

WINGS

Winter 2006-2007

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HOME WELCOMES SUPPORTERS TO FALL OPEN HOUSE

The Board of Directors welcomed supporters to a thank you open house on Friday, October 13. Leaders from The Dominion Guild (the philanthropic organization that helped underwrite the Home's kitchen renovation two years ago), administrators and counselors who refer residents to the Home, the kitchen designers, friends, and neighbors toured the Home and enjoyed refreshments and conversation.



Tanya Harvey, board member, and Mary Catherine Hill, a loyal supporter, at the Fall open house.



Nancie Connolly, Arlington County Substance Abuse Coordinator, with board members, Candy Penn and Michael Penn in the dining room butler pantry.

A NEW LOOK



As you pass the Home in December, you will see it taking on a new face. Soon the reddish-brown wooden covering will be totally replaced by a traditional and contemporary vinyl siding. Not only will the appearance of the Home be more in keeping with the well-maintained Tara-Leeway Heights neighborhood, but also we will realize significant cost savings through energy efficiency.

Last year the Home applied for funding from Arlington County to replace the Home's wooden siding and the heating and air conditioning (HVAC) systems, which were critically outdated. The exterior is the original, non-insulated wood siding and the HVAC system was over 20 years old.

The County funding would have come from a capacity building program intended to support organizations providing human services for the local area. While our application was well received, the county did not receive its allocations to be used for awarding the grants, and was not able to fund any projects.

Electricity costs, which represent a significant portion of our operating budget, have increased by 20% over the

past several years. In addition, birds and small animals continue to damage the wooden siding, resulting in ongoing repairs. Due to the rapidly increasing burden of utility costs, continuing repair expenditures, and the Home's inability to mitigate those without significant improvements, the board decided to move forward with the limited resources available and replace the Home's siding.

The Home has a mission of providing affordable services. Ninety-three (93%) of the revenues fund direct services (7% administrative overhead). Making capital improvements, even to maintain the integrity of the structure, requires prudence. Several funding sources were pursued for their support, but without success. The board weighed the expenditure of the siding and attendant cost savings, with projected repair costs, and with the funds necessary for the operation of the Home, including a greatly diminished reserve. Although it puts a significant strain on the resources of the Home, the board believes it needed to make the investment at this point.

Due to limited resources, we are unable to replace the Home's 22 original and un-insulated windows at the same time. We are hopeful that we will receive donations to replace them. The estimated cost is \$450 per window. Please sponsor a window today -- just mark your donation, "Window Fund."

OUR WISH LIST

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

- ❖ Skilled plumbing volunteers
- ❖ Use of SUV or truck to transport donations
- ❖ Help moving heavy donated items into the Home
- ❖ Dressers and chests
- ❖ Towels, twin sheets, and blankets
- ❖ Office supplies

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

YOUR CONTINUING GENEROSITY

Please remember the Home when making your year-end charitable contributions. The financial support from you, our donors, makes possible the quality, low-cost treatment services for the women residents. Your donations are tax-deductible.

OUR MISSION

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

Our mission is

- to ensure an affordable and 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
- to encourage new patterns of social behavior and relationships
- to serve as a substitute home and family for recovering women.

FULLFILLING OUR MISSION

A significant number of calls come to the Home's office throughout the year. In 2006, over 2,000 calls were received. Of those, an estimated 65% involved Arlington residents. The Home receives many calls from people asking for assistance. They are referred to appropriate places for help, both in the public and private sectors and within and outside of the County.

The Women's Home is "home" to women ranging in age from 18 to 60+ years old from Virginia, Maryland, and four other states.

We ensure that the Home and its residents are fully involved in the community. During the past three years, of the 71 residents who lived in the Home for varying lengths of stay, 31 were or became Arlington residents. Fifteen worked for Arlington businesses while they were at the Home.

RESIDENT APPLICATIONS BEING ACCEPTED

To receive a resident application, 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: a woman applying to the Home must be clean and sober for 30 days immediately prior to entry.

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.



Maritza Negron, Jessica Swansby, Candy Penn, and Nancy Cummings

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

Nancy Cummings and Maritza Negron are experts in the field of addiction counseling. Each counselor brings her own unique skill to the Home's residents.

Ms. Cummings, a certified substance abuse counselor, has worked at the Home since 2005. She has served many needy people for more than 20 years in the Northern Virginia area. She has provided counseling at “A New Beginning” in Chantilly, the Regional Detoxification Center in Alexandria, the Arlington County Men’s Shelter, the Arlington/Alexandria Coalition for the Homeless, and the Arlington Community Temporary Shelter (ACTS).

Ms. Negron has been a counselor at the Home since 2002. 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, and social services counselor. Fluent in Spanish and English, Maritza has a bachelor's degree in Natural Science with a concentration in Psychology.

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

Candy Penn, the Home's Administrator for the past five years, provides administrative oversight. She handles requests for admission from applicants and 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 12 years and on its Board of Directors for the past 10 ½ years.

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

2006– 2007 BOARD OF DIRECTORS

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



Norman Aynbinder, the newest member of the board of directors, and Marie Lutsch, former Home counselor, discuss the Home’s progress during the October open house.

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.

RESIDENTS’ CORNER

When asked for gems of wisdom they wanted to share, residents offered the following:

"Come to the edge," he said.
 They said, "We are afraid."
 "Come to the edge," he said.
 They came.
 He pushed them...and they flew.
 (Sometimes you just have to jump and do it.)

“Thank goodness for diversity, for without it we would remain complacent.”

“As long as it is known that everything has a reason, reasons far greater than any one person’s reasoning, then we can begin to appreciate the beauty in all things.”

“Suffer now, reap later.”

“No pain, no gain.”

“I can’t change the world, but I can change my thoughts, which will change my attitude, which will change my behavior, which will contribute to change in the world.”

“This is just a moment in time. Next year I won’t even remember this.”

“It’s better to give than to always receive.”

“You can’t keep it unless you give it away.” (Sobriety)

“Be still...”

RECOMMENDED READING

- ❖ **Illusions**—Richard Bach
The Adventures of a Reluctant Messiah
- ❖ **Kitchen Table Wisdom**—Rachel Naomi Remen, M.D.
Stories That Heal
- ❖ **My Mind Is Out to Get Me**—Dr. Ron B. Hazeldon
Humor and Wisdom in Recovery—500 sayings and slogans
- ❖ **Negaholics**—Cherie Carter-Scott
How to Recover from Your Addiction to Negativity and Turn Your Life Around
- ❖ **The Woman’s Book of Courage**—Sue Patton Thoele
Meditations for Empowerment and Peace of Mind
- ❖ **My Grandfather’s Blessings**—Rachel Naomi Remen, M.D.
Stories of Strength, Refuge, and Belonging
- ❖ **Living Sober**—AA World Services publication

DENISE OSBORNE, FENG SHUI MYSTERY WRITER, VISITS THE HOME

For the second year in a row, Denise Osborne, feng shui consultant and renowned author of a feng shui mystery series, spent an evening with the residents in August. She explained the theories of the ancient Chinese art of positioning and arrangement and provided advice to the women about their Home surroundings. Participants reported that her advice improved the chi (energy) around them.

Ms. Osborne's third book in her mystery series, "Evil Intentions,"



Denise Osborne

included the Women's Home (set in a fictional suburb of Maryland) in a positive light. Ms. Osborne decided

to mention the Home after visiting it with a board member and coming to appreciate the Home's mission and positive accomplishments.

Ms. Osborne was particularly impressed with the renovated kitchen. In feng shui, the kitchen represents nourishment and prosperity. After all, it's human nature to associate food and nutrition with nurturing and sustenance. Believers in feng shui say that how you design and decorate the kitchen can influence your prosperity and health.

Happy Holidays! Our best wishes for a healthful, joyous, and peaceful new year.

**The Women's Home
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Address Correction Requested