

# Straight Talk

A publication of AA Riverside  
U of M Medical Center Campus

Meeting  
Listings  
Inside

Visit us online  
<http://www.aafairviewriverside.org/>

March - April 2024

## Recovery Corner

Editor's note:

If you have been around AA for any length of time, you become aware that alcoholism does not discriminate by race, age, gender, social status, education or any other human characteristics. Yet like any disease it can manifest itself at different times in our lives. Some of us "fell in love" with the high from our first contact. Others developed the addiction more gradually. Still others seemed to be free of it until the onset of another illness or one of life's challenging events. Our addictions became a coping mechanism to help us through difficult and trying times or a source of unbridled self-indulgence and pleasure.

Although we do not endorse any particular organization as our adherence to AA Tradition 6, AA Riverside "ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." However, our Straight Talk newsletter does share opinions and resources not formally authorized by A.A. as part of efforts to assist others in their efforts to find and maintain sobriety.

We received an unsolicited offer to share information from Joan Martin, Community Outreach and Senior Advocate, for Caring (an *online senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones.*) We will share information provided by Caring.com as relates to seniors struggling with addiction.

"Assisted living is a popular option for older adults, including those with substance use disorder. It offers a supportive environment, supervised medications, limited alcohol access, and wellness programs that help with the ongoing recovery of the elderly.

More information on page 2 ....

*Steps Away!* 

**AA Riverside Weekly Meetings**

**Sunday - Squad 47 @ 5:30pm**

**Sunday - General Mtg @ 7:00pm**

**Sunday - Squad 2 @ 8:30pm**

**Monday - Squad 3 @ 5:30pm**

**Tuesday - Squad 57 @ 1:00pm**

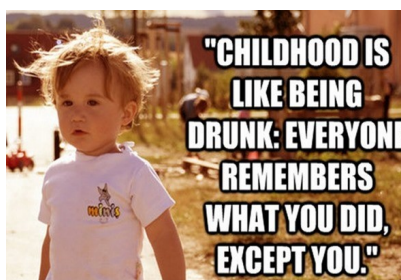
**Tuesday - Squad 62 @ 7:00pm**

**Friday - Squad 70 @ 8:30pm**

**Saturday - Squad 1 @ 8:00pm**

"New" - Grapevine Meeting

*Complete listing and locations on back page.*



**Subscribe To Straight Talk**

If you would like to have an electronic copy of *Straight Talk* sent to you and/or a friend, please send email address(es) to AA Riverside at

[aabtriverside@gmail.com](mailto:aabtriverside@gmail.com)

**"I AM RESPONSIBLE FOR MY OWN SOBRIETY"**

## Seniors and Addiction continued

According to the National Institute on Alcohol Abuse and Alcoholism, substance abuse affects about 17 percent of adults over the age of 60. The most common forms of addiction in this age group are alcohol and prescription drug abuse. While some of these individuals have had substance abuse problems for many years, others develop their addiction late in life.

For those that develop addictions later in life, health-related problems and life-changing events are usually the catalysts. Some factors that often contribute are retirement, death of a loved one, financial stressors, and health decline. Individuals over the age of 65 have a significantly harder time metabolizing substances like drugs and alcohol, so the effects of addiction can be much worse and lead to more significant health problems sooner than they would in younger people.

In some cases, addiction is the direct result of being prescribed medication that they become dependent on. Benzodiazepines, as well as opiates, are the most common types of addictive medicines prescribed to seniors.

Assisted living is a popular option for older adults, including those with substance use disorder. But having an addiction adds an extra set of challenges and variables for loved ones to consider.

Assisted living communities are not substance use rehabilitation facilities, and as such, their services revolve around general well-being rather than addiction recovery. However, seniors who have dealt with addiction in the past and no longer need acute recovery care may be well-suited for assisted living. Ideal candidates for assisted living facilities will still be fairly independent and able to spend the majority of their day without the assistance of a staff member. Assisted living communities offer help with the following: Bathing; Toileting; Daily grooming; Housekeeping chores; Medication management; Transportation for appointments and personal errands; and Basic mobility

If you or your loved one needs help with the above ADLs and is otherwise independent, assisted living can be a good choice. It is a secure environment and will naturally limit one's access to illicit substances. However, if regular addiction support is needed, be sure that the ALF will allow regular visits from an outside counselor. It's rare that addiction treatment, or any mental health counseling, is a standard service at assisted living facilities. ...

It's important to note that any addiction services provided by senior living staff, regardless of the facility type, will not be as intensive as those provided at a dedicated rehabilitation facility. Because of this, **assisted living communities and other senior care communities are not appropriate as the first step to recovery**. But, they can be a great source of ongoing support for someone who has battled addiction in the past. ...

Addiction in seniors isn't a widely discussed issue, and as a result, most assisted living facilities do not openly advertise their ability to help those who are struggling. However, assisted living communities can be great environments for individuals battling addiction. ... some of the most notable benefits (are): 1) **Supportive Environment** 2) **Supervised Medications** 3) **Limited Alcohol Access** 4) **Exercise and Wellness Programs** 5) **Transportation.**"

For more online information regarding Caring.com visit

<https://www.caring.com/caregivers/assisted-living-and-addiction/>

## Sobriety: Keep it by Giving Back We Need You!

- ◆ Be Squad Rep to AA Riverside Trustees
- ◆ Be Squad Leader/Trusted Servant
- ◆ Attend AA Riverside Trustee Meeting - 2nd Sunday each month - Wilf Board Room @ 5:45pm
- ◆ Volunteer at **Gopher State Roundup - May 24 - 26, 2024**



*God grant me  
the serenity to accept the things I cannot  
change,  
the courage to change the things I can, and  
the wisdom to know the difference.*

Visit us online ... <http://www.aafairviewriverside.org/>

Join us for a  
Speaker Meeting

Wilf Auditorium  
Children's Hospital  
In-person  
Sunday 7:00pm

AA  
Sunday  
Night



The General Meeting on Sunday nights @ 7pm

If interested in helping out, please contact us at  
aabtriverside@gmail.com

Please check out the 12-step  
opportunities below.

To keep the program,  
we must give it away!



### 12-step Opportunities



AA Riverside @ U of M Medical Center

General Meeting—Sunday speakers—7pm  
In-person

AA Wing Meetings – In-person

Fairview Riverside – U of M Detox  
Center – In-person/Zoom Meeting

Annual Gopher State Round Up –  
AA Hospitality Suite 115 - Memorial Day  
Weekend - May 24 - 26, 2024.

For more information, please email  
AA Riverside Board of Trustees  
at

aabtriverside@gmail.com

Visit us online

<http://www.aafairviewriverside.org/>

Have you  
written  
something?

Would you  
like to have

it published in  
Straight Talk?



Send to

aabtriverside@gmail.com

memories, musings, poetry, essays, photos, stories, ideas



"The age of miracles is still  
with us. Our own recovery  
proves that!"

-Big Book, Pg. 153

#### Trustees

Bruce M. – Sq. 62

Lynn S. - Sq. 1, 2

Chris P.—General Meeting

Jim M. – Sq. 70

Lynn S. - Detox Sunday

Jeremy K. - Sq. 3

Dave P. - Sq. 47

Need Rep for Sq. 57

Monthly Treasurer's &  
Secretary's

Reports on website



Visit us online

[aafairviewriverside.org](http://aafairviewriverside.org)

#### 7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings
- *Straight Talk* Newsletter
- GSO & AA service organizations
- AA Riverside website
- Gopher State Hospitality Suite



That's why we pass the envelop!

Contribute directly with a Venmo account to:

@Aa-fairviewriverside

or

Send your contribution by mail to AA Treasurer at  
1575 Christie Place, St. Paul MN 55106

AA thanks you for your ongoing support!

# AA Riverside Meeting Listings (Alcoholics Anonymous)

U of M Medical Center Campus  
2450 Riverside Avenue, Minneapolis MN 55454

To access online meetings, please download the ZOOM app on your smartphone, laptop, tablet or computer. The AA meetings listed below happen every week.

Day	Time	Squad	Type	Location	Zoom Code	Password
Monday	5:30pm	3	O MX ST H	East Building – 1 <sup>st</sup> Floor – Dining Room F	690 284 815	000777
Tuesday	1:00pm	57	O MX	East Building – 1 <sup>st</sup> Floor – Dining Room F		
Tuesday	7:00pm	62	C MX ST T	Bethany Lutheran Church ZOOM Only until further notice	840 1425 3034	232119
Friday	8:30pm	70	O MX ST T H	East Building – 1 <sup>st</sup> Floor – Dining Room F	982 0212 3715	823676
Saturday	8:00pm	1	C MX G	ZOOM Only until further notice	979 323 653	009361
Sunday	5:30pm	47	O MX D H	East Building – 1 <sup>st</sup> Floor – Dining Room F	238 221 601	004638
Sunday	7:00pm	General Meeting	O MX S	Children's Hospital - Wilf Auditorium		
Sunday	8:30pm	2	O MX D	ZOOM/In-person in February Check website - <i>see below</i>	330 843 112	013328
Trustees Meeting – 2 <sup>nd</sup> Sunday each month – 5:45pm Wilf Auditorium Board Room						
O = Open C = Closed W = Women Only		S = Speaker D = Discussion MX = Mixed		H = Hybrid – In-person & ZOOM Gray Highlight = ZOOM Only ST = Step T = Tradition G = Grapevine		
<p>Please visit our website: <a href="http://aafairviewriverside.org">aafairviewriverside.org</a></p> <p>Please visit and join our Facebook page: <a href="#">StraightTalk Society</a></p>						



**7th Tradition: Every AA Group Ought To Be Fully Self-Supporting**



Contribute directly with a Venmo account to: [@Aa-fairviewriverside](#) or  
Send your contribution by mail to AA Treasurer at 1575 Christie Place, St. Paul MN 55106

***People who don't go to meetings aren't there to see what happens to people who don't go to meetings.***

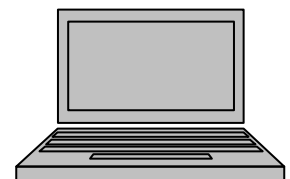
- Is your group not listed? Is it listed incorrectly?

Please send a note with any changes or your writing submission to:

**[aabtriverside@gmail.com](mailto:aabtriverside@gmail.com)**

**website: [aafairviewriverside.org](http://aafairviewriverside.org)**

AA Riverside & the Digital Age



In 2015, AA Riverside established a **website** (see address above). It has extensive information about: **meetings** on campus and links to other meeting resources across the Twin City metro area, current and past **newsletters**, **trustee minutes**, **treasurer reports**, **12-step opportunities**, and **A.A. resources**.

If you're looking for info about A.A. or meeting topics, you're sure to find something on this website.

In 2018, a Facebook page for AA Riverside entitled **StraightTalk Society** was developed as a fellowship and out-reach platform for members of the recovering community.