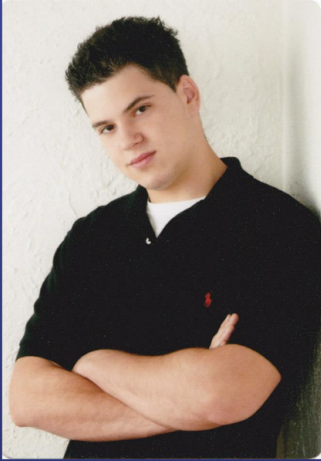


Michael J Dias Foundation

Working Toward a Drug-Free Community



The Michael J. Dias Foundation consists of volunteers committed to helping individuals and families; and supports the goal of drug-free communities.

Our Mission is to aid and educate individuals and families on substance use disorders and help those that are battling the disease of addiction.



MJD Path to Recovery Newsletter June 2023

MISSION MILESTONES

Shaun has achieved 5 months of sobriety
Mario has achieved 4 months of sobriety
Casey has achieved 9 months of sobriety
Jesse has achieved 9 months of sobriety
Goldy has achieved 10 months of sobriety
Liam has achieved 1 month of sobriety
Mike has achieved 7 months of sobriety
Will has a new job at Northstar Recovery Center

MJD: Empowering Recovery, Inspiring Hope, and unwaveringly transforming lives with compassion, resilience, and a steadfast commitment to healing.

MJD Comedy Show





Our thanks go out to KeyBank for being our event sponsor and to all those who attended this fundraiser.

gratitude:

"Based on my experience the foundation is second to none. I'm not bragging but I've been from Vermont to LA staying at different detoxes, rehabs and sober houses. Then i found Christian and Brian's house. What a phenomenal experience i had during my 16 months stay. Then i went to Shaun's Place for 4 months. I can't say enough about the Michael J Dias foundation. I honestly owe them my life and i can never repay them for what they did for me. I've been sober now for 29 months. The longest in the last 40 years. Thank you from the bottom of my heart!!!!!" ~ Bob

BEWARE!!

**Zaza Red (Tianeptine) - AKA Gas Station Heroin
Marketed as a dietary supplement**

It isn't as potent as heroin, but many people are buying it at the local gas station and using it so they can manage or maintain their opioid consumption because of its addictive nature. It's also opening new avenues of abuse for those who may not have a history of opioid addiction."

Tianeptine works similarly to an opioid because it hits opioid receptors in the brain, causing an increase in dependency and severe withdrawal symptoms if you stop using it. Withdrawal symptoms include stomach pains, fever, chills, vomiting, diarrhea, runny nose, and watery eyes.

It's like having the worst version of the flu. It's very uncomfortable, so many fall into this cycle of withdrawal and addiction to avoid getting sick. You keep taking more to achieve the same response.

Overuse has led to many hospitalizations and even deaths. In most cases, the deaths are due to respiratory depression, when your breathing slows to the point you stop breathing altogether.

[Read full article](#)

GRANT UPDATE

Our thanks to Mayor Sarno and the City of Springfield for its recent allocation of Community Development Block Grant funds to MJD.



Area Rugs Coffee Tables



FUNDRAISERS / EVENTS



MJD Cornhole Tournament
Sunday, August 20, 2023
Moose Lodge - Chicopee
11:00 am Start Time
\$60/pp

Sign up via your smart phone on Scoreholio

Cornhole



**Cornhole
for a
Cause**

Sunday, August 20, 2023

TO BENEFIT THE

MICHAEL J DIAS FOUNDATION

\$60 PER TEAM

BRING YOUR OWN PARTNER EVENT
4 ROUNDS INTO DOUBLE ELIMINATION
10:00 AM REGISTRATION - 11:00 AM START TIME

FOOD & DRINK AVAILABLE FOR PURCHASE

Chicopee Moose Lodge
244 Fuller Road, Chicopee



CASH PRIZES-RAFFLES-AIR MAIL GAMES-50/50

**SUPER
LOTTERY
JACKPOT
RAFFLE**



Your chance to win Millions!

100 - \$10 scratch tickets in sequence

COST: \$20/each

Drawing to be held 10/16/23
@ Ludlow Country Club

Call 413-304-0715 for more information

Ticket

MJD 10TH ANNUAL GOLF TOURNAMENT



**Michael J. Dias
Foundation**

Event Sponsor



10th Annual 2023 Golf Tournament

Monday, October 16th ~ Ludlow Country Club

1 Tony Lema Drive, Ludlow MA

Be a player ~ Be a sponsor

11:00 am shotgun start ~ includes lunch & dinner

\$150/each - \$600/team

imartins@mdiasfoundation.org

<https://bit.ly/MJDGOLF23>

Deadline: 9/30/23

Register to Golf

With a monthly donation, you become an honored member of our Fellowship Club and you will help ensure that those in recovery have a safe, supportive place in which to live.

Become a monthly donor



Instagram

Be sure to like us on Instagram
michaeljdiasfoundation



Always,
Florence Bank.



Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}

Gold
Transparency
2023

Candid.