.*

Mattie Stepanek

## Events We Attended

- Sep 8 - Indiana County Overdose Awareness Candlelight Vigil
- Sep 10 - Westmoreland County Commissioners recognize Recovery Community
- Sep 12 -13 - Hempfield Community Days
- Sep 12 - Lost Dreams Awakening sponsoring 2015 National Recovery Month
- Sep 17 - Seton Hill University Annual Fall Alcohol and Other Drug Program
- Sep 18 - Recovery Month Celebration at Westmoreland County Courthouse



- Sep 22 – PACDAA Recovery Advocacy Day at PA State Capital
- Sep 23 – Community Naloxone Training at Derry High School
- Sep 24 – Carmen speaks to Intro to Human Services class at WCCC
- Sep 27 – Quaker Steak and Lube Ride for Life in Cranberry, Pa
- Oct 2 – Lunch and Learn – CASA and Westmoreland Bar Association
- Oct 3 – Fed Up Rally, Washington, DC
- Oct 4 – Unite to Fight Addiction, Washington, DC
- Oct 8 – Westmoreland County Juvenile Probation Family Fun Fest at Twin Lakes Park
- Oct 15 – Sage's Army Headquarters Open House
- Oct 20 – Annual Celebration of Unity, Westmoreland County Courthouse Square
- Oct 21 – Charleroi High School, RX Drugs are Robbing our Community discussion
- Oct 22 – Carmen speaks to foster children and families at Pressley Ridge
- Oct 24 – Haunted Walking Trail, Indian Lake
- Oct 27 – WCCC, New Kensington combatting the Drug Epidemic in Westmoreland County
- Oct 28 – Norwin High School Drug Awareness and Prevention Forum
- Nov 19 – Irwin Light Up Night and parade



*losingmemoriesbyellen.com*

## Schools We Attended This Quarter

- October 16 – Spoke at West Mifflin High School and Middle School
- October 20 – Spoke at Wendover Middle School
- October 23 – Spoke at Kiski High School



**GET YOUR  
SCHOOL  
scheduled  
for  
2016!**

## Sage's Army Success's

Sage's Army Headquarters held it's Open House on October 15, 2015 and it was a HUGE success! Thanks to all who contributed, both from local Irwin businesses and our staff of volunteers. Sightings at Sage HQ included Otis Dicerbio, Commissioner Tyler Courtney, Commissioner Tom Anderson, Gail MaCioce, Fran Bevin, Tay Waltenbaugh, Tim Phillips, County and State Rehab Center Reps, Barb and Duane DiPetro, Noreen Scanlon, many of our fellow Irwin Boro downtown business owners and many, many members of Sage's Army. Thanks to all who attended on this special day!



The Creative Art Expression classes have been a HUGE success this fall thanks to Alyssa William Bergamasco from Seton Hill College. The classes were geared to folks in active recovery and their loved ones. Hope you all had a chance to take advantage of these wonderful classes.

If someone has something they would like to organize at our headquarters that would be beneficial to our members, please contact us.

## Upcoming Events

- Dec 4 - Christmas Cookie Tour in Irwin, Pa.
- Dec 5 - Herminie, Pa - Holiday Parade
- Dec 10 - The last Community Meeting for 2015

## Newsworthy Tidbits

- Westmoreland Co, PA - The long awaited Drug Court has officially started with its first case, a man and woman will spend 18 months in supervised treatment...a good start.
- 120 DRUG OVERDOSE DEATHS PER DAY IN OUR COUNTRY! 2015 report found that heroin availability on the streets has increased by 50 percent in this country between 2013 and 2014.
- **LOCAL FAMILY RECENTLY INTERVIEWED.** Gary and Darlene Mazak were interviewed by the Trib and the story was like so many others. *"He was an athlete. Then he was hurt, surgery, needing pills and more pills for pain. By ninth grade he was skipping school, tried heroin at 13, his life had changed. Died 2011 at 20, one more victim of the drug epidemic like our state and rest of the country has never before seen". To view the entire story, please see <http://triblive.com/news/editorspicks/9177799-74/heroin-addiction-addicts#axzz3tSeLZdAg>*
- Washington Co, Pa. announces over 50 fatal overdoses occurred so far this year.
- Wilkesburg, Pa. Crew Gang using children as young as 13 years old to run heroin to buyers in surrounding communities.
- Westmoreland Co, Pa. has two more trials scheduled to put responsibility for overdose deaths on the drug dealers. Let's hope we can finally see justice done.
- State of PA and Westmoreland County, Pa. Pennsylvania has THIRD most deaths from heroin in the US, and report further states more drug deaths than vehicle accident deaths in state. Westmoreland County expects a 50 percent fatality rise from last year's drug deaths.



Governor Wolfe says heroin and prescription addiction is a public health crisis in Pennsylvania.

President Obama vows to FIGHT THE DRUG EPIDEMIC!

### It's a FACT...

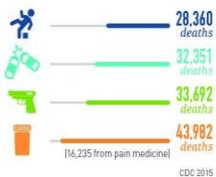
Recent study shows that teens who take opioids are more likely to abuse drugs as adults.

Most overdose deaths in PA are white males.

23 Ohioans die weekly from heroin overdoses.

# 10 FACTS *you didn't* KNOW ABOUT DRUGS

**DRUG OVERDOSES**  
*kill more than cars, guns & falling*



**27 million Americans**  
**USE ILLICIT DRUGS OR PRESCRIPTION DRUGS FOR non-medical reasons**

SAMHSA 2014 NSDUH

**9 OUT OF 10 PEOPLE**  
*with substance problems*  
**STARTED USING BY AGE 18**

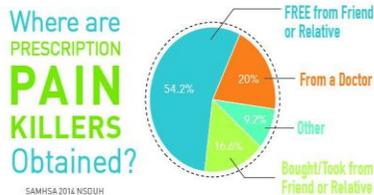
CASAColumbia 2011

THE NATIONAL NIGHT of CONVERSATION  
11.19.15  
[www.doctoroz.com](http://www.doctoroz.com)

SAMHSA 2014 NSDUH

The United States has **5%** of the World's Population and consumes **about 75%** of the World's Prescription Opioids

UNODC 2011



DrugFree.org PATS 2008

**ADDICTION** is a chronic disease, just like heart disease, diabetes and cancer, all of which may be **fatal** if left untreated

Research Suggests that **4 Out of 5 Heroin Users Start Out with Prescription Drugs**

SAMHSA CBHSQ 2013

If someone in your family has a problem with substance use, it puts you at **greater risk** for a problem with alcohol and other drugs

## Questions and Answers with Sage's Army

### 1. What is drug addiction?

Drug addiction is a complex, and often chronic, brain disease. It is characterized by drug craving, seeking, and use that can persist even in the face of devastating life consequences. Addiction results largely from brain changes that stem from prolonged drug use—changes that involve multiple brain circuits, including those responsible for governing self-control and other behaviors. Drug addiction is treatable, often with medications (for some addictions) combined with behavioral therapies. However, relapse is common and can happen even after long periods of abstinence, underscoring the need for long-term support and care. Relapse does not signify treatment failure, but rather should prompt treatment re-engagement or modification.

### 2. What is detoxification, or "detox"?

Detoxification is the process of allowing the body to rid itself of a drug while managing the symptoms of withdrawal. It is often the first step in a drug treatment program and should be followed by treatment with a behavioral-based therapy and/or a medication, if available. Detox alone with no follow-up is not treatment.

### 3. What is withdrawal? How long does it last?

Withdrawal describes the various symptoms that occur after long-term use of a drug is reduced or stopped abruptly. Length of withdrawal and symptoms vary with the type of drug. For example, physical symptoms of heroin withdrawal may include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes. These physical symptoms may last for several days, but the general depression, or dysphoria (opposite of euphoria), that often accompanies heroin withdrawal may last for weeks. In many cases, withdrawal can be easily treated with

medications to ease the symptoms, but treating withdrawal is not the same as treating addiction.

### JUST In...

The Sage's Army Headquarters has just announced their **daytime OPEN hours!**

Mondays - 11:00am - 2:00pm

Wednesdays - 11:00am - 2:00pm  
(Souls United in Grief available during this time)

Fridays - 11:00am - 2:00pm

Eveing hours to be announced soon.

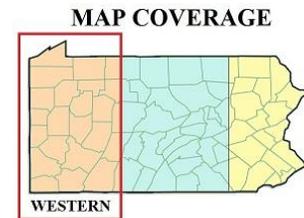
Ask the question and we will find the answer. Submit questions to [newsletter@sagesarmy.com](mailto:newsletter@sagesarmy.com) or by snail mail to Sage's Army Inc, PO Box 156, Westmoreland City, Pa. 15692.

## Article of the Quarter

### DEA Announces "360 Strategy" to Address Heroin, Prescription Drugs and Violent Crime

Program serves as a model for communities struggling to break cycle of drug trafficking, abuse and violence

NOV 10 (PITTSBURGH) - The United States Drug Enforcement Administration today announced Pittsburgh as the pilot city for a comprehensive law enforcement and prevention "360 Strategy" to help cities dealing with a heroin and prescription drug abuse epidemic, and its associated violent crime. DEA Special Agent in Charge for the Philadelphia Division, Gary Tuggle made the announcement along with United States Attorney David J. Hickton of the Western District of Pennsylvania and several local and federal agencies and organizations working in the fields of law enforcement, pharmacology and substance abuse prevention and treatment.



"The work of law enforcement to remove the traffickers and the work of our partner agencies doing treatment and prevention in Pittsburgh has already had an impact on the city's drug problem," said Tuggle. "The 360 strategy brings together for the first time, the agencies that have dealt with this problem separately, into a comprehensive and sustained effort to not only fight drug traffickers but also to make communities resilient to their return."

The DEA 360 Strategy comprises a three-fold approach to fighting drug traffickers:

Provide DEA leadership with coordinated DEA enforcement actions targeting all levels of drug trafficking organizations and violent gangs supplying drugs in our neighborhoods, as we have been doing with ongoing law enforcement operations.

Have a long-lasting impact by engaging drug manufacturers, wholesalers, practitioners and pharmacists to increase awareness of the heroin and prescription drug problem and push for responsible prescribing and use of these medications throughout the medical community.

Change attitudes through community outreach and partnership with local organizations following DEA enforcement actions to equip and empower communities with the tools to fight the heroin and prescription drug epidemic.

"We are grateful that DEA, through its 360 initiative will contribute to the significant efforts already underway in Western Pennsylvania to reduce heroin and opioid overdoses," said Hickton. "Pittsburgh has the opportunity to lead the nation due to the strong commitment and cooperation among our leadership, law enforcement and citizens."

In the short term, the goal of the 360 strategy is to provide as much information as possible in many different forms to reach young people. Officials will work to form a "Community Alliance" that will comprise key leaders from law enforcement, prevention, treatment, the judicial system, education, business, government, civic organizations, faith communities, media, social services and others, to form the core of a long-term group that will cross disciplines to help carry the prevention and treatment messages to the local population during the critical post-operation timeframe.

"DEA's 360 Strategy recognizes that we need to utilize every community resource possible to reach young people and attack the heroin and prescription drug epidemic at multiple levels," said Tuggle. "This three-sided strategy brings together everyone who has a stake in the successful outcome of this pilot program. This could be a model for many other communities."

**LET'S DEVELOP  
OUR LIVES  
OUR COMMUNITIES  
OUR IDENTITIES  
WITHOUT DRUGS**

### RESOURCE PHONE NUMBERS

- Westmoreland County Drug and Alcohol Commission-800 220-1810 ext 2
- Allegheny County Bureau of Drug and Alcohol Services-412 350-3328
- Butler County MH/MR Drug and Alcohol-800 292-3866
- Cambria County MH/MR Drug and Alcohol-814 536-5388
- Clarion/Armstrong/Indiana Drug and Alcohol-724 354-2746
- Fayette County Drug and Alcohol-724 354-2746
- Somerset County Drug and Alcohol-800 452-0218
- Washington D&A Commission-724 223-1181
- Westmoreland CRISIS Hotline-800 836-6010
- Alcoholics Anonymous-866 851-8459
- Narcotics Anonymous-800 992-0401

For a listing of In/Out patient treatment facilities for Insured and Non Insured, please see Addiction Resources at [Sagesarmy.com](http://Sagesarmy.com)



Come drive on down to

our new Sage's Army Headquarters (located in downtown Irwin) when we have our special events. Don't have a car? Westmoreland Transit can get you there via

Route 30. See their bus schedules from Greensburg, Jeannette, and Latrobe. Hope to see you there!

**Check out the website PASTop.org!** Lots of GREAT information to educate parents, teachers, and families about the risks of prescription painkillers and heroin use.

### Special Thank You to

**Congressman Murphy** for spearheading Investigative Hearings in Washington and his district on script writing and Opioid abuse.

**Jennifer Miele** for the GREAT program Excela put together, "Substance Abuse in the Workplace". Sage's Army was in attendance.



**Phenomenal!** Over 7 million Hits on our Sage's Army website since its inception.

### Attention VOLUNTEERS!

Sage's Army is looking for a few good Men and Women who would like to volunteer to assist in helping with the assemblies at the schools. Anyone who can help, please contact us at [admin@sagesarmy.com](mailto:admin@sagesarmy.com).



### Sage's Army MEMORIAL Wall

Sage's Army Headquarters has dedicated a wall to loved ones who were lost to this epidemic.

If you would like to see your loved one memorialized on this wall, please bring a framed 5 X 7 photo (color or black and white) to the Sage's Army Headquarters (216 Fourth St, Irwin, Pa 15642) during open hours or mail to Sage's Army, P.O. Box 156, Westmoreland City, PA 15692.



**Shirley Shubuck**  
GRI  
Associate Broker



305 West Pittsburgh Street  
Greensburg, Pennsylvania 15601  
**Office 724.832.8040**  
Fax 724.836.6288  
Cell 412.551.9023  
Email sshubuck@aol.com

Equal Opportunity Employer M/F/H/V

Full Wrecker Service, Road, Local & Long Distance Towing  
"Now Hellicock / Rainier Service"

**JASON HUNTER TOWING**

Cell 724.989.7777  
Fax 724.523.5105  
483 Edna Road  
Adamsburg, PA 15611

**JASON HUNTER** OWNER / OPERATOR

TYLER EDWARD MAINS  
Owner

**T. E. MAINS CONTRACTING**  
The solution to all your outdoor needs.

Retaining Walls, Patios, Concrete, Excavation,  
Sewer Taps, French Drains.  
412-818-1146

tylermainscontracting@gmail.com

**Water Tight Home Improvements**

Michael Baacke  
Owner/operator

412-610-0029  
mikebaacke@gmail.com

find us on facebook @baackewatertight

**Injured? We can help.**

**WESTMORELAND INJURY LAWYERS**  
In your community. In your corner.

- Auto Accident
- Workers' Compensation
- Medical Malpractice

Call us at 724-836-4380  
or **CLICK HERE**

**MEDTECH REHABILITATION LLC**

Jennifer Ricciardelli, MBA  
Facility Director

1037 Compass Circle, Greensburg, PA 15601  
Email: jr Ricciardelli@medtech.com  
Phone: 724-834-1144 Fax: 724-834-2077

**business partner**  
ONE-STOP MARKETING

(Your business card here)

Contact [admin@sagesarmy.com](mailto:admin@sagesarmy.com) for more information on placing your business card in this section of our next Newsletter.

www.sagesarmy.com



Sage's Army would like to wish everyone a very



*Merry Christmas*



*and a Happy New Year*

May your 2016 be filled with many Blessings!

Sage's Army, Inc. is a 501(c) (3) nonprofit organization. All donations are fully tax-deductible. To donate to Sage's Army, visit us on the web at [Sagesarmy.com](http://Sagesarmy.com).

**YOU CAN DEFINE YOURSELF BY YOUR ADDICTION OR YOUR RECOVERY.**

To learn more about addiction & treatment, please visit [Lakeviewhealth.com/today](http://Lakeviewhealth.com/today) or call 888.612.9248

**LAKEVIEW HEALTH**  
Find Your True North