

## Meal Tickets

(for guests not staying at Silver Bay)

- \* Breakfast: \$14.
- \* Lunch: \$14.
- \* Dinner: \$19.

To reserve your meal tickets call Silver Bay.

For hotel accommodations please complete the enclosed hotel reservation form and return to:

**Silver Bay Association**  
87 Silver Bay Road  
Silver Bay, NY 12874  
www.silverbay.org

Fax: 518.543.6537  
Phone: 518.543.8833 Ext. 247

### Silver Bay Association rates:

#### American Plan

Includes: room, meals and gratuities

#### Adults

\* Single Occupancy . . . . . \$197.  
(per person, per night)

\* Double Occupancy . . . . . \$139.  
(per person, per night)

#### Children

Ages 13-17 — \$41 per child, per night, when staying in the same room with a paying adult.

Ages 6-12 — \$36 per child, per night, when staying in the same room with a paying adult.

Ages 5 and under are free when staying in the same room with an adult.

*Silver Bay will offer the same room rates for Thursday evening, should you wish to extend your stay.*

## You're Here Before You Know It.

Silver Bay may be out of the city, but it isn't out of reach. We make getting here easy:

**By Car.** Silver Bay is 90 minutes from Albany, NY. Take the Adirondack Northway (87) to Exit 24, drive east five miles to the road's end at Route 9N. Turn left and drive north approximately 13 miles to Silver Bay. Look for SILVER BAY ASSOCIATION signs on the right two miles past Sabbath Day Point.

**By Air.** Albany, NY and Burlington, VT airports are served by both commuter and major airlines, with connections from anywhere in the nation.

**By Bus.** Buses from New York City stop at our door in the summer, buses from other major cities stop in Lake George Village and Glenn Falls.

**By Train.** Amtrak trains stop in Fort Ticonderoga (20 minutes from Silver Bay) year-round.



For more information, call 518-543-8833.

**SILVER BAY**  
SILVER BAY ASSOCIATION  
YMCA CONFERENCE CENTER  
SILVER BAY, NY 12874

**Accommodations for Persons with Disabilities:** NYSBA welcomes participation by individuals with disabilities. NYSBA is committed to complying with all applicable laws that prohibit discrimination against individuals on the basis of disability in the full and equal enjoyment of its goods, services, programs, activities, facilities, privileges, advantages, or accommodations. To request auxiliary aids or services or if you have any questions regarding accessibility, please contact Linda McMahon at 518.487.5686.

NEW YORK STATE BAR ASSOCIATION  
LAWYER ASSISTANCE PROGRAM  
One Elk Street, Albany, New York 12207



Registration Deadline May 4, 2018

NEW YORK STATE BAR ASSOCIATION

# NYSBA

The Twenty-Eighth Annual  
**Lawyer Assistance Program**  
*Spring Retreat*

Co-sponsored by NYSBA's Lawyer Assistance Committee and the Lawyer Assistance Program

**May 18-20, 2018**



**Silver Bay Association**  
**Silver Bay (Lake George), New York**

All members of the legal profession and their families are invited to attend.



## Friday, May 18, 2018

12:00 – 2:00 p.m.

**GUIDED HIKE** (Meet at flagpole outside of Main Inn)

3:00 – 4:00 p.m.

**OPEN 12-STEP MEETING** (Morse Hall)

4:00 – 5:30 p.m.

**LAWYER ASSISTANCE COMMITTEE MEETING** (Morse Hall)

4:00 – 6:00 p.m.

**REGISTRATION** (Main Lobby)

6:30 – 8:00 p.m.

**COMMENCEMENT DINNER** (Gullen Lounge)

Lisa Yaeger, Esq., Buffalo

**NYSBA LAC Chair**

Sharon Stern Gerstman, Esq., Buffalo

**NYSBA President  
Speaker**

Tom S., Delhi

**Dinner Speaker**

**OPEN 12-STEP MEETINGS IMMEDIATELY  
FOLLOWING DINNER AND SPEAKERS**

## Saturday, May 19, 2018

7:00 – 8:00 a.m.

**EARLY BIRD RECOVERY MEETING** (Field Memorial)

8:00 a.m. – 9:00 a.m.

**BREAKFAST** (Gullen Lounge)

9:00 a.m.

**REGISTRATION CONTINUES** (Main Lobby)

9:00 a.m. – 12:00 p.m.

**DRUNKS: AN AMERICAN HISTORY  
BY CHRIS FINAN** (Morse Hall)

Author Christopher M. Finan will discuss his latest book, *Drunks*, which traces the history of the country's struggle with alcoholism and the emergence of a search for sobriety that began among Native Americans in the colonial period. The book includes the dramatic story of Bill Wilson and Dr. Bob Smith,

and the creation of Alcoholics Anonymous, which survived its tumultuous early years and finally proved that alcoholics could stay sober for a lifetime.

**GIRL WALKS OUT OF A BAR - A CASE STUDY  
IN SUBSTANCE ABUSE AND MENTAL HEALTH  
ISSUES IN THE LAW**

Lawyer and author Lisa F. Smith, Esq. will discuss her personal experience as a high-functioning alcoholic and cocaine addict in a corporate law firm. Her talk will include reference to issues raised in the 2016 ABA/Hazelden Betty Ford Study as well as the recommendations of the National Task Force on Lawyer Well-Being. How to put these recommendations into practice while helping members of the legal profession will be the focus of this discussion.

**Break**

**A MOTHER'S STORY: WHEN THE OPIOID CRISIS  
HITS HOME**

Nancy Espuche, Director of Business Development at Lexolution, LLC and Founder of Kardboard House, LLC, lost her beloved son to opiate addiction. She has made it her mission to raise awareness and, through her nonprofit Kardboard House, provide resources for families who are struggling with similar issues. A legal industry professional, Nancy regularly speaks about these issues with lawyers.

12:00 – 1:30 p.m.

**LUNCH**

1:30 – 2:30 p.m.

**FAMILY RECOVERY** (Morse Hall)

A12-step meeting for people who have family members dealing with addiction or other mental health issues.

Henry K.

**Facilitator**

2:45 – 3:45 p.m.

**YOGA WITH AVROM** (Dance Studio)

A limited number of yoga mats will be available. Feel free to bring your own.

4:00 – 5:00 p.m.

**BEGINNERS' 12-STEP MEETING –  
STEPS 1, 2 AND 3** (Morse Hall)

Gary R.

**Facilitator**

4:00 – 5:00 p.m.

**MEDITATION WITH AVROM** (Liz Gray Pavilion)

5:30 – 6:00 p.m.

**SOCIAL GATHERING** (Main Inn Porch)

Kelleena Richards, Esq.

**Harpist**

6:00 – 8:30 p.m.

**DINNER** (Gullen Lounge)

**Raymond P. O'Keefe Memorial  
Award Presentation**

John W. (Jack) Keegan, Sr., Esq.

**Award Recipient** (posthumously)

**Franklin P. Gavin Memorial  
Award Presentation**

Timothy D. Foley, Esq.

**Award Recipient**

David N., Buffalo

**Dinner Speaker**

**12-STEP MEETINGS IMMEDIATELY  
FOLLOWING DINNER AND SPEAKERS**

9:00 P.M.

**CAMPFIRE AND SING-A-LONG** (Bay Beach Fire Pit)

## Sunday, May 20, 2018

7:00 – 8:00 a.m.

**EARLY BIRD RECOVERY MEETING** (Field Memorial)

8:00 – 9:00 a.m.

**BREAKFAST** (Gullen Lounge)

9:00 – 10:00 a.m.

**SUNDAY MORNING MEETING** (Morse Hall)

Elaine and Bill T., Ronkonkoma

**Speakers**

10:00 a.m.

**CLOSING CEREMONY**

**Scholarships are available.  
For additional information,  
call Linda McMahon 518.487.5686.**

## RETREAT REGISTRATION FORM

(please print)

NAME

ADDRESS

CITY

STATE

ZIP

TELEPHONE

E-MAIL ADDRESS

Attendee Registration Fee \$ 75.00 \$ \_\_\_\_\_

Spouse/Guest Registration Fee \$ 50.00 \$ \_\_\_\_\_

I would like to support the Ray M. López Scholarship Fund. Enclosed is my donation in the amount of \$ \_\_\_\_\_ (donations are non-tax deductible).

**Total Enclosed** \$ \_\_\_\_\_

Name of registrant

Name of spouse/guest

Check here if you will be attending the retreat for the first time.

Return Registration Form and  
Retreat Registration Payment to:

**Linda McMahon**

NYSBA, Lawyer Assistance Program  
One Elk Street, Albany, NY 12207

Checks payable to:  
New York State Bar Association

**Registration Deadline May 4, 2018\***

\* Rooms are subject to availability after this date