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Rea of Hopeline

Spotlight on Carrie C., Chris P., Stacy B., and Amanda L.

By Elaine Secrist

We have four more wonderful miracles to share the spotlight this quarter: Carrie C., Chris P., Stacy B., and Amanda L. Although these ladies have very different stories on how they came to Rea of Hope, they all suffer from the same disease. The disease of addiction/alcoholism robs of us of all that is dear to us... mainly family, employment and health.



motivated since her first day. Carrie immediately got a job, a sponsor, and followed every suggestion made to her. Since coming to ROH, Carrie has reunited with her children and enjoys daily contact with them. She is a lovely lady who has the most sincere smile. Carrie continues to work a great program and we are thrilled to witness her progress in our New Life Apartments.

Carrie C., a widow, came to us with very little hope. She had lost so much I was amazed she had a desire to get sober. Once you have lost the most precious things in your life, addicts/alcoholics think "what's the point? Nothing matters anymore." Not Carrie, she came here very determined to live a life of sobriety and she has been



Chris. She was very quiet and kept to herself when she first arrived here. Chris kept working the program and finally a definite change occurred. Her dedication and motivation to change her life prevailed in handling several situations that came up during her stay at Rea of Hope. This program "works if you work it" and Chris has continued to do the next right thing which includes moving into New Life Apartments. I am so proud of Chris and all she has accomplished. She adores her precious grandson, Isaac, and loves being a grandmother.

Chris P. is a wonderful woman who has completely changed. Chris' determination to change her life was evident in her persistence to get into Rea of Hope. Chris knew she needed a structured healthy environment and made it very clear to me that she *had* to get in here or she was going to die. As always, God worked it out and a bed became available for

Stacy B. is another young mother who has blossomed in her recovery. Stacy came to us with one goal, to learn to live sober and be the mother she so desperately wanted to be. Stacy's addiction had robbed her of all that was precious to her. Stacy came here with a positive attitude and I can honestly

say that we have never had one problem with her. She is another resident who immediately got a job and has followed every rule and suggestion made to her. Stacy has recently regained custody of her two beautiful children and is looking forward to being the mother she knows she can be. Stacy has come so far in her recovery; the things she used to shy away from she now handles with a new outlook. She has the tools to grow and gladly accepts the challenge and she chose to move into New Life apartments. Stacy credits God, her family, Rea of Hope, and the program for the life she leads today.



Amanda L. came to us ready to do 6 months of recovery in one day! She has been one of the most compliant ladies we have ever had. Due to prior attempts and failures at recovery, Amanda knew what she wanted, realized what she needed and has never looked back. Amanda worked the program diligently by attending meetings, participating in the AA/NA community functions, working the 12 steps with her sponsor, and following all of our suggestions. As she grew in recovery, so did her spirits and her Faith in God. Amanda suffered many disappointments throughout her life and I personally admired her strength in practicing the 12 steps and not giving in to these disappointments. Her graduation ceremony was very tearful as Amanda expressed her deep appreciation and love for Rea of Hope, the staff, the other residents and AA/NA programs.

Today, all of these ladies are living a life they had only dreamed of. They are regaining the trust and respect of their families, co-workers, and friends. They have chosen to be willing to work the program at all costs and are great inspirations to all. As always, God continues to bless me with witnessing miracles first hand. We are very proud of you all and wish you the best on your individual journeys.

Thank you ladies for letting us be a part of your journey in recovery.

Thought and Prayers go out to:

- **Noah H. (son of Hayley H. 11'09)** was released from the hospital after a brief illness; glad you are feeling better Noah (5 months).
- **Lisa D. and Rachel D. , both Rea graduates, on the death of their beloved "Papa".**
- **Marie Beaver and Elaine Secrist on the illness of their Uncle James who is receiving treatments for bone cancer.**

Dear Rea of Hope Supporters

Expect a Miracle! During the Christmas season, we are more attuned to the joys and miracles of life. We expect and look for little miracles; we seem to be more accepting of smiles and gifts. We look for people to give to and to care for during the holidays. What would life be like if we did that all year long, what if we expected miracles to happen all year not just during the Christmas Season? Well, in many ways that is what we get to do at Rea of Hope because every woman that comes through our doors and is able to turn her life around is a miracle. The odds against people recovering from this disease are great, so when one beats the odds, it is cause for celebration because not only her life changes; but the lives of her mother, father, son, daughter, husband, sibling, friend, neighbor, co-worker and many others. On a daily basis we witness the devastation and the physical, mental, emotional and spiritual bankruptcy that goes hand in hand with active drug addiction and alcoholism. Sadly not only is the addict/alcoholic hurting themselves, they are usually under the misguided notion that their actions do not hurt others. How many mothers, fathers, grandmothers, grandfathers, sons, daughters, wives, husbands, siblings and friends have dreaded the ringing phone in the middle of the night, lain awake imagining the horrors their loved one must be enduring, been so angry at them they could not sleep, how many children have sat waiting for a parent who does not show up? The horrors of loving an addict/alcoholic just go on and on. I have worked with addicts, alcoholics and their families for over 24 years and if I did not witness the miracles along the way, I would have thrown in the towel along time ago. I have learned to expect the unexpected; I have seen miracles too numerous to mention. YES, we can and do recover from what appears to be a hopeless life of self harming behaviors. Rea of Hope "expects a miracle" on every admission, we focus on the positives and work hard to eliminate the negatives. Due to the efforts of many, we have had 55 miracles graduate our program, this translates into a minimum of over 400 lives that are affected, (as estimated each resident directly affects a minimum of 8 people). Celebrate the season and enjoy the miracles along the way.

Sincerely,
Marie Beaver, Executive Director

Alumni News

Congrats to

- Sue L. (9'08) and Ashley L. (6'08) on three years of sobriety, Debbie R.(6'09) on celebrating two years of sobriety, Haley H. (11'09), Chris P. (9'10) and Lisa D. (12'09) on 18 months sober and Beth M. (7'10) on one year of sobriety.
- Emma D. (daughter of Amanda D. 8'08) on being "Student of the Week" at Ruffner Elementary School. WAY TO GO EMMA.
- Vanessa P. (12'09) on graduating from Garnet and receiving a certification in Phlebotomy. YEA!!!



A BIG THANK YOU to Mike Youngren for writing, directing, producing and filming a Public Service Announcement for Rea of Hope. We are all looking forward to the finished product. Mike donated his talents and time for this PSA and we really appreciate his service.

Halloween

Rea of Hope residents handed out treats to over 200 "Trick-or-Treaters" on Charleston's East End; graduates brought by their goblins all dressed up. It is awesome to see the mothers taking part in the simple pleasures of their children's lives.



Mr. Handyman of Charleston selected Rea of Hope to be the recipient of over \$800 in labor for their National Day of Giving in honor of the heroes of 9-11. Owner, Greg Paxton, was very gracious in sending us Travis for the day. Travis is a jack of all trades and was able to get so much done for us quickly, efficiently and politely. Travis did a little bit of everything from putting in a water line for our ice maker to unplugging the garbage disposal and so much more; we kept him very busy and he did it all with a smile. The event was covered by WSAZ, WOWK and FOX News.

'NO ONE HOLDS A CANDLE TO YOU'

On behalf of the Board of Directors, I would like to personally thank Jim Weimer, Laura Ellis, Sarah Holroyd, and Sally Holliday for their tireless service and contribution of time to the Board of Rea of Hope. This organization could not be such a success without the help of all of you and your energy, enthusiasm, and dedication to the mission of Rea of Hope. You will be missed - thanks for all the hard work you have done!

Barbara Koster, Board president

Residents' Sobriety Achievements

Over 1 year	1
9 mo - 1 year	2
6 - 9 months	2
3 - 6 months	2
30-90 days	3

Other Goals Met

Employment	100%
AA/NA Sponsors	100%
Graduates	4

Monthly Needs List

Bath towels (white)	Dishwasher Detergent
Hand towels (white)	Air Freshener
Wash cloths (white)	Lysol Kitchen-Aide
Toilet Paper	Washing Powder
Paper Towels	Dryer Sheets
Bleach	Toilet Bowl Cleaner
Furniture Polish	White Kitchen
Small Umbrellas	Trash Bags



Board Members & Officers

Barbara Koster, President	Nancy Daugherty, Vice President	
Mary Selinger, Secretary	Rick Wolford, Treasurer	
Sarah Holroyd	Laura Davis Ellis	Sally Holliday
Nancy Atkins	Rev Dana Holter	Mary Elizabeth Eckerson
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Nick Casey, Ex Officio		

Staff: Executive Director, Marie Beaver
Program Coordinator, Elaine Secrist
Program Assistant, Amanda Deitz
Part-time Bookkeeper, Billie Bennington
House Techs, Holly Tonkin and Sandy Fisher

Girls Night Out



By Elaine Secrist

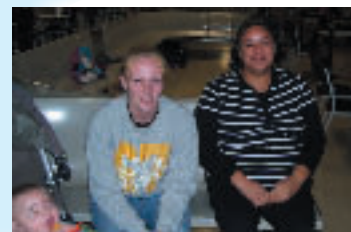
Everyone knows this is one of our favorite nights as we all look forward to enjoying our sobriety. Sobriety is very difficult as we deal with the wreckage of our past and feeling good about yourself does not come hand in hand with sobriety. Girls Night Out allows us to enjoy ourselves, build lasting relationships with the other women in our lives, and just laugh. This is a challenge for many of us as there has not been much to laugh about as our lives spiraled out of control. On the other hand, we feel as though we do not deserve to laugh or have fun, so I get to encourage these ladies that having fun is essential for growth in recovery. The good times continue to roll with our infamous "Girls Night Out". This night would not be possible without all of our great supporters!

In September, we ventured out to Corridor G where we infiltrated "Ryan's" buffet. When about 20 hungry women enter a place believe me people know it! After a great meal, all were miserable and we then went to see "You Again". This was an excellent choice as everyone could relate to running into people from your past. Everyone had a good time.

In October, we had a Girls Night In! We rented scary movies and popped popcorn here at Rea of Hope. There is some serious bonding going on when there are scary movies playing. Going out is great, but staying at home and having fun is important to learn as well. Setting aside a few hours to get away without answering a phone or texting is good practice to stay healthy.

In November, we went bowling and out to eat. Bowling has really turned out to be a great sport. We all tend to get very competitive with our team scores!! The fun and laughter continued as we left Galaxy Lanes and went to the Chinese restaurant.

The staff especially enjoys these nights as we deal with such serious issues on a daily basis with the residents and simply having fun with them is a true blessing.



Executive Director Receives State Award

By Elaine Secrist

Marie Beaver was the honored recipient of the West Virginia Association of Alcoholism and Drug Abuse Counselors (WVAADAC) President's Impact Award. Marie was recognized by her peers for her efforts on behalf of women and children affected by drug and/or alcohol addiction. "Marie has left a path for others to follow in her short tenure in our state and we, as well as, Rea of Hope are very fortunate to have her in West Virginia" WVAADAC President Randy Housh stated. CONGRATULATIONS Marie, your board and staff are very proud of you. The night of the ceremony I was very excited for Marie and not to mention how proud I am of her. She is a fantastic boss and role model, and her dedication to women in recovery and especially Rea of Hope is paralleled by no one. Randy presented the award to Marie and for the first time **EVER** I witnessed a speechless Marie! She was so moved, touched, and shocked she tearfully simply said "Thank you". If ever anyone deserved this award for her impact on women and children in recovery it would be Marie Beaver.

First Presbyterian Church of Logan invited Rea of Hope to participate in their fourth annual Giving Fair and Holiday Bazaar; this was an opportunity for people in the area to donate to local charities in lieu of Christmas gifts in honor or memory of loved ones. Amanda Dietz and Holly Tonkin represented Rea of Hope and manned our exhibit table and display answering questions about Rea of Hope and setting up tours and speaking engagements. Thanks to Susan Perry for the invite. We have Christmas cards available if you would like to make a donation to Rea of Hope over the holidays, a beautiful card representing Rea of Hope will be sent to the person of your choice notifying them of your gift.



The United Way Day of Caring was a huge success and Rea of Hope benefitted again this year by having United Bank employee volunteers Matt Bond, Nick Oxley, Megan Alldridge and Jordan Parson do some much needed painting. Matt and Nick quickly took on the project of painting the floor of the back porch while Megan and Jordan painted interior doors. (See pics) Thanks guys, you did an awesome job!!





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Special Thanks to the following for their generous support:

- *The Benedum Foundation* for a very generous grant of \$70,000 to pay for three new staff positions in 2011 as part of our expansion program.
- *The Senate and House* each approved \$10,000 for a total of \$20,000 through the **Community Partnership Grant** to help with the purchase of a new van in 2011 to provide additional residents with transportation as part of our expansion plans.
- *First Presbyterian Church of Charleston* for their \$10,000 to help with repairs and updates, because of this grant we have been able to replace carpeting, recover furniture, clean tiles and add insulated curtains to porch area at Rea of Hope and replace circulating pumps and place an awning over rear entrance at New life Apartments. THANKS, the improvements look great.
- *Pugh Furniture* for the donation of mattresses and labor for New Life Apartments.
- *United Methodist Temple of Beckley* for their donation of \$750.
- *St. Timothy's Episcopal Church of Hurricane* for their donation of \$600.
- *John O'Connor* for his donation of over \$125 worth of towels and cleaning supplies.
- *Cache Clothing* store at Town Center Mall for donating over \$1000 in merchandise, the residents were in heaven going through the lovely clothes. THANKS CACHE for giving back to your community.
- *The Family Resource Center* at CAMC Women and Children's campus continues to provide in kind individual counseling services for all residents at Rea and New Life.... THANKS TAMMI LEWIS.
- *Dr. Michael Sokolosky, DDS and Dr. Melvin Mann, OD* continue to provide our residents with invaluable in kind professional services for oral surgeries and optometry needs. THANK YOU GENTLEMEN!!!!

Rea of Hope was fortunate enough to receive WV Tax Credits through the Neighborhood Investment Program (NIP), WV Development Office, again this year. This is a fantastic program to encourage charitable giving and a way to get back up to 50% of your donation on your state; personal or business taxes. A Minimum donation to receive CREDIT is \$500. Please contact Marie Beaver 344-5363 for more information.