



## IOWA VETERANS HOME

1301 Summit Street  
Marshalltown, Iowa 50158-5485  
Ph: (641) 752-1501  
Fax: (641) 753-4278

Chester J. Culver, Governor  
Patty Judge, Lt. Governor  
State of Iowa  
John Mathes, Commandant

September 2, 2010

For immediate release

For more information, contact Lisa Purvis (PR/Marketing Director) at 641-753-4397

### **IVH and SATUCI Sponsor Upcoming Ride For Recovery**

The Iowa Veterans Home (IVH), the Substance Abuse Treatment Unit of Central Iowa (SATUCI), and Horizons – A Family Service Alliance will host a Ride for Recovery (Horizons) on Sunday, September 19<sup>th</sup>. The Ride for Recovery coincides with other National Recovery Month events across the country to commemorate this year's Recovery Month theme, "Join the Voices for Recovery: Now More Than Ever!," with the goal of reaching groups who may be susceptible to alcohol and/or drug use and relapse during times of stress.

"Stress can be a major contributor to the use of alcohol and/or drugs, and may trigger some people to relapse or return to substance use after periods of abstinence," said Angie Eich, Supervisor at Horizons. "This Ride is the optimal opportunity to share positive ways a person can cope with stress, highlight the benefits of treatment, and encourage friends, colleagues, and family members to begin their journey through recovery."

"Almost everyone's life has been touched in some way by substance abuse, whether your own, or the life of a family members or friends. This ride is to show support for all people who are trying to make positive choices in their lives," said IVH Social Worker Mike Groh.

IVH Substance Abuse Counselor Judy Dostal comments, "Many veterans' lives have been touched by substance abuse and the process of recovery is reclaiming their lives and helping them move in a positive direction."

Shannon Chyma, Prevention Specialist at SATUCI also notes, "This ride is in support of individuals overcoming addiction and provides friends, families and community members with a way to show support of their recovery efforts."

The 10-mile bicycle ride will begin at 2:00 pm at Riverview Park and will wind through the bike trails through Marshalltown to Mega-10 Park and back to Riverview Park. Guest Speaker for the event is Fauna Nord. The cost of participating is \$5 for the ride only or \$10 for the ride and a t-shirt.

Mayor Gene Beach recently signed a proclamation recognizing September as National Alcohol and Drug Addiction Recovery Month. For the 22.6 million people in the United States suffer from substance use disorders, asking for help and finding treatment is essential to getting back to a healthy, fulfilling life through recovery.

For more information about National Recovery Month or the Ride for Recovery, contact Judy Dostal at 753-4377 or Shannon Chyma at 752-5421.

###



[photo caption]

*Mayor Gene Beach recently signed a proclamation in recognition of National Alcohol and Drug Addiction Recovery Month, while representatives from SATUCI and Iowa Veterans Home look on.*