

JULY 2026 NEWSLETTER

Happy Birthday America!

July 2026 Observances

July 4th – Independence Day

Month Long Observances

Disability Pride Month: Honors the history, achievements, and rights of people with disabilities, highlighting accessibility and inclusion

Minority Mental Health Awareness Month: Focuses on mental health challenges in racial and ethnic minority communities, promoting equitable care and awareness

Social Wellness Month: Encourages rest, balance, and employee wellbeing

Employee Spotlight



Rex Wood

Hello everybody, my name is Rex Wood. I am the BHA (Behavioral Health Associate) Lead here at St. Gregory's and have been since August of 2024. I have two sisters and we were born in Albuquerque, New Mexico; however, my father was in the U.S. Navy, and my early years were spent living in various states including New Jersey, Delaware, Virginia, and New Mexico.

I moved to Iowa at the age of 10. Like many of my colleagues (that I have the distinct honor and privilege to work with 😊) my life was impacted at an early age by family members struggling with addiction and mental illness. These experiences instilled a fierce drive to help those that were suffering and a deep curiosity regarding the human mind.

I have a Bachelor of Arts in Psychology from Luther College, and I was the first in my family to continue education past high school. After earning my degree in 2010, I began working in human services as a Direct Support Professional serving those with serious mental health disorders. During this time, I discovered my life's vocation: helping those impacted by mental illness/addiction. Over the next decade, I dedicated myself to working side-by-side with these individuals to assist them in gaining life skills, improving their health, and live as independently as possible.

In 2024, I found St. Gregory's. Here, I can support those working to recover from substance/alcohol use disorder while continuing in a direct-care-role. I lead a team of caring and compassionate BHA's that thrive when engaging and supporting everyone that comes through our doors. Our focus is on clients' safety and helping people get the help they need from whichever department they need it from! We strive to be guides that walk beside our clients and respond to any questions or concerns that come up day to day. Since we are always present in the facility 24/7/365 my team and I support all departments to facilitate recovery and improve the lives we touch!

Outside of work I enjoy reading (big LoTR fan), or binge-watching Netflix. But my favorite thing to do is spend time having fun with my nephew and 4 nieces (ages 7 to 19).

Alumni Reunion

Alumni Event – Some changes on the facility event occurred, but we will go forward with our Alumni Reunion on September 26th, 2026, from 10:30am – 4pm. Invitations via flyers will be sent out via email in the next week.

Lodge by the Lake – Don Williams Recreational Park



Alumni Speakers

We are currently filling open slots for Mondays in August 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. These meetings are filling up fast, let me know if you are interested, please.

St Gregory

ALUMNI SPEAKERS

At facility

Meet your alumni

Every Monday at 6pm.

CONTACT US

Wilma - 6417401731

**There is
HOPE at
St. Gregory
Recovery**



You've experienced what real recovery looks like at St. Gregory Recovery. Now you have the opportunity to pass your experience on to someone in need. It could be a friend, co-worker, or family member. Make the call, send a message, or connect them with us today. Your referral could save a life.
888-778-5833 or
641-740-1731

As an Alumnus, can you recall the first day you walked into the front doors of St. Gregory Recovery? How did you feel that day?

Now it's time to share your experience with those who are struggling and terrified to come to treatment. Extend a helping hand, encourage them to take the first step to freedom. Let them know about the alumni program and let them know they are not alone. Be that person to pay it forward.

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!

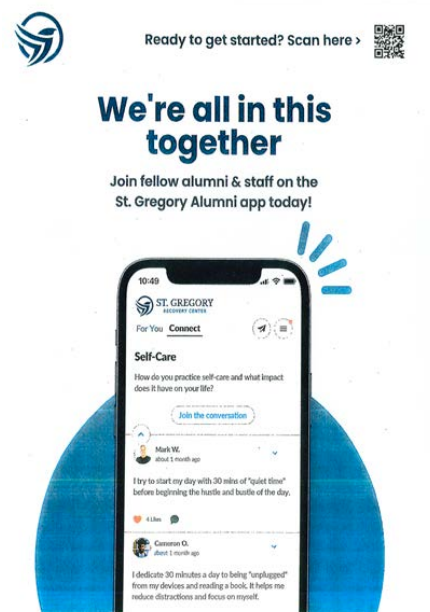
Congratulations to our Alumni who will be celebrating sobriety milestones, birthdays, and anniversaries during the month of July!



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

