

# The High Point Peek

HPC strives to guide, educate, encourage, and support

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## IT IS TIME FOR ... WHAT???

Time is a "continuous progression of existence that occurs in an inapparently reversible succession from the past, through the present, and into the future." (Wikipedia) Time can be a good thing. Lots of things get better with time—new blue jeans become old, soft, and comfortable. Cheese, when it ages can become more delicious. Leather—old leather is soft, supple, and smells good. Technology—the iPhone 16 is a lot easier to use than the first iPhone made. Cast iron skillet—if you have your mom's well-seasoned skillet I know it cooks better than the new one I have in my cupboard and don't use because it isn't seasoned. "Time is a friend that will always be there for you, if you choose to accept it." (Ruth E. Renfield) I don't know about you, but I prefer to have more friends than foes, so I think I will choose to accept time—how it passes, how it changes me, and how it changes the world around me. I have lived long enough to feel like I am justified in saying that accepting time and its passing helps keep life more peaceful and calm.

Speaking of time, it has been quite awhile since we put out a newsletter. However, the passage of time has made us feel like with so many changes to celebrate and so many differences from then to now, it had to be time for another one of our epic newsletters.



High Point Clinic (HPC) has certainly changed (for the better) with the passing of time. The Clinic, thanks to a lot of hard work and sweat from Dr. Shaw, has changed the way it looks. It's almost impossible to remember how it looked even 5 years ago let alone from when it first started here about 12 years ago.

Certainly as time has passed, it isn't just the outside of HPC that has changed how it looks. Thanks to a lot of hard work by Rene', the inside of the clinic looks as different as the outside. There are many fun and interesting things to look at while you wait for your appointment, that's for sure. Most of us who work here have also aged a bit in the time that has passed. Since I really love my job, I won't put any before and after pictures of us in here so you'll just have to take my word for it that, all things considered, we are looking good!!

Time has also made us realize that we could work smarter instead of harder. So, not very long ago, we decided it was time to close Low Point Clinic and incorporate everyone together at HPC. It took us several months to get it all worked out and in place, but it has definitely been a change for the better. Everything runs more smoothly with all the patients coming to one place.

After getting used to having everyone coming to one clinic, we have begun to realize that time is bringing other changes to HPC. Looking at the time we have, and wanting to make the best use of our time as possible we decided to change the days we are open. At the first of the year, we started closing every other Saturday. As patients who have been here for several years, many of you are required to come only once a month or every other week instead of every single week. Medication Assisted Treatment, your hard work on yourselves, and the passage of time have helped you stabilize your lives and be more consistent on the path of recovery. Definitely awesome changes by all of you that impact how HPC functions.

Which leads me to the next change that time is bringing to HPC. Starting the first of June, HPC will be closed every other week on Tuesdays. Dr. Shaw is only here seeing patients every other week (we call this Dr. Week). The other weeks we call Counselor Clinics because he isn't here and when patients come in they see Emily, our Clinical Director and counselor in residence. So every Counselor week moving forward we will only be open on Wednesday and Thursday. It gets a bit confusing but it definitely is a pattern. I've put our schedule on the back page so you can hang on to this newsletter and look at it to get into the rhythm of the new rotation. At least until the next changes that time brings to us.

The times they are a changin' but as we move forward, I'm pretty sure that we will all feel that they have changed for the better.

- Larae Thompson, Administrative Director/Personal Assistant to the Executive Director

Now is our time to chase rainbows and build castles in the sky... Time passes but memories remain... Time is an illusion

Tough times never last, but tough people do... Time is more valuable than money ... Time is free but it is priceless ... Time is a quality of life, not a quantity ...

Time flies like an arrow ... Time was passing like a hand waving from a train I wanted to be on ... Time keeps on slipping, slipping, slipping into the future



# High Point Clinic Schedule

| Sun    | Mon                   | Tue | Wed  | Thu | Fri    | Sat  |
|--------|-----------------------|-----|------|-----|--------|------|
|        | DOCTOR WEEK           |     |      |     |        |      |
| CLOSED |                       |     |      |     | CLOSED | OPEN |
|        | COUNSELOR CLINIC WEEK |     |      |     |        |      |
| CLOSED |                       |     | OPEN |     | CLOSED |      |
|        | DOCTOR WEEK           |     |      |     |        |      |
| CLOSED |                       |     |      |     | CLOSED | OPEN |
|        | COUNSELOR CLINIC WEEK |     |      |     |        |      |
| CLOSED |                       |     | OPEN |     | CLOSED |      |

## DID YOU KNOW:

- With the inverse relationship between your speed and the speed of time, the faster you move, the slower time moves
- After astronaut Scott Kelley spent 340 days in space he was an extra 5 milliseconds younger than his twin brother.
- Gravity affects time. A billion years ago a day was only 18 hours long but the moon's gravity is causing earth to spin slower so now a day is 24 hours long
- In 46BC Julius Caesar had to mandate a 445 day long year in order to get the Roman calendars back in sync
- The most accurate clock measures time with the vibrations of a single aluminum ion and will be accurate for 33 billion years. It is in Boulder, CO

## TIME TO SUM IT ALL UP

So, hopefully to put all of this together in an easy to understand format:

- We are ALWAYS closed on Monday, Friday, and Sunday—Dr weeks and Counselor Clinic weeks
- On Counselor Clinic weeks we are also closed on Tuesday & Saturday
- Dr. Shaw is only here during clinic hours on Dr. weeks

And let's take time and talk about the phone system. Our phone number is **423-631-0731**

- If you call, don't get an answer, and don't leave a voicemail—we don't know you called
- If you call during working hours, don't get an answer, please, leave a voicemail—we will call you back
- If you call during working hours, don't get an answer and leave a voicemail—stop calling—we will call you back as soon as we have the time to help you
- If you call after hours or on a day when we are closed, leave a voicemail—we will call you back on the next work day when we are back in the office
- If you call after hours or on a day when we are closed and leave a voicemail—stop calling—we only need one message—we will call you back on the next work day when we are back in the office
- If you have an issue with one of the prescriptions Dr. Shaw writes for your MAT and we are closed, call and leave a detailed voicemail—we will call you back as soon as we can and make sure you have the medication you need to stay in recovery
- If you are calling after hours or on a day when we are closed, leave a voicemail, but if your request is for an antibiotic or any other medication outside of your normally written MAT prescriptions, this will not be addressed until the next day we are scheduled in the office
- If you get attacked by a wild tiger, snake, or Monty Python's rabid bunny and are in desperate need of medical attention—call 911—we are not an emergency medical facility
- If you are struggling with depression and/or thoughts of suicide—call 988, the suicide hotline, get help!

