



# Swarthmore Rotary Cog Notes

P.O. Box 4, Swarthmore, PA 19081



April 8, 2021

Holger Knaack  
RI President 2020-21  
Kevin M. Katarynick  
District 7450 Governor

Swarthmore Rotary  
Leaders

- William Clinton Hale  
President
- Kathryn Jones  
President-Elect
- Brian Casey  
Club Executive Secretary  
Webmaster
- Craig Fava  
Past President  
Secretary
- Sonya Pappas  
Treasurer
- Barbara Whitaker-Shimko  
Rotary Foundation Chair
- Betty Ann A. Flynn  
Club Director
- Anne C. Hansen  
Club Director
- Lori Markusfeld  
Service Projects Chair
- Penelope Reed  
Public Relations Chair
- Ann K. Seidman  
Membership Chair
- Barbara Amstutz  
Grants Committee Chair
- Maria Michael Zissimos  
iPast President
- Heather Saunders  
President-Nominee
- Francy Cross  
Assistant Governor

## Service Quotation

How wonderful it is that nobody need wait a single moment before starting to improve the world. Anne Frank

## Rotary Celebrations!

### Birthdays

Kathryn Jones  
April 14th

### Wedding Anniversaries

No Wedding Anniversaries  
Found

### Years of Service

## Meetings and Events

April

8th - [Club Meeting](#)

Speaker: Kim Edwards, Executive Director of Japan-America Society  
Subject: Promoting Arts, Business, Public Education and Cultural Exchange between Japan and Philadelphia.

15th - [Club Meeting](#)

Speaker: Reggie Shuford, Executive Director ACLU of PA  
Subject: Priorities for 2021

22nd - [Club Meeting](#)

Speaker: Edwin Kline, Citizens Corp of Delaware County  
Subject: Covid-19 Vaccination Implementation in Delco

## Table Grace

By Frederick E. Christian

**Lord, out of your bounty you have added this day friends to kindle our spirits and your mercy to forgive us our shortcomings. What can we return but to pledge our loyalty to life's loftiest goals? Grant that, through Rotary, we may confirm that purpose with daily deeds of thanks to you. Amen.**

## 4 Way Test

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

## Club News

**Bill Hale announced the Zoom Tri-District Conference on Zoom from Friday, April 30 to Sunday, May 2. There is a \$25 registration fee. He will provide on request a link to register. Bill said there will be separate Zoom booths set up by clubs and individuals in the Hall of Friendship during the Conference. Joy Charlton said she will have a booth and looks forward to seeing Swarthmore Rotarians at the conference.**

## Last Meeting Summary

**Brian Corson said there are four core principals for addiction treatment: home, health, purpose, and community. Brian is the founder and Executive Director of MVP Recovery, an addiction treatment center in Chester. Brian explained the principals. Health: Make informed, healthy choices that support physical and emotional well-being. Home: Have a stable and safe place to live. Purpose: Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society. Community: Build relationships and social networks that provide support. For example, an addict may successfully complete an addiction recovery program but if the addict returns to his home and his old friends who are addicts, a relapse is likely. In that case, MVP Recovery will work with the addict to acquire new friends as part of the treatment program.**

**The MVP Recovery program is 9 to 12 months long. Brian said addicts typically come to MVP after attending a 30 day program elsewhere that will stop their drinking or taking drugs.**

**Brian said 86% of clients who complete the program remain clean or sober after one year, compared with an national average of 8%. He said that, nationally,**

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## Happy Dollars

pledge \$3,128

2020-21 Happy Dollars  
for Polio Plus Fund  
(\$3 to fully protect one child)

2019-20 total: \$3355  
2018-19 total: \$3,845  
2017-18 total: \$4,515

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## Guests Last Meeting

Dave Firn, Gudrun Weinberg

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addicts will enter treatment programs seven times in their lives. Brian acknowledged that most addicts do not successfully complete any treatment program, including MVP's.

One problem Brian had when he started MVP seven years ago was finding a location for his treatment center. He said residents did not want a recovery facility located in their neighborhood. He said he convinced them stating that the recovering addicts will be quiet and well-behaved.

If you have any interest in learning more about MVP Resources, you can contact Brian through their website, [mvprecovery.org](http://mvprecovery.org).

### More Information about MVP Recovery

From the MVP website: [mvprecovery.org](http://mvprecovery.org)

MVP is the largest and most comprehensive sober living program in Delaware County and has been recognized as the standard of sober living by many treatment centers, addiction professionals, advocates and political leaders across the country.

The MVP Program helps individuals identify Relapse Warning Signs/Behaviors and how to change them. Our approach includes multiple therapeutic resources in conjunction with structured and accountable living.

MVP teaches members the skills necessary to build and maintain a solid foundation of Recovery. MVP is a Recovery Program that assists our members in the process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. The MVP Sober Living Programs include: Male, Female, Abstinence based, and our MSR (Medicated Supported Recovery Program) for male and female residents utilizing MAT.

The above website contains a link to the following [6abc.com](http://6abc.com) story:

Wednesday nights bring a group of recovering heroin and opioid users together at one of MVP Recovery's eight homes in Delaware County.

Joe McCloskey has been clean for 80 days.

"When I was about 16 years old, I blew my knee out playing ice hockey. I was probably overprescribed with Percocet," said McCloskey. "It's crazy. After the first time I took one, as prescribed, I loved it."

The 28-year-old would spend 12 years years addicted and on a downward spiral.

"Honestly the best thing my family ever did for me was say you got to go. It put me in a position to go get help," said McCloskey.

Leading him to rehab, and then MVP Recovery.

"We focus on how are they going to live their lives clean and sober moving forward. When individuals go back to school, they start working, they start becoming financially responsible," said Founder Brian Corson, MVP Recovery House.

Of last year's 182 drug-related deaths in Delaware County, 121 were heroin-fentanyl related.

"Due to prescription drug use, heroin has made its way into any town USA," said Corson.

The program has expanded from six recovering addicts to 50-plus, with a more than 90 percent success rate.

"Is the hope your houses will one day be empty?" asked reporter Christie Ilteo.

"The reality is that's never going to happen, but the hope is individuals come in here, and they can recover, and they can move forward, and they can become positive members of society," said Corson.

McCloskey says the hardest part of recovery is mentally weening himself off opioids.

He says he hopes the president's task force will focus on recovery and treatment, and less on criminal punishment.