



# Rotary Club of Centennial Colorado



Centennial, Colorado

April 24, 2018



Cyndee Rae Lutz is speaking about When Your Heart Belongs to a Drug Addict. Cyndee's youngest son became a drug addict when he was 18. He is now 28 and has been drug free for 2 years, is going to school, has his own company, and has money in a bank account. Her talk is not about her son, but about living with an addict.

Her family had no history of addiction. They were a normal suburban upbringing with a messy divorce. This presented no united front.

As she said, addiction is not a spectator sport; eventually the entire family gets to play. The addicts become very good at manipulating the family.

The truth about treatment is that it is hard to find. The addict has a short window for help. Her son relapsed 8 times. The rehab and relapses lasted for nearly a decade. They will also switch addictions. Cyndee feels the reason for addiction is physical and/or mental pain.

What do you look for in addiction? Look for signs of personality changes, low grades, increased illnesses, absenteeism from work or school, legal/financial issues (inability to hold a job), relationship issues (loss of friends and new friends, isolation), lack of care about personal issues (weight loss, exercise).

There is distortion that comes about. There is a false sense of power and need to control. You want them to do things "your" way. There is a lot of manipulation and second guessing. There is blame, shame, and responsibility issues. There is vacillation between blaming, feeling responsible, and shaming. There is a sense of impending doom and worthlessness. There is isolation, guilt, embarrassment, judgment, don't deserve better.

How does addiction affect you and the loved one? The loved one has a personality change, manipulative, absenteeism, illness, legal/financial issues, relationship issues, personal appearance, and they become dependent. The affect on you by depression, anxiety, restlessness, barter, a lower bar, and unreasonable. You will have a lack of sleep and an unhealthy diet. There will be effects on the family (divorce), siblings, extended family. You will become tired and stressed with no time to care. You need them to be okay.

Cyndee said she wanted her son to believe in his worth and potential. She wanted him to turn his life around: change friends, habits, etc. She wanted him to go to rehab, change everything and come back home to the same situation.

As a parent of an addict you cannot wait for it to get better. You have to address the issue and how it affects you? You have to get educated. Unconditional love is not an unlimited pocketbook. Get well yourself and set boundaries for your own self-worth.

Cyndee has a rule of thumb: I will help you as long as you are helping yourself.

Cyndee learned some unexpected gifts. There is a compassion, especially for homeless people. You look at death differently. You learn to confront fear. You have to rethink everything.

In closing Cyndee said, you are far more worthwhile than your loved one's addiction would lead you to believe.

# 2015-2016 Club Officers

President—John Berry  
President Elect—Tim Eunice  
Secretary—Karen Berry  
Treasurer—Barbara Medina  
Sergeant at Arms—Phil Chipouras  
Past President—Randy Earnest

## Directors

Club Administration—John Peterson  
Member-at-Large-Samantha Johnston  
Membership Growth & Enrichment—Trip Butler  
Rotary Foundation—John McCarty  
Millennial Satellite Club-Andrea Tagtow & Katie Guyon

## UPCOMING EVENTS

MAY 1-SMART CITIES - MELANIE MORGAN, AICP, INNOVATION TEAM ANALYST  
MAY 8-CLASSIFICATION TALK: KAREN FLECK  
MAY 15-EVA DOYLE, THREE THINGS YOUR BEST EMPLOYEES WISH YOU WOULD DO  
[MAY 19-29, ROTARY DISTRICT CELEBRATION, HYATT DENVER TECH CENTER](#)

## CLUB MAKEUPS:

<http://bestrotary.com/gallery-collections/video-galleries>

[www.rotaryclubone.org](http://www.rotaryclubone.org)

## BUSINESS MINUTE



Cheryl Sartain is a realtor with Keller Williams. She has a goal of closing on over 35 homes per years. She covers all of the metro Denver area. Cheryl, along with all of her degrees and certifications, is a professional property stager. Note: She sold D Shattuck's house last September in less than two weeks for more than it was listed.

## CLUB BUSINESS

- K Hope told the club about the District Celebration on May 19-20 at the Hyatt Regency DTC.
- D Zing is asking for pictures of projects related to the Rotary 5 Avenues of Service.
- J Sidener announced they are planning on 400 Blessing Bags. Assembly of the bags will be June 9. Volunteers are needed.
- S Johnston announced there will be another food drive at the King Soopers are Parker and Arapahoe Roads. Volunteers are needed May 5 from 9 to 12.
- S Johnston also announce the drug take back will be May 19 from 9 to 11. It will be at Homestead Village II parking lot at 6094 East Briarwood Drive.
- R Hahn announced that Ready Set School is organizing. More to come later.
- On June 2 from 7-9 there will be a going away party for Col Heckle.



## BLUE MARBLE

K Hope was unable to find the elusive blue marble. The kitty continues to grow.