

# The Advocate

Williamsburg Place  
&  
The William J. Farley Center

## NOURISH YOUR SPIRIT *Nutrition in Early Recovery & Beyond*



Valerie Huckstep and Christine McElroy, Registered Dietitians, The Farley Center at Williamsburg Place

At the Farley Center, we realize that it takes tremendous courage to seek addiction treatment. This courage, this first step in healing and recovery, demands the highest quality of patient care.

"Starting a healthy diet plan is a challenge for most anyone, and especially difficult for chemically dependent patients who are dealing with great emotional pain and complex medical problems," said Valerie Huckstep, Registered Dietician. "So, it is with deep compassion that we support, guide and address the nutritional needs of each of our patients."

Many of our patients are suffering from health issues such as esophageal varices, GI disorders, mood disorders, diabetes, cardiovascular disease, chronic pain and other medical problems. From head-to-toe, the chronic abuse of alcohol and drugs wreaks havoc on the body.

"The realization of this information can be startling and overwhelming. We try to reassure our patients that proper nutrition promotes healing," stated Christine McElroy, Registered Dietician. "It can be motivating to view one's

*Committed to Healing ~ Sharing the Message of Hope: The Farley Center at Williamsburg Place subscribes to the philosophy that chemical dependency is a progressive, chronic disease that affects the individual physically, mentally, emotionally, and spiritually. As a part of this whole body philosophy, our message of hope for healing encourages patients and alumni to prioritize their nutritional needs.*

body as a temple, a sanctuary or spiritual place that needs to be nurtured and nourished with healthy food."

"A healthy nutrition plan evolves slowly. Unless someone has a medical condition that requires immediate medical nutrition therapy, most dietary modifications are best made in small steps," noted Huckstep.

To help guide and support our patients, the following recommendations are frequently suggested:

- Do not skip meals
- Eat every 4-5 waking hours
- Balance each meal and snack with healthy carbohydrates and protein
- Hydrate with water
- Limit food and beverages with caffeine and sugar (to avoid substance substitution)
- Avoid processed and refined foods
- Limit portion sizes and pace of eating

"Overall, our goal is to empower our patients to make informed, healthy food

*(Continued on page 3)*

## Universal Menu to Launch April 2009

The Farley Center at Williamsburg Place takes great pride in providing state of the art addiction treatment. In an ongoing quest for excellence, the staff is placing a greater emphasis on the nutritional needs of the patients. New universal menus have been created and designed to support the nutrient needs of people in recovery, brain health and to restore depleted nutrient stores.

"We are excited about the launch of Farley's Universal Menu," said Valerie Huckstep, Registered Dietician. "This helps support our patients' long-term recovery."

The Farley Center will offer a variety of healthy foods represented on a four-week cycle menu. A range of cuisines will be represented including Italian, Asian, Latin, and traditional American "comfort" foods.

Whole grains, fruits, vegetables, beans, nuts, lean protein sources, and brain/heart healthy fats provide the framework of the menu. These foods supply essential vitamins, minerals, fiber, antioxidants and phytonutrients. The menu focuses on whole foods and is low in sodium, saturated fats, sugar, and processed foods.

How do our patients benefit from this type of menu? Here are eight key benefits:

1. Boosts energy
2. Decreases cravings
3. Stabilizes mood
4. Strengthens immune system
5. Stabilizes blood sugar
6. Disease prevention
7. Promotes physical health
8. Improves concentration

"These menus are intended to model

*(Continued on page 3)*

**MARCH  
2009**

### What are some healthy choices?

**Breakfast:** Natural peanut butter on whole grain toast, or a cheese stick and fruit

**Lunch:** Green leafy salad with chicken strips, chick peas and mandarin oranges

**Snack:** Almonds and a banana

**Dinner:** Brown rice, roasted vegetables and salmon, or whole wheat pasta topped with a basil marinara sauce and ground turkey meatballs.

For more information: Go to [www.eatright.org](http://www.eatright.org) • [www.mypyramid.gov](http://www.mypyramid.gov)

**National  
Nutrition  
Month**



**MARK YOUR  
CALENDARS!!!**

**Farley Renewal Program**

**April 16 & 17, 2009**

**&**

**Spring 2009 Alumni Weekend**

**April 17 & 18, 2009**

**Check Inside for Details!**

**SPRING 2009**



## Sparkles & Lace

On February 9, 2009 Carolyne Hanson left us. She struggled for five years battling cancer and we

shall miss her terribly.

I have worked with Carolyne for ten years. We were more alike then we were different. She was a very hard working woman, with an incredible work ethic. She had a knack of working with people. She had the ability to meet them exactly where they were at... Then with her charm and intelligence she supported them in making an informed decision. Everyone liked Carolyne.

Her job was a difficult one and she was so good at it. In the ten years that Carolyne served as Financial Services Coordinator there were no complaints from patients or families, a remarkable achievement.

I also remember that Carolyne had this huge heart. She was able to connect with anyone. I remember countless times we would comfort each other as we struggled with our growing daughters. I remember how courageous she was when her worst nightmare came true, that being her youngest daughter suddenly passing away unexpectedly.

Carolyne was so strong. She was one of those people that you could never get over on. Even when dealing with a difficult family or patient she always knew exactly what was going on. It was her strength of character I think that I will miss the most. She was able to offer her perspective in a way that made sense and was very often correct. I always knew when she didn't agree with me because she would say: "Can I ask a question here?" That meant to me that I had better stop and listen because we were about to get the real story.

The side of Carolyne that I will hold in my heart is just how much fun she was. There were many late afternoons that a select few of us would gather in her office for chocolate and laughter. I will miss those times.

I know that one of the biggest contributing factors to the overall success of Williamsburg Place was that Carolyne ran that Business Office. The reason she was so good at her job is because she knew that what we do here at Williamsburg Place is valuable. She believed that Treatment Works and the patients we treated were worth whatever investment was necessary. She was able to deliver that message in a way that was clear and convincing.

I will miss my friend Carolyne very much. We shall all miss her.

~ Stephanie Loeb, Executive Director



# Farley Networking Luncheons

Supporting Collaborative Healthcare Relationships to Best Serve the Recovering Community

*Please join us for our Spring~Summer 2009 Farley Networking Luncheons! At The Farley Center at Williamsburg Place, we know that quality patient care goes beyond service excellence... It also involves advancing collaborative relationships with healthcare providers, licensing boards, peer monitoring groups, employers, and various other organizations.*

### Virginia Beach, Virginia

April 7, 2009 • 11:30 - 1:30 pm

Holiday Inn Executive Center

5655 Greenwich Road, Virginia Beach, VA

### Richmond, Virginia

April 8, 2009 • 11:30 - 1:30 pm

Holiday Inn Central

3207 North Boulevard, Richmond, VA

### Oklahoma City, Oklahoma

April 17, 2009 • 11:30 - 1:30 pm

Trattoria II Centro Restaurant

500 West Main St, Suite 100, Oklahoma City, OK

### Nashville, Tennessee

May 7, 2009

Location & Details To Be Announced

### Knoxville, Tennessee

June 12, 2009

Location & Details To Be Announced

### Birmingham, Alabama

July 24, 2009

Location & Details To Be Announced

### Austin, Texas

August 14, 2009

Location & Details To Be Announced

*To register and get the latest details, please contact Gina Thorne at (877) 389-4968 or send an e-mail to [gthorne@farleycenter.com](mailto:gthorne@farleycenter.com)... Please join us!*



**Dr. Penelope Ziegler's Farewell Reception**  
Left to Right: Patty Pade, MD, Stephanie Loeb, BSN, Executive Director, and Penny Ziegler, MD

## Ziegler's Farewell

It is with both sadness and excitement to announce the resignation of Dr. Penelope Ziegler. Effective January 19th, 2009, Dr. Ziegler resigned from her position on Farley's active medical staff, and as an employee of Diamond Healthcare Corporation. Virginia Health Practitioners' Intervention Program (HPIP) has received Dr. Ziegler as their new Medical Director.

Dr. Ziegler's great passion for addiction medicine and her outstanding service to Williamsburg Place and The Farley Center over the past twelve years will not be forgotten. We are deeply grateful for her tremendous contributions and deep compassion for the patients and families we serve, and we look forward to a continued relationship. Though her presence will not be as frequent, Dr. Ziegler remains a part of Farley's family as our Medical Director Emeritus.

## Congratulations!...

### Stephanie Loeb, Executive Director

of Williamsburg Place and the William J. Farley Center, was recently elected to the National Association of Children of Alcoholics (NACoA) Board of Directors.

### Dr. Omar S. Manejwala, Associate Medical Director

for The Farley Center at Williamsburg Place, was recently appointed as a Fellow with the American Psychiatric Association (APA). Dr. Manejwala is a board-certified psychiatrist certified by the American Society of Addiction Medicine.

## WELCOME!

*We wish to welcome the following new employees of Williamsburg Place & The William J. Farley Center:*

- Karin Earwood, Unit Counselor
- Thayne Flora, Admissions Coordinator
- Eleanor Woollard, Associate Director of Clinical Services
- Robin McMillan, Unit Counselor

## Farley Professional Lecture Series 2009

Please join us for the  
**2009 Farley Professional Series**  
**The Farley Center at Williamsburg Place**  
 Friday's 9:00 am - 12:00 pm

### March 27 ~ *Eating Disorders*

Presenter: Tennie McCarty,  
 Shades of Hope Treatment Center

### April 17 & 18\* ~ *Codependency*

Presenter: Nancy Johnston

\*WP/TFC's Spring Alumni Weekend

### May 22 ~ *Trauma & PTSD*

Presenter: Dan Glaser, River Oaks Hospital

### June 26 ~ *Resistant Populations*

Presenter: Gary Spain

### July 24 ~ *LGBT & Recovery*

Presenter: Dr. Penny Ziegler

*Many sessions will offer CEU's for Mental Health Professionals and Addiction Counselors. For more information, call (877) 389-4968 or e-mail us at [marketing@farleycenter.com](mailto:marketing@farleycenter.com).*

## Robin McCown Joins Business Development Team



It is with great pleasure that we welcome our newest addition to the Business Development Team: Robin F. McCown, National Professional Liaison. Robin will be working

with members of the Business Development Team to further advance The Farley Center at Williamsburg Place as one of the nation's leading treatment programs.

Robin brings over twenty years of experience working in both the marketing and clinical areas of addiction and mental health treatment. She most recently worked as the Director of Professional Relations for Talbott Recovery Campus in Atlanta, Georgia. Robin also serves on the Advisory Commission of Lawyers Assistance Program and has held several executive board positions with North Georgia EAPA. She received her Bachelor of Science degree in Psychology from Brenau University, Gainesville, Georgia. 🍷

*Robin may be reached at (678) 447-1595 or via e-mail at [robin.mccown@farleyctr.com](mailto:robin.mccown@farleyctr.com).*

## Nourish Spirit

*(Continued from front cover)*

choices," said McElroy. "We strive to develop realistic nutritional strategies tailored to each person's needs and lifestyle."

"Dietary changes are more successful if you think in terms of doing better than the day before, and not setting expectations so high that



**I am absolutely thrilled that we are going to be offering a nutritionally dense, whole grain diet to our patients (and staff!).**

**Highly refined**

**carbohydrates (white sugar, white flour) particularly when combined with a high fat content, trigger cravings; and are a particular risk for patients with the Brain Disease of Addiction. This is also of great value to the many patients who come to us, and begin to realize, once they get sober, that "food & mood" are concerns as well. These meals serve as the basis of an abstinent, non-intoxicating food plan.**

**Melissa Lee Warner, M.D.  
 Medical Director**

you feel anxious or guilty over food," added Huckstep. "Once again, it's the small steps that most often result in daily success."

Lastly, whether you're new to treatment or have been in recovery for years it's never to late to make healthy dietary changes. A nutritious diet helps build whole body strength, supports the continual process of recovery, and adds a new source of vitality to life. Keep moving ahead... Nourish your spirit! 🍷

*For more information on nutrition and recovery, go to [www.farleycenter.com](http://www.farleycenter.com) for our **Best Practices in Addiction Treatment** podcast "The Role of Healthy Eating."*

## A TASTE OF FARLEY: THAI CHICKEN BURRITO\*

3 1/2 tbs grated fresh ginger

1 1/2 crushed garlic cloves

1 cup yellow onion, peeled and chopped

1 1/2 cups shredded cole slaw mix

1 tbs extra virgin olive oil

**1. Sauté the first four ingredients in olive oil until vegetables are wilted. Set aside.**

1 1/2 pounds chicken breast

1 tbs extra virgin olive oil

**2. Cut chicken into thin strips.**

**3. Heat olive oil in a pan.**

**4. Cook until internal temperature reaches 165°F for 15 seconds.**

**5. Add vegetables to chicken and stir constantly.**

1/4 cup low sodium soy sauce

2 1/2 tbs freshly squeezed lime juice

1 1/2 tbs pure clover honey

1/2 tbs ground coriander

1/8 tbs cayenne pepper

**6. Mix sauce, juice, honey, and spices together and add to the chicken vegetable mixture. Blend well for one minute.**

6 whole wheat tortillas

1 cup fresh cilantro

**7. Spoon 1/2 cup chicken vegetable mixture onto warm tortillas, garnish with cilantro.**

**8. Roll up to encase filling and serve.**

**Serves 6 • \*Adapted from Sysco Corporation**

## Universal Menu

*(Continued from front cover)*

healthy recovery eating and to reinforce the nutrition education taught during treatment," stated Christine McElroy, Registered Dietician.

The type of fare served at breakfast will include foods like oatmeal, whole grain fruit muffins, whole wheat blueberry pancakes, yogurts, and nuts. A rainbow of fruits and vegetables will be offered at the salad bar at lunch and dinner, including an array of healthy protein sources such as hummus, tofu, beans, grilled chicken, and nuts.

Examples of entrees include: Chicken Havana with Black Beans and Vegetables, Cod with Artichoke Sauce and Whole Wheat Cous Cous, Apricot and Almond Pork Loin with



**It's great to be a part of this change, and to offer our patients the benefits of healthy eating. Along with the many benefits of our new menu,**

**our patients will also enjoy a variety of cuisines including Italian, Asian, Latin, and American "comfort" foods, too. Our Food Services staff is committed to providing the best for our patients!"**

**Louise Brittingham,  
 Food Services Coordinator**

Barley and Spring Greens, and Orange Rosemary Chicken and Quinoa Pilaf with Peas and Almonds.

As Farley celebrates the launch of the 2009 Universal Menu, we also recognize the collaborative team effort behind this progressive advancement in nutrition services. 🍷

# The Advocate

The Advocate is published for the alumni and associates of Williamsburg Place & The William J. Farley Center. This newsletter promotes sharing knowledge, support and ideas. We welcome your comments and ideas for future newsletters. Contact the Marketing Department, at (877) 389-4968. Send correspondence to:

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Associate Medical Director

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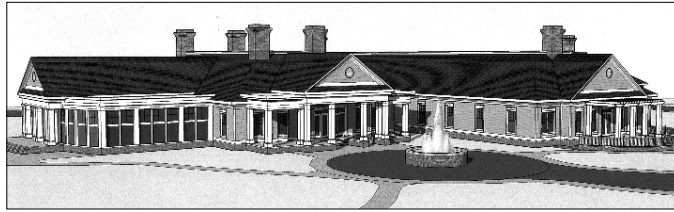
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*Websites*

[www.williamsburgplace.com](http://www.williamsburgplace.com)  
[www.farleycenter.com](http://www.farleycenter.com)

The material in *The Advocate* is not intended for diagnosing or treatment purposes. The articles and comments offer information only. Consult your physician for medical advice.



## Psychiatric Pavilion Proposed

**Projected to Open in 2010**

### **Williamsburg Inpatient Psychiatric Pavilion ~ Proposal Addresses the Needs of Impaired Professionals and the Overall Adult & Older Adult Population**

In December, 2008, Eastern Virginia Health Care Systems Agency unanimously agreed to recommend the approval of the Inpatient Psychiatric Facility in Williamsburg to the Virginia State Health Commissioner. Diamond Healthcare of Williamsburg, Inc. filed a Certificate of Public Need (COPN) in October to establish a 40-bed adult and older adult inpatient psychiatric facility on the campus of Williamsburg Place in Williamsburg, Virginia. This facility would fill a much needed void in Behavioral Healthcare Services.

Diamond Healthcare proposes to construct a 40-bed psychiatric facility on the campus of Williamsburg Place. Twenty-five (25) of the beds will be designed to meet the needs of the impaired professional population from throughout the United States with acute psychiatric illness including those persons who are dually-diagnosed. Fifteen (15) of the beds will be adult and older adult psychiatric beds designed to meet the needs of the Williamsburg area population. 🍷

### **“There Exists Among Us A Fellowship...”**

**Friends of Farley Chapter Groups...** A great way to meet and stay in touch with alumni in your area. Spring/Summer 2009 meetings are in-the-works!

**Alumni Celebrating Sobriety...** Celebrate your sobriety anniversaries with family and friends during one of our in-house twelve-step meetings. We would love to celebrate with you!

**For more information, please contact Gina Thorne at (877) 389-4968 or e-mail us at [marketing@farleycenter.com](mailto:marketing@farleycenter.com).**

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&  
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### **Check Inside for Exciting Details about the:**

**Spring 2009 Farley Renewal Program: April 16th & 17th, 2009**

**Spring 2009 Alumni Weekend: April 17th & 18th, 2009**

