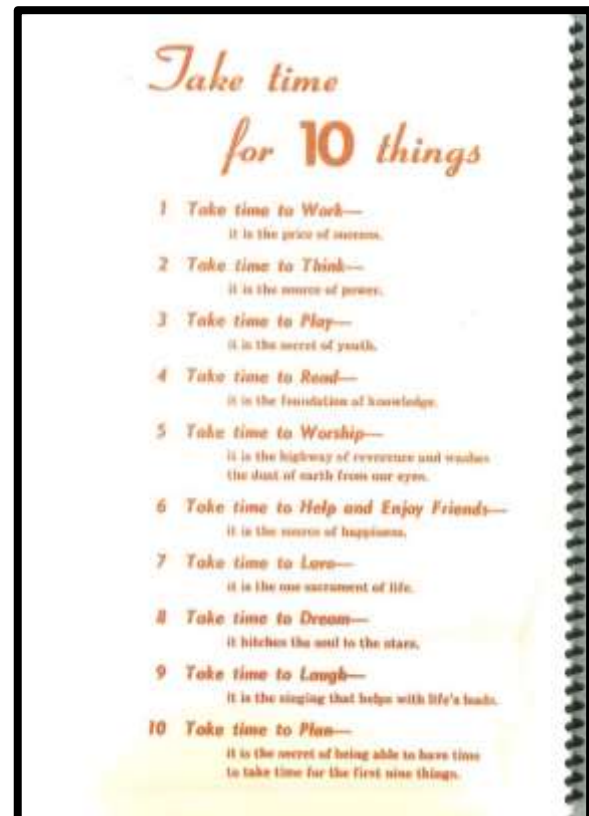
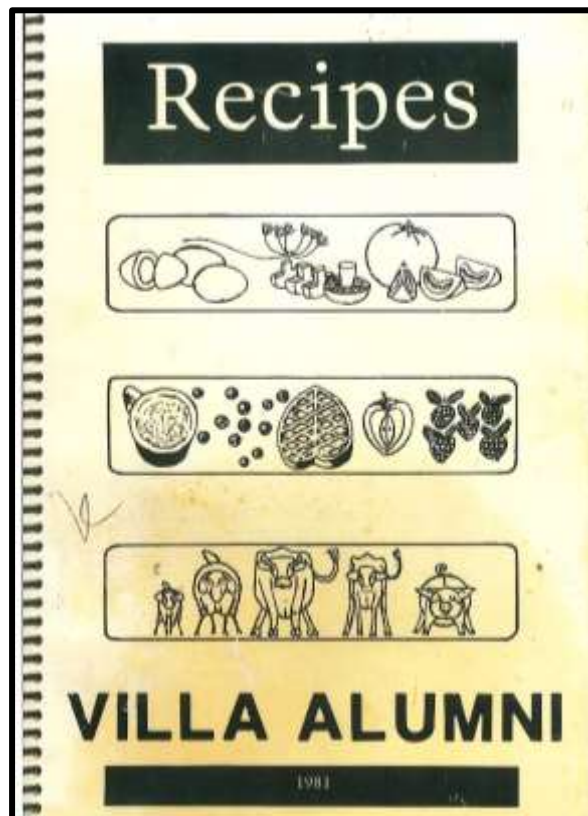




1981 – Alumnae of The Villa put together a cookbook, and in the spirit of giving back, they continued to help with fundraising initiatives to help raise money for the agency. Proceeds from the sale of the cookbooks went towards Client and Alumnae Christmas parties, barbeques and other activities and outings. The inside cover included a reminder to Take Time for 10 things.



1982 – The Calgary Herald published several articles highlighting the sharp rise in Valium (diazepam) addiction in Albertans throughout the seventies and beyond. Once deemed to be “mother’s little helper”, Valium was one of the most consistently misused benzodiazepines. While narcotics required a prescription record to be sent to the Federal Bureau of dangerous drugs to prohibit a patient from obtaining drugs from more than one physician within a 30 day period, there was no such check for tranquilizers, which were the most frequently prescribed drugs in Alberta at that time. Both AADAC and the Renfrew Recovery Centre reported an increase in the number of people looking for help to overcome their Valium addiction.

Women were twice as likely to be prescribed tranquilizers when seeking medical help with stress, anxiety and relationship issues. Valium is also used to treat withdrawal syndromes to other benzodiazepines and alcohol, and Loveday Boyle, Executive Director, The Villa North, said there was a common misconception in patients that if they were taking medication prescribed by a doctor, they did not consider that they could become addicted to it; they simply wanted relief from their symptoms and to feel better. The medical community had begun to reevaluate the appropriate role in tranquilizers and questioned its use to treat emotional problems. Due to its high potential for abuse and addiction, it is no longer a first line choice in the treatment of anxiety.