



# Meet Josip

The power of a second chance

Josip & his wife Rosie found love again

**It's never too late** to accept help. At the age of 72, Josip Kupina made the decision to start his life over, with support from the team at CCH.

Josip struggled with addiction to alcohol his entire adult life. He was a loving father, but his relationships and marriage were clouded by alcoholism. Though he tried to stop drinking numerous times, he'd eventually fall back into old patterns. His disease was ruining his life, and his family members were deeply worried.

While visiting his son Joe in Cornwall, Josip finally hit rock bottom. After so many years of abuse, alcohol ravaged his body. Not wanting to drink around his grandchildren, Josip experienced severe withdrawal symptoms after just 24 hours without alcohol. He became incredibly weak and in a matter of hours lost the ability to walk on his own. Frightened at the severity of his symptoms, he agreed to be taken to CCH.

Joe Kupina remembers the night he took his father to CCH like it was yesterday: "I was so happy because he was finally ready to go for help; but I have to admit, I was a little afraid we'd be judged for Dad's alcoholism when we arrived at the hospital. Right away at Triage in Emergency we were treated with compassion. The nurse was kind to Dad and told us help was on the way. In that moment I experienced a sense of peace that a beautiful opportunity was being presented to Dad in Cornwall."

**“I was  
reborn in  
Cornwall”**

Josip was admitted and agreed to accept help, starting a journey of hope, supported by a circle of care at CCH. From the nurses at Triage in Emergency who assessed his need, to the physicians who stabilized his medical conditions, to the Addiction Therapists in Withdrawal Management Services who addressed his alcoholism with extreme care, Josip was surrounded by a dedicated team.

## **Josip was still very weak**

when he started treatment and he needed help to get around. He'd always been anxious in social settings, so he'd avoided group therapy in the past. With care and compassion, the team at CCH connected with Josip to help him feel supported. Thanks to their encouragement, he said it felt easier to work hard and commit to choosing a different path.

After three intense weeks of care, Josip was strong enough to return to his home in Hamilton. He joined AA and called Cornwall his "birthplace" because he believed his life had started again fresh right here at CCH.

Without the influence of alcohol, Josip repaired his family relationships and strengthened his marriage.

Though he was tragically diagnosed with late-stage cancer a year after his treatment, Josip said he was at peace because of the freedom from addiction he gained at CCH.

Sadly, Josip lost his fight to cancer, but he and his family celebrated his 16 months of sobriety as a treasured gift. We're thankful CCH was able to bring positive change to the lives of Josip and his family. His special story is only one of many successes won by our caring professionals and their determined clients.

**“a beautiful opportunity was being presented to Dad in Cornwall”**

## You may know someone like Josip

**For those struggling** with the pain of addiction, there's help right here at home. That's why our team at Cornwall Community Hospital Foundation is proud to fundraise for our new Community Addiction and Mental Health Centre. Thanks to donors like you, we're halfway to our \$1.2 million goal. Please give today; your donation will help someone like Josip start their journey to sobriety.