

## MARCH 2026 NEWSLETTER



### March 2026 Observances

**March 6** – National Employee Appreciation Day

**March 8** – International Women’s Day and Daylight savings time begins.

**March 17** – St. Patrick’s Day

**March 20** – First Day of Spring

**March 29** – Palm Sunday

### Employee Spotlight

#### Alex Roth, (SGRC Counselor)

I was born and raised in Lincoln, NE, and attended school at the University of Nebraska-Omaha for psychology. I moved to Des Moines about a year and a half ago where I had my first counseling position at Orchard Place. I have my own recovery journey that has helped me connect and understand the impactful work we do here.

In my free time I enjoy watching live music and comedy shows, being active, and spending time with friends and family. I have a cat named Pablo Picatso and I am always willing to see your cat and dog pictures!



# Alumni Speakers

We are currently filling open slots for each Monday in April to bring alumni back to speak with the clients. Anyone who are interested, please contact Wilma at 641-740-1731 or by email at [Wilma.leibbrandt@stgregoryctr.com](mailto:Wilma.leibbrandt@stgregoryctr.com).

These meetings are filling up very fast, please let us know if you have any questions.

St Gregory

## ALUMNI SPEAKERS

*At facility*

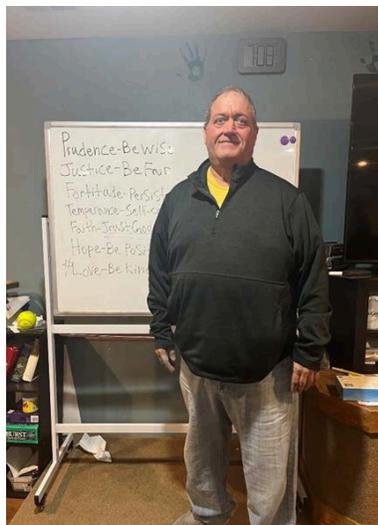
Meet your alumni

Every Monday at 6pm.

**CONTACT US**

Wilma - 6417401731

**Here are some of the Alumni Speakers during the month of February.**



Mark B



Brian K - Ambassador



Ambassador Janet R and Ambassador John R



Buster and Sandra L

# Alumni News and Events



**Congratulations to our Alumni who will be celebrating sobriety milestones, birthdays, and anniversaries during the month of March!**



## **RECOVER OUT LOUD!**

*If you know someone who could benefit from treatment at St Gregory Recovery Center, just like you have, we're here to help.*

*With St. Gregory, you are never alone in your recovery—you are part of a community built on support, fellowship, and recognition.  
Your story, your voice- it matters.*

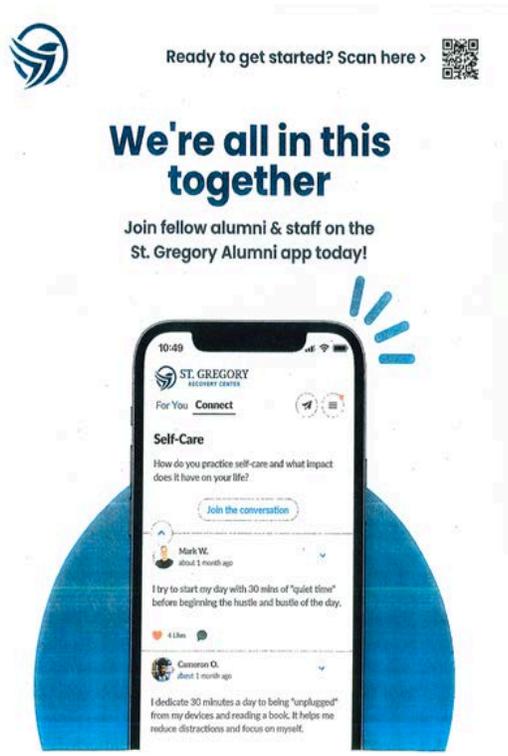


Help someone pave their path to recovery—  
I am just one call or text away.

*Wilma L.  
Alumni Coordinator  
641-740-1731*

We want to thank all the alumni who tirelessly helped to get new clients to SGRC. Because of your help, we were able to save lives, families, and futures. Keep continuing sending them our way so that we can help them, just as we helped you!

# St. Gregory Alumni App



Please download this app to your phones to stay connected to your peers and staff, tracking your sobriety milestones, or participate in uplifting, and supportive content, or use the QR code as provided on the flyer below. Email or text the Recovery Life Coach for instructions. See email and phone number below.

We also need more participation from Alumni on the app! Please share pictures of your choice and/or inspirational quotes! Your interaction with all new alumni on the app is very important! Look out for some contests on the app, too! Please play along!

Wilma.leibbrandt@stgregoryctr.com 641-740-1731 .

## Weekly Alumni Recovery Zoom

