

Spring 2019
Volume 1, Issue 1



Our Mission

Lasting Change Alumni is a membership organization formed to supply positive influences, a strong support system, and encourage each individual to give back to sustain and strengthen their recovery. We are built on a platform of connection and community and want to continue to stay motivated to be successful with life and recovery goals.

Staying involved gives a sense of purpose. We supply the opportunity for successful clients to demonstrate that treatment works, recovery is possible, and serve as mentors to those starting their road to recovery on their journey through Lasting Change. We highly encourage all our clients to participate in the activities we have to offer for continued growth and development in recovery from addiction. For more information visit our website www.thewhouse.org, and click on Lasting Change Alumni.

The Alumni

Welcome!

Those of us at Lasting Change, who have graduated successfully have come together as Alumni Members. This is our first of four quarterly newsletters to present you with happenings at our organization, informative readings, and entertaining incite provided by the woman. All input is appreciated. If you wish to not receive future newsletters, feel free to contact the Alumni Coordinator at cremines@thewhouse.org. Any and all submission are welcome, just email the newsletter committee at alumninewsletterlc@gmail.com.

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Special points of interest

- Wellness Room Transformation
- An Addicts' Point of View
- Life-changing Donations
- The Disease Does not Discriminate
- Effects of Addiction



A Note from the Editors: -Graduates, Catherine W. 11/2018 and Karen W. 8/2018

Karen and I have taken on the role of collecting the information for the newsletter and entering this into a formal newsletter. We are grateful for this role. In active addiction, we lost all abilities, such as something important and informative like this.

Karen arrived here at Lasting Change in December of 2016. After a successful discharge from Shoemaker rehab, she moved here for the stability and all that is offered. After two years of learning the skills necessary, Karen now has a job with Weis Markets, her own apartment with her husband, and is pursuing a goal of completing her education.

Catherine arrived here in October 2017. After a successful stay at Anchor rehab in St. Mary's County and a relapse in 2016, I (Catherine) put all of my effort into finally surrendering. I recognized through the tools given here at Lasting Change, that this had to be it. I found myself again. I also have moved into my own apartment, the first time in over 15 years. I graduated in November of 2018. We both have tremendous respect for this program. Staying involved and helping with the alumni gives us the purpose we need and shows others that recovery does work.

"The benefits of the wellness center would be to reduce stress, create better sleeping habits, improve energy, strengthen immune system and aid in the prevention of relapse for our clients."

Good Recovery Reads

Going Home
Transformation and Healing
Teachings on Love
The Sun My Heart
Present Moment Wonderful Moment
Peace Is Every Step
Old Path White Clouds
The Miracle of Mindfulness
Love in Action
The Long Roads Turn to Joy
The Heart of Understanding
For a Future to Be Possible
Cultivating the Mind of Love
Call Me by My True Name:
The Collected Poems of Thich Nhat Hanh
Breathe! You Are Alive
The Blooming of a Lotus
Being Peace
Fragrant Palm Leaves
Be Still and Know
Going Home

Submitted by Fury G.: Current Resident; Lasting Change

Lasting Change Wellness Center Project: -Kylie Johnson, MS, SHRM-CP, Executive Director

Lasting Change has some very exciting news! We will be transforming one of our current rooms at our Locust Street location into a newly renovated Wellness Center equipped with treadmills, bike, and free weights. Lasting Change is missing a vital piece to better serve our clients and that is having a place for the women to work out to support their choice for a healthier lifestyle. Exercise when combined with other proven forms of addiction treatment, has been shown to produce positive effects in addiction recovery tied to the neurobiological and behavioral consequences of physical activity. The benefits (goals) of the wellness center would be to reduce stress, create better sleeping habits, improve mood, increase energy, strengthen immune system and aid in the prevention of relapse for our clients.

Lasting Change currently provides Yoga class every other week to the clients. This will provide a better space for classes like this and general use to take place on a more consistent basis. The need for this type of space at our facility is extremely important to the continued healthy lifestyle that we promote to our clients.

We are extremely excited for this project to get underway and are very thankful for all the support we have received thus far to accomplish this. Thank you to **Kellgard General Contracting** for donating your services to complete the project. Thank you to the **Sunrise Rotary** and the **Community Foundation** for your grant dollars that will fund a portion of this project. This project is to begin construction in early spring and should be completed by the summer.

executivedirector@thewhouse.org



Alumni members pictured left to right: Melanie Watts, Rachel Reines, Chloe Remines, Diane Wooten, Bridgette Davidson

The Way I See It- A Different Perspective: -Fury G.: Current Resident; Lasting Change

Not long after admitting that our lives had become unmanageable, some of us quickly discover that drug addiction is neither our biggest, nor our only problem. Addictions are symptoms of pain, loss, inability to cope, and all manner of hopelessness derived from deeper maladies of the soul. Vital matters of spirituality are at hand.

I struggle to see how one can achieve sobriety without a clear understanding of one's Creator. Regardless of what label or word or title one gives to this Ultimate Authority and Guiding Light, making a decision to navigate without help through this experience of life; challenged, alone, and without a point of origin, is unwise, irrational and frightening. Wipe all traces of bias, judgement, and opinions, from your mind; begin to form a new outlook from this moment forward....Challenge yourself to genuinely seek a connection with something more positive, more powerful, and more experienced than yourself.

Nature, for example. What characteristic from nature can you identify with? Like a storm; massive, powerful, unstoppable, uncompromising, fearless. Are these not qualities that one may find useful to add to a toolbox for recovery? Don't think too hard, or ruminate too long; just do one simple thing: set a goal to use your feelings to connect with ONE THING—ANYTHING—that has a quality that you lack, can relate to, or want to have in your emotional arsenal. A relationship with a Higher Power cannot be given, it must be sought. You do not have to listen to, nor believe what other people state as facts; the fact is that your emotions are intrinsically designed for you to feel what is right, to feel what is true, and to feel what is not. Too often we feel like we know the answers to our questions. Because we have been infected with the doubt of others, we stop trusting ourselves and eventually lose our identity and no longer value our own input.

This is not about man made religious systems of theory or control; this is about naturally super solutions to supernatural complications. The truth is inside of each of us, and my truth looks different than your truth. Your sense of reality is just as valid as the next person's sense of reality. This is the beauty of our individuality, the magnificence of our race, the challenge of every human being on this planet. We are all connected in Darkness, Love and Light.

A Story of *hope*

Audrie S.
Completed 01/2019

"Before I came to Lasting Change, I officially hit rock bottom. The only thing I was worried about was using and finding ways and means to get high. I didn't care that I was destroying my family. I was so embarrassed to even go around my family. I wouldn't answer my phone and all they wanted to know was if I was okay. I honestly didn't want to live anymore. I would purposefully overdose and try to take my life. Eventually I went to jail, which honestly saved my life.



So, finally they released me to Lasting Change. Lasting Change has saved me from a long dark addiction. I was depressed and unhappy. But being here has taught me that being and staying sober is possible. I've learned how to deal with all my emotions and all the steps to stay clean and sober."

Special Thank You to Our Recent Donors and Grantors!

Food Items:

The Wells House
Art Hicks

Clothing/Toiletries:

Spherion Staffing
Kathy Vesley
Jared Fisher
Casie David
Family Dollar
Horizon Goodwill
Heather and Corey Dayley
Calitha Hill
Victoria Papa
Ashley Zimmerman
Lacey Appiah

Furniture/Appliances:

Heather Guessford
Martin Freeman

Grantors:

- Community Foundation of Washington County
- Soroptimist International of Hagerstown
- Sunrise Rotary- Hagerstown
- The Rotary Club of Hagerstown
- United Way of Washington County
- Washington County Gaming Commission
- Women's Giving Circle

Donation Gratitude: -Brandy Pentz, Direct Care Supervisor

We would like to take the time to thank all of those within our community that help support the clients that we serve. We receive donations of clothing, personal hygiene products, as well as household items that the clients can use during their stay at our facility and even when they are ready to move into their own home. Beyond physical items donated we would like to thank those who volunteer their time to help encourage the ladies to succeed. Many individuals take the time out of their busy schedules to give back to our clients and we can not say thank you enough.

“AS WE EXPRESS OUR GRATITUDE, we must never forget THAT THE HIGHEST APPRECIATION is not to utter words, BUT TO LIVE BY THEM.”

—John F. Kennedy

We Came With Nothing: A Thank You From the Women -Juliette L.: Current Resident; Lasting Change

Lasting Change clients would like to take a minute and show how much gratitude we have for the people in the community for all the donations they have donated to our home. The donations helped so much for the women who have come through here and are still coming in, that have nothing, and have come from nothing. For that, we thank you from the bottom of our hearts.



- Shampoo
- Conditioner
- Body Wash
- Razors
- Towels
- Pillows
- Comforters
- Dressers



Pictured from left to right: Elizabeth L., Bethani W., Juliette L., Brittany N., Arjanaye N., Fury G., Jessica W., Tiffany M.

Addiction Does Not Discriminate: -Breana B.: Current Resident; Lasting Change

Never would I have thought I would one day sit in a room full of people and introduce myself as “Breana, and I am an addict”. My drug use started in high school. I started drinking and smoking pot. I was still an honor roll student, cheerleader, and over achiever. At 17, my world fell apart when my boyfriend committed suicide. I was so depressed and felt so much guilt. I could not deal with the grief. Shortly after he passed, I took my first hit of crack cocaine. This one poor choice led me to years of misery. Although it was an instant relief of the pain I was feeling at the time, it created far worse pain than I could have ever imagined. Overtime, I became jobless, homeless, I lost custody of my children, but most of all I lost my desire to live. I became so hopeless, thinking I would never beat my addiction. I wanted to give up. This was my rock bottom. By the grace of God, I had the desire and courage to call for help. I am grateful for the Lasting Change house, because today I want to live clean. I now have hopes and dreams. By living just for today, making the next right decision not to pick up a drug or a drink, I will always have hope for a better tomorrow. One day at a time, I am putting the pieces of my broken life back together. I have experienced a lasting change within my heart. Today, I love me.



Breana B.: Current Resident; Lasting Change

“I wanted to give up. This was my rock bottom. By the grace of God, I had the desire and courage to call for help. I am grateful for the Lasting Change house, because today I want to live.”

The Effects of the Disease

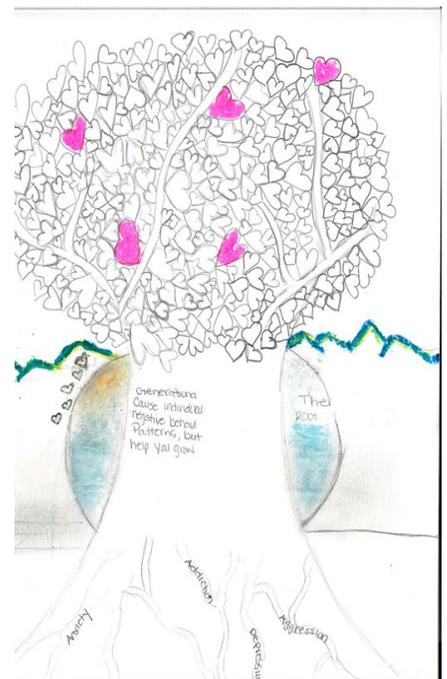
-Dawn G.: Current Resident & Deann McCloud, ADT: Counselor; Lasting Change

When you think about choices, you think freedom. Being able to decide what you like and dislike. When you are healthy, you can make sound choices. When you are in the disease thinking you are not able to make sound choices, an addict will need to have help with their choices because they suffer from the disease of thinking.

Addiction has been analyzed by different people and they try to the best of their ability to come to terms they can best understand. The rhyme and reason as to where and how it starts, is something that people are looking for answers to. When you look at the word “disease”, it almost sounds uncomfortable and it’s something that disrupts your entire life. The ability to feel trapped inside your mind and there is no way to escape other than to seek the next fix. The disease has a person feeling isolated, desperate, and hopeless. Disease affects you spiritually, mentally and emotionally.

Addiction for the addict means that it is a disease that affects every area of their life. The disease affects the ability to make decisions and it affects the view of the outside world. The disease only sees the drug and the way the drug will affect them. Having a negative sense of self and how addicts perceive the world around them can lead to craving the euphoria of active addiction. The feelings of euphoria are a constant state you are trying to chase. The feeling is obsessively and compulsively sought after. The disease has taken control of the addict.

There is a solution that has been proven in lives of many of people struggling with this disease. They formed a place where people who suffer from the disease can go and talk about their feelings and they can find people who have walked through situations like theirs without using. They find a sense of relief from the disease and they can become people who are productive members of society. This is a disease that will require daily maintenance and the ability to be honest. It is necessary in order to treat the disease of addiction.



Submission by Counselor, Jordan Jones MS, ADT; Road to Recovery Exhibit

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