

Capital District Central Office (CDCO)

SAMPLE CALLS IN September 2025

The Central Office received 85 calls in August 2025. Beneath that cold number are these eight times when our AA volunteer's hand was there when a hand reached out for help.

September 3, 2025

First Time Caller
New to A.A.

Mary calling from Athens 518-xxx-xxxx. She said she needs to talk to somebody about her drinking, and also mental health issues. I gave her number to Kathy Q. Kathy spoke both with Mary and with her niece; gave them several meetings in the Athens area, also gave them the number for Greene County mental health hotline. I told Mary she could call us 24/7.

September 4, 2025

First Time Caller

Caller said she was compiling info for a statewide directory of resources for addiction recovery; wanted to know if we were the "go to" number for meeting information in the area. I told her about what area we served. She was also interested in the rest of the state, so I let her know about central offices in Buffalo, Rochester and Syracuse; suggesting she google "AA in _____ (name of city)" and that she would be sure to get additional contact info. She appreciated the help.

September 11, 2025

First Time Caller
New to A.A.

Anne (518) xxx-xxxx says she's been trying to stop drinking for the past 10 days, has been to one mtg., wants to know if we can get her a ride to a mtg tonight. I asked her if she'd been drinking today and she said she had one around 11 AM. I told her we'd try to get her a ride and to try not to drink anymore till after the mtg if we get her to one. Linda Y from the D2 list is going to a mtg in Watervliet with a couple other women- will call Anne to see if she's up for it. Linda called me back later and said Anne expressed a willingness to go, but sounded a little "slurry". Linda's going to call her on the way to the mtg., and will pick her up if she makes it downstairs in a few minutes. The seed is planted!

September 16, 2025

Marilyn from Schenectady called asking for information about the Area Convention in Schenectady on October 31st. She said she couldn't find any info on the Area website, and neither could I. I looked under the events tab of the CDCO website and found some limited about the event and I gave the email address shown in order to obtain more info. She was grateful for our time and help.

September 17, 2025

First Time Caller

G----- calling from Unadilla. Has been sober for 9 years but has not gone to an AA meeting for quite some time. Just got out of the hospital, has no car or computer. His number (607) xxx-xxxx. Will make some calls tomorrow morning but may have to hand it off to Theresa as I have a morning doctor appointment.

UPDATE

R---- C from D8 list will call G----- later today. Called G----- back to advise, but no answer. Called G-----'s friend, who made the original call on G-----'s behalf last night. G-----'s friend, who has been sober for some time, knows Roger! He will help G----- get hooked up with R----.

FURTHER UPDATE

After reading Cindy's log entry; I called G----- back. I asked him if R----- had called and he said not yet. R---- had told me it was ok to give George his number (I forgot to include that in the log). I told G----- I'd give him R----'s number, and he said he already has it (???!!!). I told him to go ahead and call R-----, let him know that R----- said he would either give G----- a ride, or hook him up with others for rides. Hopefully, G----- will make use of R-----.

September 23, 2025

First Time Caller

New to A.A.

Woman called looking open meeting that she could attend to offer support for son attending his first AA meeting. found several open meetings that she could attend Talked what to expect at your first AA meeting and the fellowship. suggested she may wish to attend AI-Anon meeting provided

contact information. Mentioned they can out more information about AA at aa.org

September 25, 2025

First Time Caller

Caller was from Buffalo area. She was confused and looking for some help for the alcoholic insanity in her head. She has been drinking and couldn't stop. She has been to several detox and rehab facilities but dropped the ball once she got home. I suggested trying again and taking the recommendation given to her for follow up treatment, as well as getting involved with AA. Explained that sobriety has to be our priority, everyday. We talked for about 20 minutes and she said she felt like she had some hope..

September 25, 2025

Penny is on way to Freethinkers meeting in Schoharie at 10:40 and the address she put in her GPS does not show up. 259 Main St. does not exist in the message she gets. looked it up online and found the address and a map and told her that she could just drive to Main St. and maybe ask some local shopkeeper if they are familiar with the building called "Open Arms Recovery". On an enlarged view, it appears that the building may be on the side street, Fair Street, I called Penny back and left a message about that.

I gave her the names of the nearest cross streets to look for. She's frustrated because three people are waiting for her and can't find it either. There's not much more I can do from here. I'm not familiar with Schoharie.

I suggest someone investigate whether the information for the meeting is correct online or maybe they should be more specific about the location in the meeting description.

