



Newsletter

Summer 2023



David Thomas joins the Token 3 Club as Executive Director

“After having walked into the Token 3 Club for the first time in February of 1979 and being surrounded by people who had been where I was, I found the way out of addiction to the life I have enjoyed for the last 44 years.

Born in Louisville, I was educated at St. Thomas Seminary, Bellarmine, and Spalding Universities with a B.A. and an M.A. This was followed by working for the City of Louisville for ten years ending as the Director of the Civil Service Board.

My career consisted of owning and running my own printing, publishing, and fund-raising businesses for 35 years. For the last five years, I have been the Director of CAPTASA, helping in the training of Addiction and Substance Abuse professionals.

I am so grateful to be a part of leading the Token Club and continuing its mission of providing a safe and welcoming place for all of us dealing with all kinds of addiction.”

Fellowship and Flapjacks Events

The Token 3 Club hosts a Flapjacks and Fellowship event every other month on Saturday mornings. These events draw a hungry crowd and provide an opportunity for the community to gather outside of 12-step meetings and fellowship with one another.

Our Mission

To provide a safe and welcoming gathering place for 12-step recovery from addiction.

Our Vision

For our community and medical professionals, the Token 3 Club is the first place that comes to mind for recovery support by offering in-person meetings, events, recovery, and fellowship.

UPCOMING EVENTS

Pancake Breakfast
Saturday, October 7
8:00-10:30 am

Grapevine Writing Workshop
Sunday, August 13, 20, and 27
1:00-3:00 pm

Token 3 Club Golf Scramble
October 2, 2023

Get Involved!

Check the website and follow our social media channels to stay updated on our current events! Visit [token3club.com](https://www.token3club.com) for more information.

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A Look at Recent Addiction Research:

Why the Token 3 Club plays a critical part in providing long-term relapse prevention.

“Individuals with substance use disorder (SUD) often have fewer social support network resources than those without SUDs.” (1) Previous studies have shown that most individuals change their social support network in order to maintain abstinence. (2) Current treatment available is short-term. In other words, designed for acute conditions. (3) Addiction is a chronic life-long condition (4) which is why The Token 3 Club, being available every day of the year, year after year, is beneficial to long-term recovery.

4th OF July he

Happy Days at the Token 3 Club “These days are OURS!”

Many people in recovery experience loneliness during major holidays and celebrations. The Token 3 Club is a safe place to enjoy festive events throughout the year. Recently, the Token held a Derby Party where folks had the opportunity to showcase their Derby hats and participate in a chili cookoff. This event had record attendance exhibiting that recovery is happening here in Derby City.

On the 4th of July, the Token Club hosted a family event filled with cake walks, cornhole tournaments, and face painting. The Club was brimming with laughter and fellowship. It truly was a day to celebrate America’s independence as well as a day to demonstrate that there is freedom in recovery.

The Token 3 Club hosts a pancake breakfast every first Saturday of the month and looks forward to regular game nights in the near future. Follow us on Facebook to ensure you don’t miss any upcoming events. With each event at the Token 3 Club, our hope is to share 3 legacies...Recovery, Unity & Service. We encourage all to join us on the road to happy destiny.

Token 3 Club Board of Directors

Board Chair - Marc Joos
Vice Chair - McKenna Byerley
Treasurer - Sally Thompson
Secretary - David Walker

Directors:

Bruce Allen
Coleman Coffey
Martha Eastman
Arthestus Exum
Jan Linker
Greg Shade
Bruce Skinner
Stephen Roszell, M.D.
Dan Wheeler

Honorary Directors:

Elaine Musselman
George Raque, M.D.

Executive Staff:

Executive Director - David Thomas
Assistant Executive Director -
Summer Miller

All of these events are made possible by your generous donations. Thank you for your continued support!

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Grapevine Writing Workshop



Token 3 Club
Sundays 1pm – 3pm
August 13th
August 20th
August 27th

Contact:
ballenref@gmail.com

Sign up!

SCAN ME

All are welcome to join!
We will help you develop a written work to be submitted for publication.

SAVE THE DATE

TOKEN 3 CLUB CLASSIC

GOLF SCRAMBLE



Oxmoor Country Club

Register | 11:00 am
Lunch | 12:00 pm
Shotgun Start | 1:00 pm
Awards | 5:30 pm



Monday, October 2, 2023