

## 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

Fax: 518.543.6537

Phone: 518.543.8833 Ext. 247

### Silver Bay Association rates:

#### American Plan

Includes: room, meals and gratuities

#### Adults

\* Single Occupancy . . . . . \$203.  
(per person, per night)

\* Double Occupancy . . . . . \$143.  
(per person, per night)

#### Children

Ages 13-17 — \$42 per child, per night, when staying in the same room with a paying adult.

Ages 6-12 — \$39 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.

#### NEW William Boyd Center

Single Occupancy . . . . . \$237

Double Occupancy . . . . . \$160

Ages 13-17. . . . . \$80

Ages 6-12. . . . . \$56

*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 Bend.

**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 8, 2019

NEW YORK STATE BAR ASSOCIATION

# NYSBA


The Twenty-Ninth Annual

## Lawyer Assistance Program

*Spring Retreat*


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

**May 17-19, 2019**



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

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



## Friday, May 17, 2019

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** (William Boyd Center)

Tom Schimmerling, Delhi  
**NYSBA LAC Chair**

Paul T., Albany  
**Dinner Speaker**

**OPEN 12-STEP MEETINGS IMMEDIATELY FOLLOWING DINNER AND SPEAKERS** (AA, NA, Al-anon and Depression Group)

## Saturday, May 18, 2019

7:00 - 8:00 a.m.

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

8:00 a.m. - 9:00 a.m.

**BREAKFAST**

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

9:00 a.m. – 12:00 p.m.

**WELCOME** - Henry M. Greenberg, NYSBA President-elect

**“SUICIDE, ADDICTION AND SURVIVAL”** (Morse Hall)

Shelby Davis from American Foundation for Suicide Prevention will present Talks Save Lives, a presentation about suicide and what people can do to fight it. Attendees will learn to identify the warning signs of suicide and, how together, we can work to prevent it. Dave G. of Buffalo will then lead a discussion on the 11th and 12th steps of AA. The morning program will conclude with a presentation from the Hague Volunteer Fire Department and EMS on opioid overdose emergencies and Narcan training.

12:00 - 1:30 p.m.

**LUNCH** (William Boyd Center)

1:30 - 2:30 p.m.

**FAMILY RECOVERY** (Morse Hall)

A 12-step meeting for people who have family members dealing with addiction or other mental health issues.

Nancy H., Waltham, MA  
**Facilitator**

1:30 – 2:30 p.m.

**MINDFULNESS: LIVING IN THE MOMENT** (Meet at the Labyrinth)

2:45 – 3:45 p.m.

**MEDITATION** with Sallie (Liz Gray Pavilion)

4:00 – 5:00 p.m.

**YOGA** with Heather (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** (Morse Hall)

Gary R., NYC  
**Facilitator**

Weather permitting, Silver Spray boat rides will be available on Saturday afternoon (self-pay). Contact the hotel check-in desk for additional details.

5:30 - 6:00 p.m.

**SOCIAL GATHERING** (Main Inn Porch)

Kelleena Richards  
**Harpist**

6:00 – 8:30 p.m.

**DINNER** (William Boyd Center)

Daniella Keller, Albany  
**NYSBA LAC Secretary**

**Raymond P. O’Keefe Memorial Award**

Carol Lackenbach, Esq.  
**Award Recipient** (posthumously)  
(Award will be presented to Carol’s family)

**Franklin P. Gavin Memorial Award**

Linda McMahon  
**Award Recipient**

Heather C., West Babylon  
**Dinner Speaker**

**12-STEP MEETINGS IMMEDIATELY FOLLOWING DINNER AND SPEAKERS** (AA, NA, Al-anon and Depression Group)

9:00 p.m.

**CAMPFIRE, SING-ALONG AND KARAOKE** (Bay Beach Fire Pit)

## Sunday, May 19, 2019

7:00 – 8:00 a.m.

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

8:00 - 9:00 a.m.

**BREAKFAST** (William Boyd Center)

9:00 - 10:00 a.m.

**SUNDAY MORNING MEETING** (Morse Hall)

Ralph W. and Hannah S., NYC  
**Speakers**

10:00 a.m.

**CLOSING CEREMONY**

## 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 8, 2019\***

\* Rooms are subject to availability after this date