

A DAY IN THE LIFE OF
RECOVERY



**DOMINGO
NORIEGA**

The way Domingo Noriega sees it, he's still living the American dream.

"It's been a real blessing to come here," the stout, 63-year-old Peruvian immigrant said at Municipal Stadium, where he's a janitor and parking-lot attendant for the minor league San Jose Giants. "I feel fortunate that someone opened the door for me."

It just wasn't the door he envisioned one year into law school at age 27. Manic depression set in. His first doctors prescribed an alarming dosage of Lithium, a common antidepressant, leading to kidney damage, gout, and muscle twitches.

"I felt like I was withered down."

Even today his hands tremble as he speaks. To get by, Noriega washed dishes in a Chinese restaurant, cleaned high-tech offices, and helped in his brother's wine business. He caught a break when his residential treatment center sent him to a job fair at Momentum for Mental Health about six years ago. That's where he met Giants recruiters.

"With a little bit of effort, you get results," Noriega said. "Sometimes it seems a little treacherous as you're walking up the mountain and before you enter the valley below, but there's always a reward."

SPONSORED BY


Toeniskoetter
FAMILY
FOUNDATION

Creative Direction and Story Writing: PRxDigital's Daniel Garza and Joe Rodriguez
Photos: Tomas O'valle, Associated Press Images

