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## Recovery - The Gift That Keeps On Giving

Autumn in New England is a wonderful time of year. The fairs, the leaves, the apples and corn mazes, pumpkins and political campaigns, but in my opinion, nothing can hold a candle to the annual CCAR Recovery Walk. Hundreds of people from across Connecticut come to Hartford to celebrate their recovery. They dance and sing, march and mingle, bringing hope and smiles to the recovery movement.

This year, the event asked participants to help someone from the behavioral health community in need of a bone marrow transplant. Folks were encouraged to sign up and line up filling out paperwork and getting a cheek swabbed in the hopes of finding a match.



**CCAR  
Recovery Walk  
2010**

**“Save My Life”  
tent**

There were so many volunteers that the lines were 10 to 15 people deep. I spent some time helping out and met incredible individuals who when thanked for stepping up said things like: “Of course I would do this” and “Its time for me to give back”. What a giving group of people. I was deeply moved by their generosity and spirit.

The Recovery Walk is an event that always makes me feel good about the world in which we live. There is nothing negative about this event. The folks who attend are positive and supportive. There is joy in every step as they march through Bushnell Park.

So, here I sit on Monday morning and I am still feeling the glow from the CCAR Recovery Walk as are some other folks I work with who attended the event. The celebration of recovery continues. The feelings never get old.

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