SAGE'S ARMY MONTHLY BULLETIN



OCTOBER

In this issue:

Upcoming events
De-stigmatizing words
Featured staff
Featured meeting
September Re-cap
Program stats

NOVEMBER 18th
5:30 pm

SAGE'S ARMY
6044 LINCOLN HWY.
SUITE 400
GREENSBURG

sponsored by SpiritLife
Freedom of spirit and health of mind and body

AUTUMN ARTISTRY

Enjoy a cornucopia of craft stations in a cozy atmosphere! There will be a variety of projects! Bring your kids! Bring a friend!

Soups, sandwiches & cider provided!



Please give thanks by bringing a dessert!



YOGA

Sage's Army is excited to re-introduce Yoga! This practice offers a powerful way to calm the mind and enhance physical fitness, supporting long-term stability in recovery. Led by Kara Hoyle, a certified yoga instructor with over 30 years of experience, these sessions are open to everyone. Join us on a transformative journey for the mind, body, and spirit! These sessions are available in-person or via Zoom. Visit www.sagesarmy.com/meetings and click on the meeting you wish to attend!

When:
Every Tuesday
6:00pm

Where:
Sage's Army Recovery Center
6044 Lincoln Highway suite 400
Greensburg, PA 15601





Questions?
(724) 863-5433

De-stigmatizing Substance Use

One of our most important missions at Sage's Army is to teach awareness for people who use substances and for people in recovery. Every month let's try to remove one stigmatizing word or phrase from our vocabulary. This month's word(s) to destigmatize is:

Break the stigma

~~Addict/junkie/abuser~~

Instead let's use the following:

Person who uses substances/person with substance use disorder

Why: Using person-first language can help to reduce stigma. The change shows that the person has a health concern worth addressing rather than is the problem themselves. The suggested alternatives avoid eliciting negative associations, punitive attitudes, and individual blame.

FEATURED STAFF



Kara Lehman
CRS

Kara Lehman is a Certified Recovery Specialist who began working at Sage's Army in October 2026. She has been in recovery since March 2, 2022. Kara's goal is to make every individual impacted by addiction feel welcomed, accepted, and supported throughout their recovery journey. As an overdose survivor, she is passionate about ending the stigma surrounding Narcan and educating others about its importance as a life-saving tool. She hopes to use her personal experience to encourage others, spread awareness, and remind people that recovery is possible.

FEATURED MEETING

Doing Grief

Life after a profound loss- a challenge most people are not fully prepared to accept. Let's get together to talk about the aspects of grief and loss that will bring us to forward motion. If you are feeling like you are ready to try to live and not just exist, this is the meeting for you.

If you or someone you know is navigating the confusing time of loss, please join us. We explore and share ways to achieve understanding in our new world. Facilitated by Jane Termyna, CLC-CSC.

When:
1st & 3rd Saturday of the month
11:00am

Where:
6044 Lincoln Highway, Suite 400
Greensburg, PA 15601



September re-cap

Sage's Army 1st Annual Recovery Softball Tournament

















Program stats.

 # Of No-Barrier Transportation Rides
DOH- 14/ Van-(18 rides-24 people)

 # Of Total Referrals to Treatment Services
6

 # Of Recovery Housing Applications Paid
16

 # Of People for outreach and tabling events
481

 # Of Jail Transports
42

 # Of Total Interactions
1,558

 # Of HelpLine Calls
340

 # Of Narcan Kits/Testing Strips Distributed/Goodwill gift cards/hygiene products/bus passes/Uber gift cards/food/Educational Printed Materials/Wound Care Kits
212