



Missouri Addiction Counselors Association

The MACA Newsletter

May 2018

From The MACA Office

By Ronnie Beaver, Executive Secretary

I hope everyone is having a good year. The weather has been a challenge, but hopefully spring will get here soon. The 2018 MACA conference was a great success. From the reviews I see it was rated high on the satisfaction scale. I don't know what MACA would do without all of the wonderful people who have become (and are becoming) a part of the MACA family. The speakers were excellent, and the fellowship was second to none. The MACA Board of Directors and conference chair, Tracy Sovar were outstanding in their efforts to put on the conference. A lot of hard work was involved, and they are working hard to bring the best to the membership. I understand the education committee is already working on the Fall 2018 conference schedule, and there will be a lot of exciting topics and presenters in the lineup. With member rates and free vendor booths, an Agency membership more than pays for itself. Individual members save up to \$50 a year in registration fees. We are still one of the lowest cost conferences, and are able to present 15 quality CEU's per conference. (30 per year) with your help, we will be able to continue keeping cost down and presenting exciting speakers/topics.

If you or someone you know would like to be a MACA member, the information is on our website at: www.missouriaddictioncounselors.org

On a more somber note, MACA and the addiction field lost a member of our community with the passing of Bill Berry in March. He was a great friend and mentor and will be greatly missed. We also lost a family member of one of our Board members, Linda Christian-Dinwiddie lost her step-father on April 1st. Our condolences go to Linda and her family.

I hope to see you at our Fall 2018 conference. It will be Oct. 12-14 at the Inn at Grand Glaze, Lake Ozark, MO. You will be able to find conference and sponsorship on our web site.

MACA contact information is: Ronnie Beaver, Executive Secretary, 417-554-1412. E-mail: maca@socket.net, and website: www.missouriaddictioncounselors.org

Thanks again, and have a great summer.

Hope to see you in October.

President's Corner

By Elaine Campbell, MACA President

Spring has sprung at last!

We had a fantastic conference. Great speakers and I met lots of new people. I'm looking forward to the Fall conference, which will be October 12-14, 2018 at the Inn at Grand Glaze, at Lake of the Ozarks, Missouri. We already have some great subjects and speakers, however we still have a few openings, so if you want to speak just let Tracy Sovar, Kelly Payton, Mea Lansford, or Terry Mksell know.

All board members will be on hand at the Conference to greet you and assist you in any way we can!

We are saddened at the passing of Bill Berry. He was a member of MACA and a great asset to all for many years. He will be greatly missed! We also lost Linda Christian-Dinwiddle's step-father, James Heasley also passed away on April 1st. We wish to extend our deepest sympathy and we have you all in our prayers.

We are working on some exciting new "perks" for getting members! So if you have any ideas, let us know!

Remember Bring your White Elephant items.

Have a great Spring and Summer and hope to see you in the Fall.

Remember, October 12-14 at Inn of Grand Glaze at Osage Beach.

See you in the Fall.

Elaine Campbell, MACA President

“Thank You”

To our 2018 Spring Conference Sponsors

Gold Sponsors:

Missouri Alcohol and Drug Assessment Counseling, Inc.
104 West Highway 28
Owensville, MO 65066

Center Point Hospital
4801 Weldon Spring Parkway
St. Charles, MO 63304

Alcohol Detection Systems, Inc.
122 N. Chestnut
Le Roy, IL 61752

Silver Sponsors:

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Friends of MACA:

McDonald Restaurant
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Ronnie Beaver

In Memory Of

By Lavern Blackorby

I'm very sad to report the loss of Bill Berry. He was born April 11, 1939 in Mexico, MO to Lewis and Lottie Berry. Bill was involved with helping people recover from addictions and was involved with AA and NA for over 45 years. He was a long time valued member and Board officer in the Missouri Addiction Counselors Association. Our sympathies go to this wife, Nancy; children, Chris and Tony, sibling, grandchildren, and great grandchildren. He will be missed by friends, family, and those in the recovery community.

I'm also very sad to announce the loss of Linda Christian-Dinwiddie step-father, James Heasley passed away on April 1st at the Bradford Medical Center, Pennsylvania. He served as a navigator on a 824 Bomber with the Army Air Corp during WWII. He was a member of the Lt. John C. Roche Post 212 VFW, American Legion Post 108 and a 75 year member of the Olive Temple Lodge #557 F&AM, Tionesta. Along with his wife he was the former owner and operator of the former Heasley's Soda Bar, Marienville. After moving to Marshburg they owned and operated the former Heasley's Trading Post; at the same time, he was running the trading post he also owned and operated the former Ranch Bar, Restaurant and Motel, Marshburg, where he was known by everyone as "Big E." Friends and family will miss him. He was 92 years old at the time of his death.

Professional News

Congratulations to Terry Miksell, MACA Board Member, on earning his CRADC credential. We are proud of his hard work and dedication.

Other Members News

Mae Lansford has welcomed two new granddaughters to her family:

Freya Rose Thompson, born on January 30, 2018

And

Delilah Renae Forester, born February 14, 2018

I'm happy to say I made it back for the Spring Conference, this year. I'm also happy to announce my youngest daughter Megan will soon be a mother bringing my wife and me our fourteenth grandchild into the world. In addition two of my granddaughters will be brining two great-grandsons into the family in June and September. In addition, Megan and her husband both will be graduating from Truman State University in May.

I do want to extend to all MACA members as well as attendees to share with your friends and peers, if you know of any birth's, weddings or wedding anniversary, sobriety anniversary, graduation, or death of a member of the counseling friends and family, or any other hard working member of the counseling field, please let either Ronnie or myself know and we will share it with all in the next quarterly newsletter.

I would like to also take just a moment to thank all of you who attended the Spring Conference, and a very special thanks to the presenters, and our sponsors. It was a great conference and all the attendees I talked with enjoyed the breakouts and had a great learning experiences, in a relaxed atmosphere and had a lot of fun while earning their CEU's.

Please keep in mind that you are the reason we are able to and why we have these conferences. MACA has strived from our conception 46 years ago to provide an affordable, education, and fun learning experience for all who attend. I would encourage each of you to bring a friend or co-worker with you to the Fall Conference which will be held Oct. 12-14, 2018, at the Inn at Grand Glaze, Lake of the Ozarks, MO.

If you have problems getting signed up for the conference or need information please feel free to contact Ronnie Beaver at (417_ 554-1412 or email maca@socket.net, Web: missouriaddictioncounselors.org

Hope to see you all at the Fall Conference
Lavern Blackorby CRAADC, SQP-R
MACA Newsletter

You Are Invited to Send in Articles

Individuals wishing to write and have their article posted in the MACA newsletter are welcome to send your article to myself lblackorby@pfh.org and cc the same article to Ronnie Beaver at maca@socket.net. We also welcome articles on Wellness relating to physical and or Mental Health issues. All articles will need to be submitted prior to the 15th of the month ending the quarter. All articles will be considered and screened for appropriateness.

Thank you

Lavern Blackorby



The Benefits of Owning a Dog When You Have a Mental Disorder

Dogs make everything better. From greeting you at the door with unending love when you get home, to being trained to help you accomplish tasks, they make life more livable, especially if you have a mental disorder. If you have been on the fence about adopting a dog, take a look below at the many benefits of owning a dog.

Increased Social Opportunities

There are many ways that pets, but especially dogs, can increase the amount of socialization you get. In fact, [studies](#) suggest that pet owners are 60 percent more likely to get to know their neighbors. Discussing our pets is a great and natural way to start, and carry on, conversations. Dog parks offer a place for you to chat with fellow dog owners. Even going for a walk with your pup is a way to encourage possible conversation. If you are unsure of owning a dog or find yourself living in a place where dogs

aren't allowed, you could even become a [dog walker](#). This way you get the same benefits of walking a dog in public as owners do.

If you find you have difficulties speaking to people, owning a dog can help with that too. Dogs can help you [understand](#) nonverbal facial cues and body language. They can communicate nonverbally, and they react to tone as well. A dog can tell when you are mad, sad, or happy. You can practice how you communicate with others simply by being near your dog and paying attention to how he reacts to you.

Physical Health Benefits

Owning a dog has numerous benefits, both for your emotional well-being and your physical health. Coming home to a dog can [lower](#) your blood pressure over time. Petting your pup can produce an automated relaxation response, and this can give opportunities to de-stress daily. Being a dog owner also encourages physical activity. Dogs need a lot of exercise, and you have to be part of that. The additional physical activity is good for [overall health](#) but may also help you feel better in general. Sustained, daily exercise may help your brain function, but it can also combat issues like depression and anxiety, which brings us to our next point.

Combatting Depression and Anxiety

While therapy dogs are specifically trained to help their owners, even pet dogs can help fight depression and anxiety. When you pet a dog, your [brain](#) releases chemicals and hormones that make you feel good. A therapy dog can accompany you into any situation, as no business or public place can ban them. Pet dogs may not have those same privileges, but they can also offer calming [benefits](#) outside of the home. According to recent studies, the psychological and emotional gains are cumulative. That means the more time you spend bonding together, the better you will feel in general. When you go out alone, you may find yourself feeling stronger, braver, and happier. Dogs can even help you keep calm during stressful situations when they are nowhere near you. The longer you are around dogs, the healthier you may be in general.

There is no denying that people love dogs, and dogs love people. We have a mutually beneficial relationship with these loving creatures, and experience many benefits simply by being around them. If you have been debating getting a dog to help with your mental or emotional disorder, it may be a good idea. Bonding with a dog can transform your life.

Image Courtesy of [Pixabay](#)

MACA Board of Directors 2016-2018

PRESIDENT

Elaine Campbell
Union, MO
314-808-4299
Ejcampbell1@hotmail.com

SECRETARY/TREASURER

Mae Lansford
Owensville, MO
573-263-1316
Mlansfo57@yahoo.com

Board Member – Central

Melanie Train
Columbia, MO
573-529-6010
Melanie.mcusick@gmail.com

Board Member – Northern

Lavern Blackorby
Novinger, MO
660-785-8879
lblackorby@pfh.org

Board Member – Western

DeeAnn Manning
Independence, MO
660-785-3107

Board Member – At Large

Terry Miksell
Purdy, MO
417-540-7176
tmiksell@tTPMrecoveryfacility.com

A'ndrea Hyde
Vandalia, MO
573-594-3107
Andrea.hyde@doc.mo.gov

MACA Office

Ronnie Beaver
Executive Secretary
PO Box 8613, St. Joseph, MO 64506
417-554-1412
maca@socket.net

VICE PRESIDENT

Tracy Sovar
Owensville, MO
417-293-9934
tsovar@semobh.org

IMMEDIATE PAST PRESIDENT

Linda Christian-Dinwiddie
Marshfield, MO
417-241-3202
lchristian@gmail.com

Board Member - Eastern

Kelly Payton
Owensville, MO
573-253-1711
kellyjoCradc@gmail.com

Board Member - Southeastern

Al Crandall
Farmington, MO
573-756-2200
Alc101@charter.net

Board Member - Southwestern

Dr. Michael Londe
Joplin, MO
417-781-2868
tricounseling@aol.com

MACA Website

missouriaddictioncounselors.org

MSAPCB Representative to MACA

Stacey Langendoerfer
MCB Executive Director
Jefferson City, MO
573-616-2301
Stacey.Laugendoerfer@missouricb.com

Vendor Representative

Jim Koen
Jim.koen@guardianinterlock.com