

WINGS

April 2008

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Web site:
www.thewomenshome.com

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THE WOMEN'S HOME IS "HOME" TO MANY



Early in 2007, the Women's Home transformed from 60's reddish-brown wood to traditional vinyl siding. Now the Home fits in nicely with the other lovely homes in the Tara-Leeway Heights neighborhood. The major benefit is the significant cost savings the Home realizes through energy efficiency. For example, the Home's electric utility costs for 2007 remained the same, even though area energy costs have risen.

The Home houses up to 12 residents, who live at the Home from 3 to 12 months.

Our mission is

- to provide affordable, quality services;
- to ensure a stable place where residents learn to identify risks to recovery and to establish lifestyle changes necessary for long-term sobriety;
- to provide a safe and structured environment for women to facilitate recovery from addiction.

Making capital improvements to maintain the integrity of the structure requires prudence. In fall 2007, the Board of Directors voted to begin renovation of the five bathrooms in the Home with the goals of saving money on plumbing repairs and reducing water consumption.

Two anonymous donors have provided the funds to renovate two of the bathrooms. We are seeking donations to renovate the other three. The estimated cost is \$4,000 per bathroom. Anyone interested in contributing to this effort should mark the donation "Bathroom Fund."

We are proud of our record of putting donations to work effectively. How are gifts spent?

- ❖ 93% of the revenues fund direct services to women recovering from substance abuse (shelter, food, counseling).
- ❖ 7% of the revenues fund costs related to administrative overhead.

DONATIONS

On-line donations may be made to The Women's Home by accessing www.networkforgood.org and typing in "Woman's Home;" or by clicking on the "Donate now" link at www.thewomenshome.com; or by using the enclosed donor envelope.

Community groups, businesses, or others may help the Home with repairs, transport and moving of heavy donations, household linens, towels, blankets, office supplies, and computer equipment. Please contact the office at 703/237-2822. Thank you for your support.

The Home is a 501(c) 3 non-profit organization. All donations are tax-deductible; receipts are provided.

RESIDENT APPLICATIONS BEING ACCEPTED

To receive a resident application, call the office at 703/237-2822 or e-mail: womensHM@aol.com.

The Home accepts referrals from other treatment facilities, community substance abuse agencies, courts, justice systems, doctors, lawyers, therapists, the recovery community and concerned persons. Note: a woman applying to the Home must be clean and sober for 30 days immediately prior to entry.

STAFF RESOURCES

Counseling services are provided as part of each resident's monthly rental payment.

The Women's Home has been very fortunate finding and hiring counselors with excellent professional experience and a strong commitment to working with women in recovery. The current professional staff of the Home has a combined experience of over 45 years in the field. We are pleased to have them and appreciate their ongoing contributions.

Denise Linkh has worked almost 20 years in the field of mental health and substance abuse counseling. She has worked as a clinical social worker and psychotherapist with clients of all ages--children, adolescents, adults, and families. In addition to working in Virginia, Denise has worked in New York and Wyoming. She has worked in both residential and outpatient programs. She has managed and trained counselors, as well. Denise has worked with clients in military programs as well as with clients in the civilian sector at the local government level. Denise is a Licensed Clinical Social Worker,

Licensed Addictions Therapist and has a Master of Social Work degree.

Marti Mefford has 15 years of experience in the field of substance abuse counseling and case management of related support services. She has worked directly with children, women, and families. Marti also has experience as an advocate for clients during court proceedings. Marti's experience comes from a broad base of program experience, having worked in university-based programs, local government programs and privately owned programs. Her work includes experience in both outpatient and residential programs. In addition to her work here in Virginia, Marti has worked in Texas and Kentucky. In addition to her certification as a substance abuse counselor, Marti has a Master of Science degree.

Lisa Wallace has over 10 years of experience working with chemically addicted populations. She has worked as a primary counselor and case manager in residential treatment programs and in residential transitional programs. Lisa has worked in settings with homeless clients, providing counseling, crisis intervention, and referrals for needed services. Lisa has worked particularly with women, and with adolescent boys and girls. She has developed and managed a comprehensive Phase II residential program for women with children. Lisa is a Certified Substance Abuse Counselor and has a number of certifications in related program areas.

Jessica Swansby has been the Home's Resident Manager for over four years. She oversees the Home's maintenance and safety and the residents' living arrangements.

Candy Penn, the Home's Administrator for the past six years, provides administrative oversight. She handles requests for admission from applicants, referring agencies, and counselors. She is responsible for

the contract awards from Arlington and Fairfax Counties. Candy has a strong commitment to the success of the Home and the residents, having been associated with it for 13 years and on its Board of Directors for the past 11 years.

Thank you to our professional staff, who help the Home accomplish its mission every day.

2008 – 2009 BOARD OF DIRECTORS

Chairman – Candy Penn
Vice Chairman – Kathalyn Beck
Secretary – Lynette LeMat
Treasurer – Michael Penn
Directors – Diane Burley, Marilyn Fitzgerald, Tanya Harvey, Patti McGrath

Last October, we bid farewell to former board member, Norman Aynbinder, who moved to the New York area.

GIVE BACK CLUB

The Home's volunteer program, "The Give Back Club," provides support to the women residents with weekly activities. Thanks to the volunteers, whose sessions, grocery shopping transportation, and leisure time activities have contributed to the happiness and satisfaction of our women residents. Volunteers and ideas always are welcome. If you would like to participate, call 703/237-2822.

THANK YOU

Many thanks to Kathleen Flanagan for her nutrition seminar; counselors Nancy Cumming and Maritza Negron; and home contractor Bill Hoyle. All have contributed their professionalism to the Home.

We are especially grateful to Don Franklin, our appliance repair expert. Don has donated hundreds of dollars to the Home over the past several years, as well as having been on call to assist the Home. Should you need a reliable and expert repair person, his phone number is 703/719-8326.

GOODBYE TO LAVERA GOLDEN, FOUNDER OF THE “GIVE BACK CLUB”

On October 1, 2007, the Women’s Home, Virginia Hospital Center, friends, and family mourned the loss of LaVera Golden, 84, after she succumbed to cancer.

LaVera was petite and soft-spoken, but had a commanding presence and was a major influence in the recovery community. Her organizational skills and loyalty were demonstrated during her 26-year career coordinating the volunteer program at Virginia Hospital Center’s Addiction Treatment Unit. She served on the Women’s Home Board of Directors from 2002-2004, founding the Home’s Volunteer Program, “The Give Back Club,” which assists the women residents with grocery shopping, weekend resident manager relief, and fun outings for the women.



LaVera Cecelia Golden (1923 – 2007)

In a special tribute to LaVera in the November 18, 2007 issue of the Washington Post, Bart Barnes wrote, “LaVera Cecelia Golden was born in Bokoshe, Oklahoma. She was named for a French woman who somehow assisted or befriended her father when he was serving in France with the U.S. military during World War I. At age 12, she moved to the Washington area. She graduated from Notre Dame High School on North Capitol Street, and in 1941

married Jack Taliferro Golden, a captain and bombardier in what was then the U.S. Army Air Corps. She was 17. In the early years of their marriage, the couple lived in various locations in the continental United States while Jack Golden was in the military. Later, she was an office manager and sales agent for an insurance agency in Arlington....”

Since the late 1930s, she had lived mostly in Arlington, except for periods when she accompanied her husband on military postings. LaVera co-founded the Arlington Hospital Addiction Treatment Alumni Association (AHATAA). In 1996, she received the hospital’s first “Humanitarian Award for Volunteers.”

LaVera will be missed by all whose lives she touched and made better.

IN MEMORY

We acknowledge friends of the Home who have passed away and have been remembered by their loved ones through generous memorial contributions to the Home:

*Ann Moynihan
Sandi Phelps
LaVera Golden
Raoul LeMat*

A special acknowledgement and thanks to the family and friends of Ann Moynihan whose outpouring of contributions in her memory were received by the Home. We were touched by the generosity and number of those who remembered Ann through contributions to the Home. Ann will be missed by many whose lives she touched through her mentoring and her belief in people’s ability to change and stay sober.

RESIDENT’S CORNER

Residents develop tools for sobriety and hope. The following are two writings reflecting inspiration found and shared for this newsletter.

“Letter From my higher power to me:

My Dear Child,
Calm down. You know that I love you more than you love yourself or anyone else. Remember how I take care of the flowers and the birds? They don’t worry and neither should you. I promised if you trust me and turn things over to me that I will provide for you and lead you in strength and grace. You are my child, I will protect you. Every day constantly turn everything over to me. I love you, I will not harm you. Do the next right thing and listen to my small still voice. Remember just for today. Enjoy the blessings that I put in your life today and stop thinking that everything is a trap to harm you. I give you blessings for you to enjoy. The future is mine and not yours. If you knew everything, you would not need me, nor would you learn or grow. My beautiful child I give you everything at the perfect time, and no good thing will I withhold from you. Everything you have now I gave to you. Trust in me that I will give you all you need in the proper time. Don’t worry about tomorrow because tomorrow will worry about itself in due time. Keep seeking me and take care of yourself. Do the next right thing, and I will provide for you. I love you my child, allow me to love you like no one else can, to prove and show you that love. Watch excitedly as your story unfolds, and I bless your belief and trust. I will always take care of you.”

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“Who am I to know?  
What is the smartest plan?  
What is a lie, and what is truth?  
Everything’s not black and white  
Is it dust or snow that swirls around  
my head?  
Confusing little ramblings  
Whether I should stay or go  
On one hand, comfort, stability  
But sure disaster ahead  
On the other, destination unknown  
New paths never tread before  
To jump off this cliff  
Into the abyss of fear

Scares me, frightens me, excites me  
I'm so terrified of the fall  
What if I fail at this adventure?  
Sometimes I miss the familiar  
But my heart yearns for new stability  
Now I'm alone and down  
Letting go of needles and brown  
Face toward the wind  
Eyes that sparkle and smile  
Days come and go  
I leap off the edge of this cliff  
To discover what I knew all along  
I am worth more than misery  
And now I am free."

## FROM THE WOMEN'S HOME KITCHEN

The women gather every evening to share dinner and conversation. The following recipe is a favorite with the current residents:

### *Sharon & Christy's* Red Beans and Rice

This recipe is really easy, feeds the whole family and is very nutritious. We like to add sour cream and hot sauce when we eat it, but it's delicious on its own!

- 2 cups cooked white or brown rice
- 1 large can of kidney beans
- 2 green bell peppers
- 1 large onion
- 3 tomatoes
- cumin, garlic powder, chili powder (to taste)
- optional: Jalapeño peppers

Cook rice, set aside. Cut onion and green pepper, sauté, then set aside. Heat kidney beans, and season to taste with cumin, garlic powder, and chili powder. (If you want spicier beans, add more chili powder....etc). Dice tomatoes and add to beans. Add peppers and onions to the beans, then mix in the rice. Dinner is served!  
Serves: At least 7!

## WHERE THERE'S A WILL, THERE'S A WAY

Let the recovery from addiction be your legacy! Please remember The Women's Home in your will.

For information, call Tanya Harvey, Esquire, Women's Home Board Member at 202/508-6237.

**The Women's Home**  
**PO Box 7412**  
**Arlington, VA 22207**

Address Correction Requested