
The Alcoholism Center for Women, Inc.

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Los Angeles, CA 90006
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www.alcoholismcenterforwomen.org

E-Newsletter, Winter 2007



Seasons Greetings

Happy Holidays! Merry Christmas! Happy Chanukah! Happy Kwanzaa! Happy Solstice!
From the Board, Staff, Participants and Residents of The Alcoholism Center for Women



Happy Holidays!

I am Dr. Shereen Beverly, the Chair of ACW's Board of Directors.

I am thrilled to report that after only three months of implementing our capital campaign, ACW has raised \$17,000. This includes donations from the community, as well as 100% participation from the board, and 50% staff participation. Former board members were excited about the response and started giving generously as well.

Our goal is to raise \$50,000 by July 2008.

Please join us in making an investment in ACW, as we assist women in recovery and help them move towards a new life. A gift to ACW is one of the greatest investments you can make in another person.

Your contribution is tax-deductible and essential for us to continue to provide high quality alcohol and drug residential, outpatient and prevention services to over 100 diverse women and girls each month. This fall, state funding was greatly reduced for Proposition 36, which provided funding for drug and alcohol programs in California.

Due to the cuts, ACW lost funding for 2 residential beds, yet we still have the women who need and want our help, services and support. Whether you give to several charities a year, or just one, please consider making ACW one of your giving options during this holiday season.

Sixty dollars (\$60) provides funding for one day of residential substance abuse treatment. Four hundred twenty dollars (\$420) provides a week of residential substance abuse treatment. Eighteen hundred dollars (\$1,800) provides a month of residential substance abuse treatment and \$10,950 provides 6 months of residential substance abuse treatment. We truly appreciate any amount you choose to give.

Best wishes for a wonderful holiday season and happy New Year.

Shereen Beverly

A Client Story...

My name is Terry. I'm from Spokane, Washington.

I found out about ACW through a friend and my sponsor who have both graduated from ACW over 24 years ago and who have both been clean and sober ever since. They knew ACW could help me because ACW helped them.

I have been an alcoholic and a drug addict for most of my life. I can remember drinking at a very early age and even have a picture of myself at 4 years old holding a beer can. At 12 years old, I started using Marijuana and later used cocaine and heroine.

In 1988, I knew drugs had me beat and hopeless. I had to change my life and started my recovery with a residential program in Spokane. I had 10 years of solid sobriety, during which I went to school, obtained my AA and BA degree in social work and then worked at a social service agency, and had a dog grooming business. I was proud of my accomplishments and felt like life was going pretty well. I figured alcohol wasn't really that bad and wouldn't hurt me.



I was wrong. Alcohol was just as fatal. That one drink led me to a life of purgatory, which was no different than what I experienced with drugs. For eight years, alcohol took me in a downward spiral. I lost my dignity, integrity, my family, my business, most of my friends and last, but not least, my spirit was diminished. I blamed everyone and every situation for my problems instead of myself and my alcohol abuse. I couldn't stop. I lost all hope. I was going to AA meetings but I wasn't able to pull out of the despair I put myself in. Fortunately, my sponsor told me to pack my bags and head south to ACW.

I put my hope in ACW and ACW didn't let me down. ACW's supportive environment is responsive to the needs of women and holds us accountable. The program cuts through our "blame game". It isn't easy but it works. My counselor was instrumental in my recovery. She helped me learn that I am somebody; I am worthy of life. I'm proud to say that I'm a graduate from ACW's Residential program as of October 26th, 2007. Upon completion, I returned to Washington, put my affairs in order, and then returned to reside in ACW's sober living component, Serenity House, to start the Out-participant Program.

I am still learning and growing, but know that ACW helped me find what's important: "ME". I realize that I am no longer invisible and want to be visible. I am a courageous enlightened woman, who today knows she deserves the best life has to offer. When ACW was doing painting and gardening projects, I helped teach techniques to a lot of the other women and the staff. When I walk around the grounds, I see the positive impact I have had on the buildings and landscapes and that really warms my heart. I was able to participate and give back something to the place that gave me my life.

I am looking forward to the rest of my journey and am grateful for all that ACW has done.

Thank you for supporting ACW and for supporting my recovery.

Terry

We Keep Getting Better and Better...

On a foggy Saturday in September, twenty "Action Agape Volunteers" from Agape International Spiritual Center, teamed with our staff and residents to paint the interior of our residential facility, the Miracle House.



The Volunteers were tireless: one came ready to provide service, even though it was his birthday, another refused to leave until the hallway was completed, others were so eager to participate that they came prepared with their own paint brushes (they were ready for some serious painting), and everyone had fun as we painted while singing along with the tunes on the radio.

Thanks to Agape, we were able to finish the interior of the Miracle House in record time.

ACW was the recipient of a \$10,000 grant from the City of Los Angeles, Board of Public Works, Office of Community Beautification to create an outdoor childcare program and family visitation area, as well as a retreat area suitable for visiting, individual or group counseling and quiet reflection or meditation.

On October 1st, we celebrated the completion of the project with a ribbon cutting ceremony. Over 100 people attended the event, including Carolyn Weathers (the sister of ACW's founder), and Sharon Lilly, ACW's first board president. (see photo at left)

Board Secretary Pam Snowden gave a moving speech stating that in addition to and as a result of our primary mission ACW repairs lives and restores families.



The Retreat Area and the Outdoor Child Care area before Beautification!



The grant from the Office of Beautification will enhance our ability to restore families. For example, prior to our beautification project, children would come to visit their mothers; however, we could not provide them with a comfortable, relaxed, family friendly environment for them to reconnect. The only option during the visit was for the children had to sit at a table with their mothers. Now children can swing on the swing set, play in the house, run along the yard, and counselors can observe the interactions and help the women with their parenting skills.

The same areas AFTER Beautification!



The recovery community, including ACW participants and staff, contributed many volunteer hours of service which included planting the lawn, painting the fencing, planting flowers, assembling picnic tables, designing and laying the entrance with brick pavers and cobblestones. Also, Agape International Spiritual Center supported us with about 20 volunteers who spent a day working outside gardening in the hot sun. We would like to especially thank: Ruthie W., Aimee F., Susan V., Gladys D., Agape Volunteers, Audrey L., Lorrinda A., Deana G., Ramona N., Terry B., Justin J., Kelly M., Francine R. and all the ACW residents.

How You Can Help...

- ▼ As mentioned earlier... ACW is in the midst of our annual Capital Campaign. Donations will help us assist us in continuing to provide high level recovery and preventative services to women who so desperately need our help. To make a donation, you can go to the ACW website at: www.alcoholismcenterforwomen.org and use the "Donate" button at the upper right corner.
Or, you can mail a donation to us at ACW, 1147 South Alvarado Street, Los Angeles, CA 90006.
And please remember, your donations are Tax Deductible!
For additional questions regarding donations, please call us at: 213-381-8500.
- ▼ Did you know that the ACW residents hold a car wash every Saturday (if it's not raining) in order to raise funds for events or other outings? Stop by some Saturday afternoon for the best car wash in Los Angeles!
- ▼ Ready to roll up your sleeves and make a Sweat Equity Investment? We will be painting the interior of the 1147 Building shortly after the start of the New Year. If you are interested, please e-mail: kellyoperations@acwla.org
- ▼ Much of ACW's infrastructure is in need of an upgrade as well... If you have the ability to assist us in obtaining any of the following items, please contact our Executive Director, Lorette Herman at LHerman@acwla.org
 - Commercial Freezer
 - Living room furniture
 - Food Storage cabinets for the kitchen
 - Blinds for the windows all throughout the residential facility
 - Carpet throughout the facility
 - Outdoor shed to store food (Earthquake/disaster planning)
 - Bedspreads throughout the facility
- ▼ If you can be of any other assistance to ACW, or have any questions, please give us a call at 213-381-8500!



During this Holiday Season,
Our thoughts turn gratefully to those who have made our progress possible.
It is in this spirit that we say "Thank You," and
"We could not have done this without you!"
The following is a partial list of our Supporters from 2007:

Thank you, Thank You, Thank You!

The Ahmanson Foundation

The Ahmanson Foundation gave us \$25,000 grant to upgrade our computers and our website (www.alcoholismcenterforwomen.org). The new computers allow us to communicate with the outside world, including our funders and with agencies that refer clients to us. The website is our opportunity to inform the community of our services, events and opportunities to give and/or volunteer. We are very appreciative of The Ahmanson's grant to us.

Diane Burbie, Former ACW Board Member

Diane raised the bar and challenged the current board members to jumpstart the fundraising campaign. Her Pledge: She would match the current board's donations up to \$5000. Catching her enthusiasm, the board donated much more than \$5,000, and Diane kept her promise. We are grateful for Diane's generosity and support.

The City of Los Angeles Community Development Department (CDD)

The CDD funds ACW's prevention programs, in which we go into the schools and communities in order to teach girls and young women how to avoid using drugs and alcohol, and how to get help if they already started using.

Los Angeles County Alcohol and Drug Administration Program (ADAP)

ADAP provides funding for Out-Participant and Residential Services at ACW.

The Los Angeles Women's Christian Missionary Group

The LA Women's Christian Missionary Group donated funds for our on-site childcare program, which will enable us to refurbish the room, and buy furniture. We look forward to painting the room in early 2008.

The Marisla Foundation

We were awarded a \$20,000 grant from the Marisla Foundation to hire a finance specialist to assist us in running the organization more effectively, especially in the areas of collecting revenue and paying bills.

Phillips Temple Christian Methodist Episcopal Church

The Phillips community donated 60 turkeys and 60 bags chock full of all the fixings for our residential and out-participant women to have a bountiful Thanksgiving. The women were so excited, and grateful.

Playas Las Tunas

Playas Las Tunas Salvadorian Restaurant (located on the corner of 12th and Alvarado) donated 60 bags of lotions, soaps, and powders for Christmas gifts for our residents and participants for the holidays.

Winston and Strawn Law Firm

Winston and Strawn have been providing pro bono legal advice to ACW for more than a year through **Emilie Woodhead**, and her supervising attorney, **Jessie Kohler**. Winston & Strawn, LLP is an international law firm started 150 years ago with 900 attorneys among nine offices in Chicago, Geneva, London, Los Angeles, Moscow, New York, Paris, San Francisco, and Washington, D.C. Winston & Strawn has built its reputation on the quality and character of its lawyers, past and present, many of whom are recognized leaders in the American legal community. We are grateful for the invaluable counsel Emilie and Jessie have provided us.

Thank you for taking a few moments to read ACW's Winter e-newsletter!
For more information about ACW, our activities, volunteer opportunities,
and ways you can donate to ACW, check out our website at
www.alcoholismcenterforwomen.org.

If you would like to be removed from our email list, just reply to this email with "remove" in the subject header.

