Sage's Army Newsletter

Fall 2018

Sage's Army, Inc., P.O. Box 156, Westmoreland City, PA 15692. Phone: (724) 863-LIFE (5433). Access to this Newsletter can be found at our Website: www.sagesarmy.com, Email: admin@sagesarmy.com

Our Mission Statement

Our mission is to address issues related to drug and alcohol addiction by providing informational support to children and families by raising awareness ONE PERSON AT A TIME.

Who we are…

Sage's Army was created by Carmen Capozzi and his family after his son, Sage Capozzi, 20, died of a heroin overdose. They felt it was important to raise awareness of drug problems among youth and erase the fear of talking to parents about them.

Sage's Army has grown and continues its movement as a grass roots, non-profit, all volunteer group who offers bi-monthly Family Reinforcement/Recovery Sessions, bi-monthly Grief meetings (for those who have lost loved ones to this epidemic), a monthly Coffee Break for women, presentations to schools, churches, or groups wanting to learn more about addiction. We also offer a 24/7 Phone Line assistance. Please see Page 7 (Headquarters News) of this Newsletter for full details.

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.

WANTED

Sage's Army is looking for Volunteers who are interested in helping with administrative functions, IT (Information Technology) type work, or would just like helping within our Army. We always have room for more! If you are interested in donating some of your time, please contact us at 724-863-5433 or by email at admin@Sagesarmy.com

Sage's Army Help Line

Awareness, Compassion, Action

Substance Abuse Issues
You Are Not Alone

724-863-5433 (LIFE)

24/7 Phone line assistance with Sage's Army

Emotional Support
Treatment Facility Options
With or Without Insurance
Parent and Peer Guidance

"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

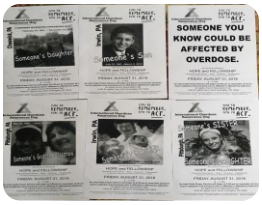
~Anne Frank

Quotes of the QUARTER

"Every experience in your life is being orchestrated to teach you something you need to know to move forward."

~Brian Tracy

Events We Attended

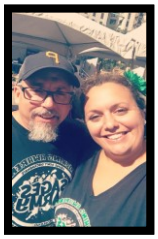


Jul 14 – Irwin Gig on Main Street, Sage's Army Headquarter open.
Jul 19 – Irwin Music in the Streets, Sage's Army Headquarters open.
Aug 4 – Irwin Flea Market, Sage's Army participating.
Aug 7 – National Night Out Latrobe, Sage's Army in attendance.
Aug 7 – Sage's Army Team meeting at Headquarters.
Aug 8 – National Night Out Northmoreland Park. Sage's Army in attendance.
Aug 16 – Music in the Streets, downtown Irwin, Sage's Army Headquarters open.
Aug 31 – International Overdose Awareness Day at St. Agnes with Sage's Army in attendance.

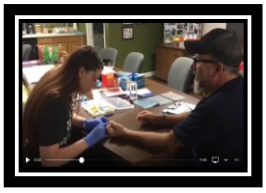
Sep 4 – Sage's Army Team Meeting at Headquarters.
Sep 12 – Palace Theatre. Benefit for Gary Demetre Josebeck. Attended by Sage's Army volunteers.
Sep 14 – Hep C FREE testing at Sage's Army Headquarters. No insurance needed**.**
Sep 15 – The 3rd annual Pittsburgh Recovery Walk. Sage's Army table and walkers.

Sep 17 - BNI Capital Connections Golf Tournament (**RAINED OUT**…new date to be announced)
Sep 20 – Fall Appreciation Car Cruise, downtown Irwin. Headquarters open.

Upcoming Events



Oct 2 – Team Meeting at Sage's Army Headquarters**.**
Oct 4 – Sage's Army and team of Volunteers at the Westmoreland Juvenile Probation Dept. Family Fall Funfest, Twin Lakes.
Oct 5 – Coffee Break at Sage's Army Headquarters…for women who want to help make a difference.
Oct 10 – The *NEW* Grief without Stigma Meeting at Sage's Army Headquarters.
Oct 11 – Family Reinforcement/Recovery Group Meeting at Sage's Army Headquarters.
Oct 17 – Substance Addiction Ministry at St. Agnes.
Oct 20 – If you missed the first testing…FREE Hep C and HIV testing at Sage's Army Headquarters (12pm-2pm) …courtesy of Central Outreach Wellness Center.
Oct 24 – Sage's Army and Carmen speaking at Western Pa. School for the Deaf.
Oct 24 – The *NEW* Grief without Stigma Meeting at Sage's Army Headquarters.
Oct 25 – Family Reinforcement/Recovery Group Meeting at Sage's Army Headquarters**.**
Oct 27 – Downtown Irwin Trick or Treat after parade. Headquarters open for the kids…FUN time!
Oct – Indian Lake Trick or Treat Event. Sage's Army will have a booth. GREAT TIME!
Nov 6 – Team Meeting at Sage's Army Headquarters.
Nov 11 – Downtown Irwin Light Up night, Sage's Army Headquarters open**.**
Nov 14 – The *NEW* Grief without Stigma Meeting at Sage's Army Headquarters.
Nov 15 – Family Reinforcement/Recovery Group Meeting at Sage's Army Headquarters.
Nov 28 - The *NEW* Grief without Stigma Meeting at Sage's Army Headquarters.
Nov 29 – Family Reinforcement/Recovery Group Meeting at Sage's Army Headquarters.



NOTE* If YOU are available to volunteer for any of our upcoming events, YOU are ALWAYS more than welcome to join us! WE LOVE VOLUNTEERS!

Sage's Army Successes

So PROUD of our volunteer members who work our **Helpline.** Through their unselfish efforts, their manning of the phone lines have helped place so many persons who are seeking help for their addictions. Bless you!

Newsworthy Tidbits

Record High…Don't be a statistic! …ONE person, every **8** minutes, dies from an overdose.

2017 in Westmoreland County…marks 9 straight years of continually rising OD deaths!

35% in Pa. Unspecified??…OD deaths underestimated because of incomplete death certificates. Stats might be higher.

It IS everywhere…8 people dead from OD in Delaware in 4 days.

We cannot be proud…Pa. ranked 4th highest in nation for drug overdose deaths.

It is a "bad" fact…1 percent of all Americans who died in 1968 lost their lives in the Vietnam War.

A "worse" fact…1.5 percent of all American deaths in 2016 were attributable to opioids.

1 in 5 deaths…of 25 to 30-year-old Americans is because of drugs.

Suicides are up…In past 16 years, suicides have increased by a third.

Lucemyra…FDA drug approved for reducing severity of withdrawal symptoms in opioid patients.

Next door neighbors…Ohio hits record high fatal drug OD's in 2017…4584 deaths, a 20% increase!

Check it out…**Needle in the Family Tree**. https://newsinteractive.post-gazette.com/needle-in-the-family-tree-opioids-family-overdose/keeley-and-the-vial/

With Regrets…

Our sadness and sympathy to the Gary Demetre Joseback (26) family who, in the obituaries, stated: "Gary lost his battle with the demons of substance abuse. He was kind, passionate, and hard working. No matter how difficult his own personal struggle became, he continued to remain active in the recovery community to help many others to overcome addiction. His vision of transformation thru art will live on. Gary's death is only compounded by many more that we read in the news every day as the Stigma is wearing away and we are facing the truth. The new face of Overdose is not just our loved ones, but the celebrities and their children throughout the U.S. Most recently, our own Pittsburgh Rapper celebrity Mac Miller who overdosed…age 26 and too young to die."

We are LOOKING for employers who would consider hiring persons in recovery or who are recovering. We need to do all we can to restore these persons to a normal life and YOU can help.

A comment posted by a devoted Sage's Army member…

"Please try to have the same empathy that you have for Demi Lovato when you think about the 193 Bright Lights in our country that passed away last year from overdose and the 73 that have died so far this year…please have the same compassion and care for the multitudes of people struggling every day with this disease. Please give the 23 million people that are living in long term recovery the fame and spotlight that we give to celebrities who speak out about their addiction…every person who is fighting this battle is a Rockstar, and typically feel like they have to live in shame about their past instead of being proud about their present. Demi Lovato is a beautiful soul and a good person fighting a disease that millions of people fight on a daily basis. Prayers for her and every other person struggling with this chronic, progressive, and deadly disease. I am thankful she was found and thankful that she has access to the best resources, which is not the case for many struggling with substance abuse disorder. To all those struggling, if you need help, if you need resources, if you need Narcan, please contact me and we will work with you! We will help you. We will advocate for you. We will love you. Your life is just as important and just as worthy of saving. Overdose is a preventable death and addiction is a treatable disease. You don't have to fight it alone."

NOTABLE QUOTES

Don Black, President and CEO at Cornerstone: *"Pa. is in crisis: so many people are dying due to overdose. Now more than ever, we need to be talking about adiction and how the loved ones of those afflicted can help save their families."*

Dr Mitchell West, Medical Director for Addiction Medicine at Allegheny Health Network: *"If you don't give them Narcan and they die, they never get a chance to get into recovery."*

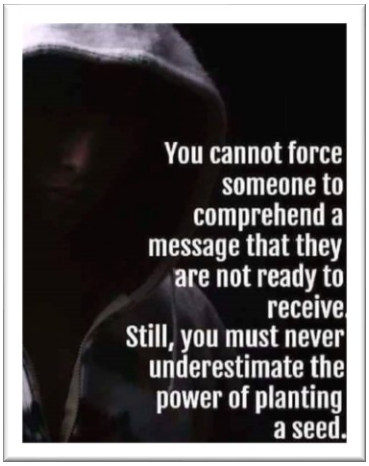
SAVE OUR SENIORS!

AARP indicates Addicted seniors are a serious problem, as pain pills are being prescribed more and more.

Prior to his death, **Dr Neil Capretto, Director of Gateway Rehab** stated about seeking rehab…"*Zero percent of dead people recover; as long as there is life, there is hope."*

On the subject of the Clean Slate Act, for drug related crimes, that was just passed: **Rep Sheryl Delozier said,** *"Sometimes young people make stupid mistakes. Minor, youthful indiscretions should not prevent someone years later from getting a job or obtaining good housing."*

Penna will receive ***$5 MILLION*** to help recovering addicts get back to work in Westmoreland, Fayette, Greene, and Washington Counties.



Do YOU want to help stop this epedemic? *SHARE* your stories…let others know the pain, the suffering, the ending.

Did you know… that Sage's Army has a library? It is open to the public. Stop in a browse thru our many self-help pamphlets, manuals, and books. You are welcome to borrow any books or take as many pamphlets as you will need.

CHECK OUT our NEW website!

Have you recently visited our Sage's Army website? Be sure to take some time to see what's new AND don't forget to ***JOIN OUR GROUP***! No obligation, just information and discussion that you will find helpful! Please visit www.sagesarmy.com

PTSD (Post Traumatic Stress Disorder) is NOT just a Veterans illness. PTSD is exposure to an extreme traumatic stressor and that can also relate to parents losing a child. Counselling is strongly advised to help anyone through those times of grief.

QUESTIONS and Answers

with Sage's Army

DO YOU HAVE A QUESTION? Let us help you find the answer.

Parents of addicts are frustrated and scared about what is happening to their child

Most often asked questions from parents:

Isn't being an addict a choice?

The main working definition of addiction is that it's a chronic progressive, relapsing disorder. What that means is that its long term (chronic)gets worse over time (progressive) and as a high incidence of returning to previous using behaviors (relapsing). The good news about that last part is that relapse does not have to happen, that there is help available in the form of specialized substance abuse and addiction treatment (commonly referred to as rehab)

Addiction is recognized by the medical community as a medical condition that affect the brain. In fact, there are studies that reveal differences in the brains of addicts when compared to brains of non-addicts. As best as we can understand right now, there are both genetic and environmental factors that lead to the development of addiction**.** That said**, addiction is not a choice...**no one ever decides to become an addict. Will power alone cannot keep an addict from using. That is why treatment and program of recovery are recommended for the disease of addiction. Just to be clear**, treatment does not provide a cure**...**there is no cure for addiction.** However, someone's disease of addiction can be arrested and that **person can be in remission** from their disease, kind of like when someone is in remission from cancer

Am I to blame for my child's addiction?

The short answer is No. As mentioned above, there are both generic and environmental variables that contribute to causing your child's addiction. As it stands now, there is no way to know whether or not someone will become an addict.

Can I force my child into treatment?

There are ways that you can make your child go to rehab. First of all, you can try talking to them about your concerns. If that does not work, there are legal avenues to you can take your child into treatment, even if they won't go willingly. For instance, there is a law called...the Baker Act....this is a means of getting emergency services and temporary confinement for mental health evaluation and treatment when required, either on a voluntary or an involuntary basis. Every state has its own version of this type of law. You can research online what kinds of statutes your state provides in situation where there is a need for intervention

Note: If you find that the above information is helpful to you for this time of your life, plan on attending one of the planned session meetings at the Sages Army headquarters, the 2nd and 4th Thursday of every month, designed to help you overcome many of the problems you might now be facing. Parents, just come alone, or bring a friend or relative so you can all learn how to help one another.

ASK the Question and we will find the answer. Submit questions to newsletter@sagesarmy.com or by snail mail to Sage's Army Inc., PO Box 156, Westmoreland City, Pa. 15692

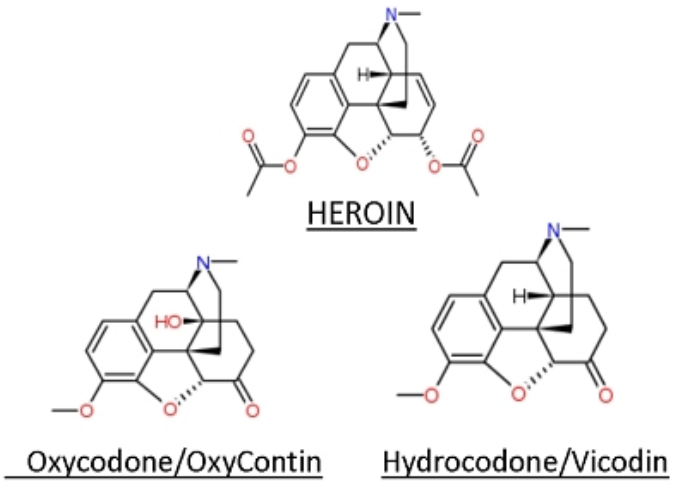
Article of the Quarter

Prescription Opioid Narcotics and Heroin

Article by ARPO

Did you know that legally prescribed opioid narcotics are pharmaceutical-grade heroin produced in a laboratory? If you had no idea, you are not alone; in fact, many doctors are not trained in pharmacology and base their decision to prescribe an opioid on information they receive from the manufacturer of the drug. This information may or may not provide total transparency of the drug's safety and efficacy. Many patients taking prescription opioids know them as "pain killers" and are not aware of their similarity to heroin. Many assume that prescription opioids are safe because they are legal drugs prescribed by a doctor and dispensed by a pharmacist. Legal does not mean safe.

Approximately 100 years ago, heroin was first marketed as "safe" by Bayer and it was widely prescribed to everyone including children. Around the 1920's heroin was pulled from the market because of its highly addictive nature. This is why the majority of people understand the dangers of heroin. Today, OxyContin and Percocet are two of the frequently prescribed opioids used to treat pain. Both are narcotics containing the active ingredient oxycodone. The molecular structures of heroin and oxycodone are almost identical. There are many prescription opioid narcotics which are similar to heroin. Brand names of opioids continue to change but the highly addictive active ingredients do not. Prescription opioid narcotics come from the same place heroin does – the opium poppy. Oxycodone and other legally prescribed opioids mimic the effects of heroin on the body and mind and in fact are used interchangeably by many who are addicted. This is the primary reason we are seeing an epidemic of death and addiction caused by prescription opioids, far surpassing those of illicit drugs.



Heroin

"No matter how you get it into your system, heroin gets to the brain quickly. It's easy to become addicted. Even after using it just one or two times, it can be hard to stop yourself from using again."

~WebMD

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
PA Get Help Now Helpline – 800 662-4357
Sage's Army Helpline – 724 863-5433

For a listing of In/Out **Patient Treatment Facilities** for Insured and Non-insured, please go to our website (sagesarmy.com) and look under Addiction Resources.

Headquarters News...

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 fourth Thursday of the month 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.

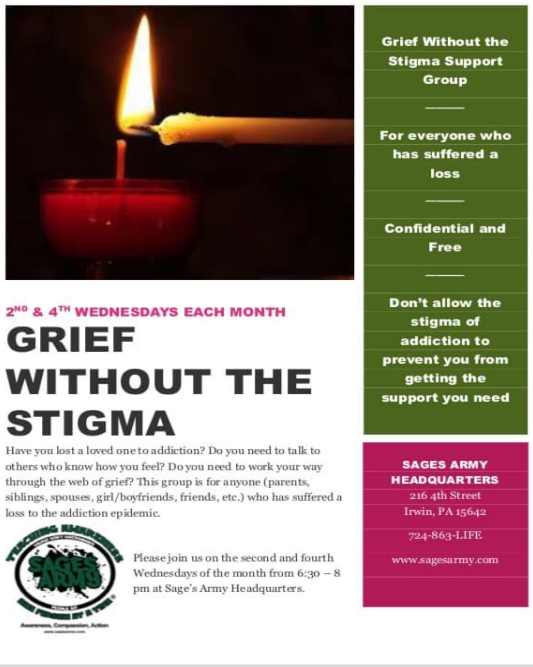
Information and Referral
We are available to guide family members throught the maze of treatment and recovery options. We maintain a resource center with a collection of printed material, books, meeting schedules and brochures.

Cost:
Free of charge

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

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

Awareness, Compassion, Action
www.sagesarmy.com
www.facebook.com/sagesarmy



Headquarters Hours

Sage's Army Headquarters is open Noon to 6pm every **Monday, Wednesday** and **Friday**. Also open for meetings (see Calendar of Events).
If you would like to volunteer any hours at the HQ, we would GREATLY appreciate it!

Sage's Army will schedule a presentation to your school, company, church, or any group. We have a form under Request a Presentation on our website at sagesarmy.com.

Sage's Army Coffee Break

Coffee Break is for women, who have family members struggling with addiction. This is a time to find support and to know that you are not alone.

When: The 1st Friday of every Month from 10:30am to 12:30pm.
Where: 216 Fourth Street, Downtown Irwin Entrance at Miller's Crossing Parking Lot.

Free coffee and Pastries will be provided.

For more information contact Tina at 412-512-7236

Shirley Shubuck
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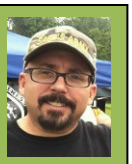
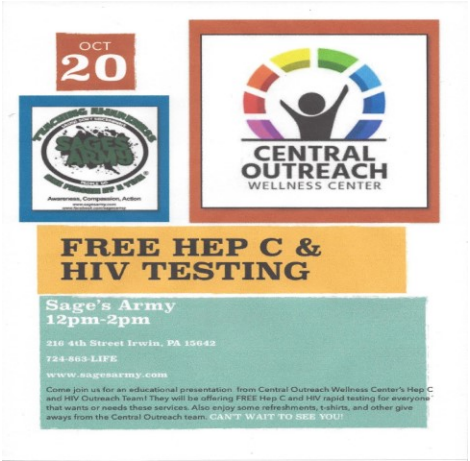
Distribution: Hard copies to professionals, churches, medical offices, events, meetings, schools, etc. Extensive database distribution, local social media (15,000) and millions on the web. For additional information, contact newsletter team by email at: newsletter@sagesarmy.com

From *OUR* President, Carmen Capozzi…



*From the bottom of my heart. Thank you Norwin School District and Excela Health for being on the front line of this epidemic. You are taking **ACTION!** Abbey Zorzi, we love you and we are so proud of you. You are a shining light for all to see. (Abbey is a Norwin grad and former student athlete who shares her personal experiences with drug addiction and recovery.)*
Watch the video at:
https://www.norwinsd.org/apps/video/watch.jsp?v=187925

BIG THANKS to our **volunteers** who help us in every way, every day, spreading awareness to the public to help save our future generations. AND to the **responders** who fight to save another life. AND to our **law enforcement** persons who are fighting to stop the flow of drugs into our communities every day.
AND to **BNI Connections…thank you** for all the hard work to prepare and sponsor a golf benefit at the Greensburg Country Club for Sage's Army which, unfortunately, was rained out (new date to be announced). We do appreciate your time and efforts for helping us help others.



ATTENTION!

Be sure to *FORWARD* our Sage's Army Quarterly Newsletter to your social media groups and others on your data base. The more AWARENESS that is out there, the faster this epidemic can cease.

AWARENESS ACTION

TEACHING AWARENESS
DRUGS DON'T DISCRIMINATE
SAGE'S ARMY
PEOPLE DO
ONE PERSON AT A TIME
Find us on Facebook
www.sagesarmy.com

Sage's Army, Inc. is a 501 © (3)-non-profit organization. All donations to which tax deductible to the fullest extent permitted by law are, are tax deductible. To donate to Sage's Army, please visit us on the web at sagesarmy.com.