

# SAGE'S ARMY, INC.

# NEWSLETTER

3rd Quarter 2016



Sage's Army, Inc., P.O. Box 156, Westmoreland City, PA 15692  
Access to this Newsletter can be found at our Website:  
[www.sagesarmy.com](http://www.sagesarmy.com) E-Mail: [admin@sagesarmy.com](mailto:admin@sagesarmy.com)

Members,

This 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 no longer held at the Calvary church due to rescheduling of church activities. We are continuing a more personalized meeting group for individuals and families seeking guidance and support dealing with the crisis of addiction. These meetings will be held at the Headquarters on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month from 6:30 - 8:00pm. Everyone is welcome. Also, we have Barb and Darlene's Souls United in Grief meetings which are held the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month, from 6:30 to 7:30 pm, at the Headquarters.

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

**DRUGS DO NOT DISCRIMINATE.**

**ERASE THE STIGMA.**



**NEVER DOUBT THAT A SMALL GROUP  
OF THOUGHTFUL, COMMITTED CITIZENS  
CAN CHANGE THE WORLD - Margaret Mead**

Peace Resource Project (888) 822-7075 [www.peaceproject.com](http://www.peaceproject.com) (#5196)

## 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)

*"In all my years as a Physician, I have never, ever met an addicted person who wanted to be an addict."*

*~Dr. Nora Volkow. NIDA Director*



*"Nearly every day, there are more people using opioids than there was the day before...it's like a tsunami of addiction."*

*~Dr. Neil A. Capreto, Medical Director of Gateway Rehab Center in Beaver County*

## Events We Attended

- Jun 22** - Carmen to Harrisburg for the Governors Drug Task Force.
- Jun 25** - Sage's Army 3<sup>rd</sup> Annual Golf Benefit.
- Jun 27** - Carmen speaks at the SADD 2016 National Conference.
- Jul 13** - Carmen speaks at the New Leaf ribbon cutting ceremony.
- Jul 18** - Carmen speaks at the State Correctional Institution- Laurel Highlands.
- Jul 21** - Carmen invited to speak at the White Oak Rotary Club.
- Jul 23** - Speaking engagement in Tarentum for Quinn's Walk of Hope with Vonzell Wade from Lost Awakening. Quinn's parents and Brandi Bruckner in attendance.
- Jul 30** - Sage's Army to Mike's Float for Hope at the Youghiogheny Canoe Outfitter in West Newton.
- Aug 2** - Sage's Army booth at the Mt Pleasant National Night Out.
- Aug 9** - Sage's Army booth at the Latrobe National Night Out.
- Aug 17** - Narcan Training at the Sage's Army Headquarters.
- Aug 27** - 1<sup>st</sup> Annual Miniature Golf outing at Staler's Fun Center. Sponsored by Sun Dawgs Cafe.
- Aug 31** - **Not One More** candlelight vigil at the Westmoreland Courthouse.
- Sep 3** - Jennerstown Speedway with Chris Brink and the Sage's Army race car. Takes the checkered flag!!!
- Sep 4** - Candlelight vigil and recovery celebration in Turtle Creek.
- Sep 7** - Armstrong-Indiana Drug and Alcohol Commission.
- Sep 10, 11** - Sage's Army booth at the Hempfield Community Days, Hempfield Park.
- Sep 18** - Fed Up Rally in Washington DC.
- Sep 20** - Sage's Army to Harrisburg to attend the "Courage to Change" event.
- Sep 23** - Greensburg Courthouse Recovery Celebration.
- Sep 24** - **Project Stand** at St. Clair park in Greensburg.



## Upcoming Events



**Oct 6** – Westmoreland County Juvenile Probation Department Family Fun Fest, Twin Lakes Park.

**Oct 9** – North Irwin Safety Fair.

**Oct 18** – West Hempfield Middle School presentation.

**Oct 19** – Narcan Training at the Sage's Army Headquarters. To register, please contact Sarah at [sarah.younger@sagesarmy.com](mailto:sarah.younger@sagesarmy.com)

**Oct 21** – Sage's Army speaking at Wendover Middle School.

**Oct 27** – West Mifflin Middle School and High School presentation.

**Oct 29** – Norwin Health, Wellness and Nutrition Expo.

**Nov 16** – Narcan training at the Headquarters. To register, please contact Sarah at [sarah.younger@sagesarmy.com](mailto:sarah.younger@sagesarmy.com).

## Sage's Army Successes

Thank you all for making our 3<sup>rd</sup> Annual Golf Benefit at the Glengarry Golf Course a HUGE success! Fun was had by all while on the green, at the Chinese Auction, at the Silent Auction, at the Steak Dinner, and just volunteering. A belated thank you to Outside In for their contribution. We always look forward to this event and it gets better and better each year!



Carmen, Cindy, and Sage's Army are SO VERY PROUD to receive all of the encouraging mail they receive from parents, children, friends, and organizations who continually thank us for what we are trying to accomplish. It only makes us STRONGER to go on. YOU ARE NOT ALONE!

## Newsworthy Tidbits

**Stop it NOW!** A new synthetic drug, U-47700, is blamed for 50 deaths so far and is 8 times more powerful than HEROIN. We MUST BAN IT NOW!

**IT IS TRUE...STATEWIDE.** Almost 20 PA residents die daily of a fatal drug overdose!

**IN NINEMONTHS,** Hartford Connecticut firefighters saved 135 from Opioid overdoses with NARCAN.

**PA COURTS.** *A creative W. Pa judge is fining convicted drug dealers. Once convicted, they must buy NARCAN for places where they have distributed. In some cases, the costs have been almost \$3000.*

**No Truer Words!** Dr. Gary Franklin says, "Opioid overuse is creating a "LOST GENERATION"". He goes on to say TWO people an hour are dying of Opioid misuse in the U.S. and it's even worse in Canada.

**HOW ABOUT THIS** statement made by Pharmaceutical CEO Martin Shkreli? States, "We are in the business of shareholder profit, not helping the sick."

**GOOD NEWS!** Westmoreland County prison began a state funded program to educate inmates to stay sober and is helping them stay off drugs once they are released. It includes a six-week program to aid recovery and provide education about drug addiction.

**WATCH FOR IT!** My New Leaf, Inc. hosted a ribbon cutting technology event this summer. It is a "Support System" that helps save lives through the use of mobile technology.

**At a GLANCE.** In 2012 alone, over 259 million scripts for Opioids were written! That is at least ONE SCRIPT FOR EVERY ADULT in the country!

**Second GLANCE...**In 2014 alone, more than 47,000 persons died from overdoses.

**JAIL WARDEN QUOTE!** Warden Ed E. Strawn has worked at the Washington County jail for two decades He states, "25 years ago, I dealt with criminals. Today, I deal with patients."

**JAIL NEWS!** Prison officials say that over 72 percent of new inmates need detoxed.

**MORE JAIL NEWS.** Advocates fear more heroin withdrawal deaths in jails. There have been a half dozen of these deaths nationwide within the last two years.

**AFTER A CENTURY!** Auto accidents are no longer the Nation's Leading Cause of Accidental Deaths. The NEW, NUMBER ONE KILLER...DRUGS!



## TOP TEN



Top 10 most dangerous meds driving the pill crisis in order:

Xanax, Oxycontin, Vicodin, Methadone, Klonopin, Ativan, Morphine drugs, Seroquel, Ambien, and Valium

**370 Million** people worldwide struggle with drug abuse. **2.5 M** people die from their drug addiction each year. **6,849** deaths per day, **285** per hour, and **5** every minute. **YOU ARE NOT ALONE!**

## QUESTIONS and Answers

with Sage's  
Army



*Q & A provided by a local rehab center dealing in drug abuse*

### What are the physical signs of heroin use?

The most common physical sign of heroin use is thought to be "track marks" or small puncture wounds on the skin. The injection site may become infected from multiple pokes leading to scars. Track marks are most commonly observed on the arms, inside elbows. Long sleeves are often worn even in warm weather to hide heroin use. A few additional sign of heroin use, both during and after consumption, are: constricted pupils, labored breathing or movements, dry mouth, weakened immune system, constipation, dehydration, itching and vomiting, kidney and bladder inflammation.

### How else can heroin be administered?

Heroin can be smoked or snorted. As with most smoked and snorted substances, respiratory troubles can become more apparent when the user is abusing heroin. May notice chronic coughing, wheezing, or bloody nose. The user may become easily winded, or experience more frequent respiratory infections as a result of heroin use.

### What are the behavioral indicators of heroin use?

Sudden financial struggle (heroin can cost as much as \$200 per day), borrowing money from friends and family, selling belongings to support their addiction. Other behavioral signs: hyper alertness followed by drowsiness, confusion, delirium, hallucinations, defensive when asked of whereabouts, impulsive behavior, poor hygiene, loss of job, low grades, trouble with authorities, overall distraction, disappearing days at a time, becoming distant with family and friends.

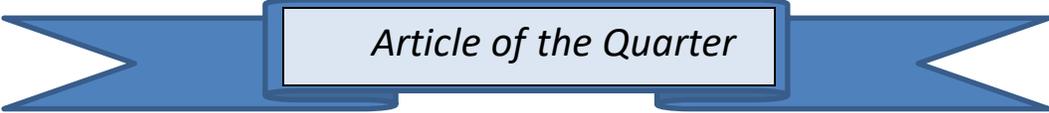
**Ask the Question** and we will find the answer. Submit questions to [newsletter@sagesarmy.com](mailto:newsletter@sagesarmy.com) or by snail mail to Sage's Army Inc., PO Box 156, Westmoreland City, Pa. 15692

### WHAT IS YOUR SPECIALTY?

Sage's Army is Looking for volunteers to lend their special talents and ideas for committees we are forming (or just sign up for a committee of your choice). If you would like to schedule time at the Sages Army Headquarters anytime during the week or weekends to provide counsel, a special event, craft classes, music lessons, etc., please contact us.

### NOTICE!

*The Sage's Army Scholarship fund at Westmoreland Community College is NOW open to Adelphoi students!*



## Article of the Quarter

By Rich Lord / Pittsburgh Post-Gazette

Emergency room narcotics prescribing practices would be reined in under legislation endorsed this week by Gov. Tom Wolf, part of an emerging, bipartisan package of at least four bills to be considered this year in a bid to slow the state's opioid addiction crisis.

"The extent of this public health crisis is probably as great as we have seen in our lifetimes," said Jeff Sheridan, the governor's spokesman. "It's only getting worse, and we need to do everything we can to combat this crisis."

Harrisburg leaders who had been hesitant to legislate the practice of medicine were talking Tuesday about forcing culture change among those emergency doctors who may have been quick to prescribe a month's worth of powerful painkillers to injured young athletes, experienced addicts and other patients. The governor wants to bar emergency doctors from prescribing more than a week's worth of narcotics, and from refilling prescriptions that patients claim were lost, stolen or destroyed.

Dr. Kevin Rodgers, president of the American Academy of Emergency Medicine, said his group isn't opposed to prescribing limits like those backed by the governor. Other organizations representing doctors and hospitals did not respond to questions about the proposal on Tuesday. In June, a bill including some of the restrictions now backed by Mr. Wolf passed the House 174-19, and awaits Senate action.

"Overprescribing seems to be universally acknowledged to be an issue," said House GOP spokesman Stephen Miskin, adding that emergency doctors should only prescribe enough to last patients until they can get to their usual doctor. "Of course, a number of [doctors], they don't want an overseer. But if it wasn't a problem, legislative action would never be discussed."

Sen. Gene Yaw, R-Lycoming, said some doctors have told him, "You can't tell us how we should be practicing medicine. Why don't you just do away with doctors and run it yourselves? That attitude — I think we can get around that."

Mr. Wolf has been quietly meeting with legislative leaders of both parties, including conversations as recently as Monday, and believes he can get support for the emergency room rules and measures that would:

Demand that doctors check a new online database of patients' drug histories every time they prescribe controlled substances;

Require medical schools to educate future doctors in proper painkiller prescribing;

Compel prescribers to take refresher courses in that subject.

A special session on opioids, floated in June, will not occur because of legislators' schedules and procedural hurdles. Instead, bills approved in one chamber or the other will be amended as needed, approved finally and sent to the governor.

"Everybody is really tuned into this now," said Rep. Gene DiGirolamo, R-Bensalem, on Tuesday. "I think there's an absolute will in the General Assembly."

The [Pittsburgh Post-Gazette in May found](#) that over the past five years, 608 physicians in seven states encompassing most of Appalachia were disciplined for their narcotics prescribing practices. Pennsylvania lagged behind the other states in nearly every measure of curbing the distribution of the addictive drugs. Prescription painkillers laid the groundwork for the surging heroin and fentanyl problem that has led to record overdose deaths, including 3,383 in Pennsylvania last year, according to the Drug Enforcement Administration. That's up 23.4 percent from 2014.

"If we can get a lot of the unused opioids out of the system, they're just not available for kids to start taking them to parties because they've gotten them out of their parents' medicine cabinet," said Rep. Mike Sturla, D-Lancaster, who has co-chaired a series of meetings on the subject around the state.

Last month Pennsylvania became the 49th state to provide a database for doctors to check on patients' drug histories. In other states, such databases are used to prevent patients from getting painkillers through multiple doctors, and to identify wanton prescribers.

Pennsylvania's law, however, requires only that doctors check the database when they first prescribe any given controlled substance to a patient. Other states demand repeated checks. Mr. Sheridan said the governor continues to seek a law requiring a database check "every time" a doctor prescribes a controlled substance.

Legislation already introduced in the General Assembly would demand that the state's medical schools teach safe opioid prescribing practices, or risk losing state funding. Yet another bill would demand that professionals licensed to prescribe narcotics in the state get two hours of continuing education in pain management and opioid prescribing practices every two years.

**New at Sage's Army Headquarters...**

**Sage's Army Family Reinforcement / Recovery Session**

**Who:** Friends and family members of anyone that may have a problem with addiction.

**When and where:** Every second and last Thursday monthly from 6:30 p.m. to 8:00 p.m. at Sage's Army Headquarters at 216 Fourth Street, Irwin, Pa. 15642.

Addiction affects the whole family, often the best chance for an addicted person to get better is for his or her family to get better. This bi-weekly group session provides both the information and guidance that family members need to deal with the immediate crises of addiction, and also the on-going support they need to make necessary and often painful choices that family recovery requires.

**Information and Referral**

We are available to guide family members through the maze of treatment and recovery options. We maintain a resource center with a collection of printed material, books, meeting schedules and brochures.

**Cost:**  
Free of charge

**Where:**  
Sages Army Headquarters  
216 Fourth Street, Irwin, Pa. 15642

**When:**  
Every second and last Thursday  
of the month  
6:30 p.m. to 8:00 p.m.



Awareness, Compassion, Action  
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**Sage's Army NEW PHONE NUMBER!**  
**The number is (724) 863-LIFE (5433)**

**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 4 X 6 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.



Sage's Army **SCHOOL PROGRAM** is in FULL swing! If you would like us to invite us to YOUR school and give our presentation, let us know. We have a school form under Request a Presentation on our website at sagesarmy.com.

**SOULS UNITED**  
**IN GRIEF**



Have you suffered the unimaginable death of a child?  
Need to talk to someone that knows how you feel?

Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
6:30 to 7:30 P.M.

Sages Army Headquarters  
216 4<sup>th</sup> Street  
Irwin, PA 15642

**Sage's Army new video!**

If you have not seen it, you MUST. The video recently produced by Carmen and Associates as a Drug Awareness video titled, MY LIST OF NEVERS, first in a series to be created. If you would like to share in NEVERS video productions, please contact us.

And THANK YOU to all who participated. To see the video, go to:

<https://www.youtube.com/watch?v=XblmE6Jh9Vs>



**DEADLY TREND... IT HAS TO STOP!**

Overdose increased percentage of deaths from 2014 – 2015.

- ALLEGHENY Co. 37 percent
- Westmoreland Co. 43 percent
- Washington Co. 103 percent
- Indiana Co. 260 percent

According to Coroner Bacha, Westmoreland County, we are on track to surpass the fatal overdose record of 126 (last year) by 22 percent.



**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)

Westmoreland Community Action Substance Abuse HELP LINE aims to stem a tide of substance abuse in the County. If you have a question or concern, you can call 1-844-897-8927 from 7pm to 2am, seven days a week, 365 days a year, for treatment referrals and/or general information on resources. The program is part of the Drug Overdose Prevention efforts funded by a recent grant to the County.

From Harrisburg...Gary Tennis, Esq. Secretary Pennsylvania Department of Drug and Alcohol Programs states about the New Leaf Inc. technology, "We look forward to support My New Leaf efforts in helping all Pennsylvanians struggling with the disease of drug and alcohol addiction get the level and duration of treatment and recovery supports they need to live healthy and productive lives."



*World Leaders...a THOUSAND, including members*

*of our congress wrote a letter to the United Nations stating that our War on Drugs has proved disastrous and humankind cannot afford a 21<sup>st</sup> Century drug policy as ineffective and counterproductive as the last Century.*

**WARNING!**

*Recently mentioned in the news that an animal tranquilizer (Carfentanil), used on elephants is being mixed with HEROIN, is a new DEADLY trend taking lives in Western PA and Ohio. Beaver County had 25 OD in ONE WEEK, 3 fatal.*

**THANK YOU!**

A BIG thank you to our Summer Intern, Jessica, from Penn Trafford. She is a student at Kent State College and helped out so much at the Sage's Army Headquarters this summer! We would also like to thank her for helping us finish the Our Lives Matter project quilt for the Penna Recovery Organizations Alliance Harrisburg, PA. Sage will forever be remembered with our Memorial Quilt contribution. Anyone who is interested in doing a swatch memorial for their loved one can still do so. Check our website for instructions and where to send your information.

THANKS are always in order to Carmen and Cindy for all the time they devote to this war on drugs and CONGRATULATIONS are in order for Carmen for his recent Recovery Specialist designation!



**Shirley Shubuck**  
GRI  
Associate Broker

Each office is independently owned and operated.



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Owner

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EMAIL / hickoryhillembroidery@gmail.com



(Your business card here)

You can add YOUR business card for just \$40 per Newsletter. Our newsletters are Quarterly and reach well over 12,000 locally and millions on the web. Contact admin@sagesarmy.com for more information on placing your business card in this section of our next Newsletter.

## Sage's Army ALWAYS welcomes donations!

Items we always can use are: Printer ink (940 HP), Printer Paper, Stamps, Bottled Water, Toilet Paper, Paper Towels, Coffee or Duncan Doughnuts gift cards.

### WANT TO VOLUNTEER?

Sage's Army is always looking for a few good Men and Women (of all ages) who would like to volunteer. We can use volunteers in all areas to include helping with our booths, school assemblies, office work, data entry, stuffing gift bags etc. If you believe in our cause and want to help this GREAT CAUSE, we have a place for you! You will never meet a greater bunch of people! EVERYONE IS WELCOME!



Sage's Army, Inc. is a 501© (3) nonprofit organization. All donations are fully tax-deductible. To donate to Sage's Army, please visit us on the web at sagesarmy.com.



www.sagesarmy.com

