

WINGS

Fall/Winter 2004

Inside this Issue

- 1 Kitchen & Dining Room Renovation
- 2 Home Census Fundraiser & Donations Resident Applications
- 3 Staff Resources Thank You To So Many
- 4 Poetry as Healing Art

**UNITED WAY
CFC #8991
CVC #8048**

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KITCHEN & DINING ROOM RENOVATION

The Home's renovated kitchen and dining room are now a beautiful reality. From the sparkling new appliances, silestone countertops, generous wooden cabinets, tile floor, and recessed lighting in the kitchen to the built-in cabinets, and extra counter space in the dining room in the butler's pantry/ dining room – the Home has its own "Swan."

We have many "angels" to thank for



making this important home improvement possible:

- ❖ The Dominion Guild of Northern Virginia, who provided the original generous grant/seed money
- ❖ Dee David, Dee David & Co., Falls Church, VA, Kitchen Designer & Consultant
- ❖ Ron Newman, At Your Service, McLean, VA, Contractor
- ❖ The patient women residents, who "camped out" for a few weeks (cooking with a microwave and toaster oven, and washing their dishes in the downstairs laundry tub)

Candy and Michael Penn, who oversaw the completion, provided daily moral support and quality assurance oversight, and paid the bills.

In addition, we thank the following suppliers for their contributions of significantly discounted materials. We could not have undertaken this project without their generous help.

- Plain & Fancy Custom Cabinetry, Schaefferstown, PA
- Counter Intelligence (custom countertops), Silver Spring, MD
- Appliance Distributors, Springfield, VA
- Mid South Marketing Inc (sink fixtures), Oilville, VA



Ron Newman standing by the dining room butler's pantry. Kitchen in background and to the left.

Ron Newman, contractor, has owned At Your Service for three years. Asked what the biggest challenge was during the weeks of construction, he sites, "Arlington County and their insistence that we adhere to new codes in an old building." Ron enjoyed the freedom he was given to add his own design touches such as the tiled backsplash to the stove area and the dramatic recessed and under the counter lighting. Thank you, Ron, for a job well done!

OUR MISSION

The Women's Home recognizes each woman as a person of dignity whom we accept in a genuine spirit of respect and high regard.

Our mission is

- To provide a safe and structured environment for women to facilitate recovery from addiction
- To encourage new patterns of social behavior and relationships
- To serve as a substitute home and family for recovering women
- To ensure an affordable and stable place where residents learn to identify risks to recovery and establish lifestyle changes necessary for long term sobriety.

HOME CENSUS

Between November 2003 - 2004, the Women's Home has been "home" to 30 women ranging in age from 20 to 60+ years old from nine counties in Virginia, two counties in Maryland, and three additional states.

OUR WISH LIST

If you, your community group, your business, or someone you know might be able to provide any of the following Women's Home needs, please contact our office at 703/237-2822:

- Painting supplies and painting labor
- Office supplies (copier toner, paper)
- Couches, chairs, lamps in good condition
- Towels, twin sheets, and blankets
- Use of a SUV or truck to transport donations.

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

RESIDENT APPLICATIONS BEING ACCEPTED

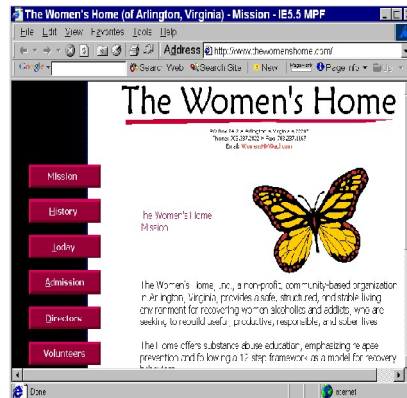
To receive an application to be a resident at the Home, call our office at 703/237-2822 or e-mail: womensHM@aol.com.

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: woman applying to the Home must be clean and sober 30 days immediately prior to entry.

WEB SITE

When on the Internet, check out: www.thewomenshome.com. The Women's Home's web site. It features information on the Home's history, admission requirements, volunteers and contribution opportunities, revenue and expense descriptions.

<http://soberrecovery.com> which links our page, providing information to those seeking – "a safe, structured, and stable living environment for recovering women alcoholics and addicts, who are seeking to rebuild useful, productive, responsible, and sober lives."



www.networkforgood.org, for our friends who wish to contribute to the Home via an electronic transfer from a debit or credit card.

SPRING 2005 YARD SALE FUNDRAISER – SAVE THE DATE MAY 2-3

Save your treasures for the 2005 Women's Home Mega Yard Sale that is held every year the first weekend of May. Furniture, sports equipment, appliances, computer equipment, toys, jewelry, artwork, antiques, clothing – the Home sells it all in a very popular, two day sale at the Home. Virginia Hospital Center staff, friends, and neighbors return annually to buy things at incredible prices. Many people make this event happen – from those who donate their "stuff" to board members and residents who price the goods, answer questions, keep the tables and racks stocked, collect the proceeds, and clean up.

This sale is the Home's major fundraiser. Proceeds from the past three years have ranged from \$4,500 – \$7,000. Start saving your things to donate to the Home for its May 2-3, 2005 sale. Beginning in mid-April, we will accept your tax-deductible donations for our yard sale. If you would like to help, please call Candy Penn at the Home – 703/237-2822. Or, if shopping is your interest, mark your calendar.

YOUR CONTINUING GENEROSITY

Please remember the Home when making your end of year charitable contributions. Without the financial support from you, our donors, the quality low-cost treatment services for the women residents would not be possible. Your donations are tax deductible. You may contribute in a variety of ways. The Women's Home is a designated Combined Federal Campaign (CFC)/United Way recipient and Combined Virginia Campaign recipient. Just put the Home's number CFC #8991 or CVC #8048 on your campaign form.

YOUR CONTINUING GENEROSITY

(continued from page 2)

The United Way has determined that 91% of the funds we receive go directly to services for residents. We are proud of our efficiency and commitment of services to residents. Please encourage your friends to designate the Home also. Enclosed is a donation envelope for your convenience. Just fill out the envelope's form, include your tax-deductible donation, and place a stamp on the envelope. If you itemize your taxes, this simple step will reduce your 2004 tax bill.

Want to cut your taxes further? Consider donating appreciated stocks, securities, or real estate that you have held for more than 12 months. You will have no tax obligation on your gains, yet earn a charitable contribution deduction for the FULL market value of your donation! Call the Home at 703/237-2822 for additional information.

2004 – 2005 BOARD OF DIRECTORS

- Chairman – Candy Penn
- Vice Chairman – Bill Mainey
- Secretary – Kathalyn Beck
- Treasurer – Michael Penn
- Directors – Diane Burley; Marilyn Fitzgerald; Tanya Harvey, Jackson Prentice; Patti McGrath

STAFF RESOURCES

The Women's Home and its 12 residents are blessed with qualified and caring staff, who help the women residents in every aspect of recovery.

Jessica Swansby is the Home's Resident Manager. She oversees maintenance and the safety of the facility and the resident's living arrangements.

Counseling services are provided as part of each woman's monthly rental fee. Maritza Negron and Kate Malliarakis are experts in the field of addiction

counseling. Each counselor brings her own unique skill to the Home's residents.

Maritza has been a counselor at The Home since 2002 and continues to provide excellent counseling to the residents. She brings a broad base of experience to the Home. In addition to her years as a certified substance abuse counselor working with women and men, Maritza has worked in social, mental health, juvenile justice, court, and legal services. Working in both residential and outpatient settings, Maritza has held positions as substance abuse counselor, mental health therapist, community educator, probation officer, and social services counselor. In these positions Maritza has provided individual and group counseling, client needs assessments, marital and family counseling, and community mediation. In addition to her certification in substance abuse counseling, Maritza holds a bachelor's degree in Natural Science with a concentration in Psychology. Maritza is fluent in Spanish and English.

Kate is a nurse practitioner and substance abuse counselor. She brings many years of expertise in the field of addiction treatment and recovery to the Home. Kate is president of KAM Associates, a company she founded to accommodate her involvement with a variety of needs in the field, such as health professionals education, focus group discussions, and issues relating to substance abuse by health care professionals. She is a consultant at Fleishman-Hillard where she works on the White House Office National Drug Control Policy Youth Anti-Drug Media Campaign. She is a senior consultant to the Substance Abuse and Mental Health Administration (SAMHSA) on their underage drinking initiative. Kate is a professor at George Washington University School of Nursing, providing instruction for masters-level courses for nurses. She was a Fellow in the Robert Wood Johnson (RWJ) Executive Nurse Fellowship Program, and founding member of the Alumni Council. In addition to her degrees and certifications in nursing and substance abuse

counseling, Kate is currently pursuing a Ph.D. in Health Sciences with a focus on addictions. The Home is quite pleased to welcome and to have Kate on board!

Candy Penn, the Home's Administrator for the past three years, provides administrative oversight. She handles requests for admissions from applicants and referring agencies and counselors, and is responsible for the contract awards from Arlington & Fairfax Counties. Candy has a strong commitment to the success of the Home and the residents, having been associated with the Home for 10 years and on its Board of Directors for the past 8 1/2 years.

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

THANK YOU TO SO MANY

- ❖ Bendu Jones, counselor (1999-2004)
- ❖ Linda Mainey, counselor (1999-2004)
- ❖ Connie Kerwin (2004)
- ❖ Judi Booker, Human Rights Representative (2001-2004)
- ❖ Dee David, Kitchen Designer
- ❖ Dominion Guild, Kitchen Benefactors
- ❖ Ron Newman, Kitchen Contractor
- ❖ Lori Perez, CPA
- ❖ Laurie Duncan, Board member (2002-2004)
- ❖ La Vera Golden, Board member (2002-2004) and the Give Back Club Founder
- ❖ Kathalyn Beck, Board member, for her seminar on communications
- ❖ D.J. Gaskin, poet/writer, for her seminar "Poetry as Healing Art"
- ❖ Give Back Club volunteers – Beverly Fletcher and Sandi Phelps.

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 many hours toward the happiness and satisfaction of our women residents. Volunteers and ideas are always being sought. Call, if you would like to participate -- 703/237-2822.

POETRY AS HEALING ART COMES TO THE HOME

This fall The Home was very fortunate to have an innovative program: "Poetry As Healing Art." The three-session workshop was designed to use poetry-writing and discussion of poetry to facilitate emotional expression, and as a therapeutic aid in recovery at the Home. The underlying basis of the workshop, developed and conducted by D.J. Gaskin, is that poem-making is a discovery process and is a uniquely creative way to help participants learn about themselves and understand their feelings and reactions to life events. Writing -- in particular poetry writing, with its focused use of metaphor and imagery -- can be a valuable aid to emotional expression and healing. Through the exercise of writing poems focused on their current life challenges in recovery, participants can augment ongoing efforts to overcome those challenges. This workshop was well-received, and D.J. has offered to come, again, to the Home to conduct another.

D.J. Gaskin is a poet and writer who has published in *The Washington Post*, *The Fairfax Journal*, and other news publications as well as numerous literary journals and anthologies. Her professional background has included corporate communications, training development and instruction. D.J. has served as a hotline counselor for Fairfax Victim Assistance Network. She has used writing as a therapeutic aid throughout her life.

While the following poem was written by a resident who was not here when the Poetry as Healing Art workshop was conducted, it demonstrates the power of poetry and the impact of addiction on her life. We appreciate Stephanie's willingness to share her poetry with us in this edition of Wings.

As I gaze in the mirror I see torment without having to look the pain in the eyes. Baffled at my reflection, you shift waves of premonition through my mind. They echo like the mirror of truth in "Snow White." But, I am frozen in the valley of distortion, devoured by the phantoms that entangle me.

Shreds of my youth coagulate clots in my horizon. So I pump thinner through my veins, although it disperses the scarlet chunks evenly they bounce back more immune to the corrosion every day. Once the fog fades I resist and continue to decay.

But the storms feed upon the sun and leave no room for today. They unravel misery and I drift aloft the surges of the abyss. As I waiver they descend and rejuvenate and keep me from sparking the flint. They unleash their rage confined to the same mudslide.

Embers inhale the atmosphere. I suffocate in my own residue. For they ignite my innocence and desert me in this trance. The smoke excretes and coils then weighs like heavy soot. I accumulate the exhaust and let it remain.

In the distance, mountains encase their stares. They are my shield and my coffin locked in dismay. The cliffs are my boulders and my massive chains; they breed and fornicate in unison with my addictions in a tainted relay. I caress the immortal cracks and crevices that refuse to embrace the essence of sanctity.

The dynamic noose twists and tangles around itself, abandoning anything sacred. Like shackles they digest the fragile clouds, and mask the vivid shades with elastic that is resilient and springs back. The particles are wilting as the purity unravels, diluting time and space.

A solitary strobe light, craves to become whole, illuminates by the second, capturing prisms that radiate rainbows through the soul. The aura of an unpainted canvas thrives on the beat of a different melody. The harmony of euphoria doesn't rely on the seams. For my sun no longer yearns to set, my star just wishes to be set free.

-- Stephanie Winger, Boxwood, October 31, 2004
