



## Fourteen Women Celebrate their Graduation

On September 26, 2020, fourteen women graduated from the Friends of Guest House program. At a small and intimate ceremony, each graduate received a certificate and gift card from Guest House, a pair of pearl earrings from the Kiwanis Club of Alexandria, and a handmade blanket from the congregation of Good Shepherd Lutheran Church.

A pair of pearl earrings is given annually to each Guest House graduate by the Kiwanis Club of Alexandria and Mary Ehler, who owns *The Nugget Jewelers* in Old Town. A message delivered on Mary's behalf about the pearls read, "these pearls are started by an irritant that makes its way inside an oyster or mussel, but layers and layers of nacre are formed around the irritant to create something beautiful." A touching tribute to each woman who has worked so

hard, and thanks to supporters like you, has created a beautiful life for herself.

Terry Garrett, a 2007 graduate, delivered the alumna message. Terry said, "as a fellow woman in recovery I know how hard each of you had to work to get here. But you kept making progress, taking one step forward at a time, baby steps, crawling sometimes, but you made it here. I'm so proud of you and the great things you will accomplish."

Kari Galloway, Executive Director, closed out the ceremony by saying, "It's hard, it's really hard to change who you are, and who you've been to become the person you know that you could be." She reminded the women that even though they are graduates, Guest House is always there for them, "there are so many people here that love you and care about you and want the best for you."

## Save the date — GivingTuesday

Save the Date! Tuesday, December 1, 2020 is GivingTuesday. Shannon and Steve Rozner, who serve on our board, have generously offered to match all donations made on GivingTuesday up to \$10,000. That means every dollar you give is TWO dollars for Friends of Guest House.

GivingTuesday is a global day of giving celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday.

Mark your calendar to donate to  
Friends of Guest House on  
December 1!



GIVINGTUESDAY

## Congratulations 2020 graduates!



The 2020 graduates who were able to attend the September 26 ceremony. From top to bottom, left to right: Erika, Chasidy, Laura, Kelly, McKenzie, Liz, Joanna, Tonya and Sarah. Not pictured: Maya, Melissa, Saroyal, Bridget, Angela.



Tonya, Laura, Erika and McKenzie enjoying their graduation ceremony.



Chasidy celebrates her graduation with family and her mentor, Denise.



Claude Mayo, representing the Kiwanis Club of Alexandria, presents a pair of pearl earrings to Sarah.



Tonya, a 2020 graduate, celebrates her accomplishment.

# Meet Liz, a 2020 Guest House Graduate

Elizabeth (Liz) Royal participated in the Friends of Guest House Residential program from August 2019 to February 2020. During that time, she attended addiction treatment meetings, worked closely with her Case Manager and participated in the Workforce and Life Development Program. Although she found benefit from everything, one class in particular was pivotal in changing her life.

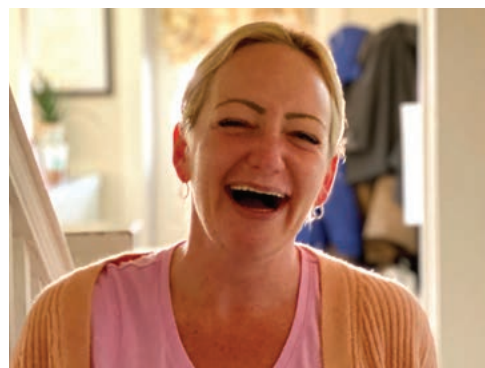
Liz felt an immediate connection to Julie Murphy, a volunteer facilitator in Guest House's parenting class, **Parenting Inside Out**, not only as an instructor with helpful knowledge and insights, but as a mother. "She told us stories of her own experiences and struggles with her kids. It made me feel less alone, and less pressure to be perfect," remarked Liz. The class emphasizes listening skills, good communication and explains each of the developmental stages that a child experiences. Through role playing and intensive exercises, Julie gives mothers at Guest House the tools to build trust and create lasting, positive bonds with their children.

Liz has a nine-year-old son. Due to her struggles with addiction and subsequent arrests, Liz has not had custody of her son for seven years.

During this time, he has been in the care of her Aunt. Liz credits Guest House and this course for their new relationship. Liz shared, "I actually see my son unsupervised now! My Aunt trusts me and has forgiven me, and I credit this program and this class."

Liz's past has placed her in many jails, prisons, and addiction treatment programs. She says without equivocation that becoming a part of the Friends of Guest House program was the turning point that changed everything. "The staff is amazing. They go beyond the call of duty and do so much more than their job. They will be my family forever."

Liz's life is headed in a new direction. She just graduated from Friends of Guest House, works as a front desk associate for a second-chance employer, Hampton Inn, and is cherishing the positive relationships she is forging with family and new friends. "I owe Guest House my life," she professes. "When my mind says, 'You can't do this.' It's the people in my life, that say, 'But you can - and you will!' It is their voices that keep my life moving forward." Liz's transformation is a testament and a reminder to us all of the profound power of support.



Liz at the Guest House Gratitude Breakfast, held annually on Thanksgiving morning, in 2019.



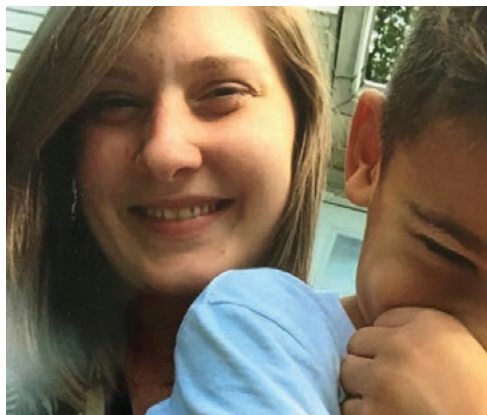
Liz celebrates her graduation in September with her fiancé and son, Grayson.

## New Parenting Class Launches at Guest House

Thanks to the Kiwanis Club of Alexandria and supporters like you, Friends of Guest House launched a new parenting class, **Parenting Inside Out**. About two-thirds of Guest House clients are mothers, with an average of two children each.

Guest House clients often struggle with family reunification upon their release from incarceration. Yet, reunification with their children is one of the most important factors in successful reentry to the community for women returning from incarceration.

Guest House clients enrolled in **Parenting Inside Out** learn communication skills, problem-solving, emotion regulation, non-violent discipline techniques, positive reinforcement and



Guest House alumna, Laura, on a visit with her son while she was in the Residential program.

monitoring; as well as child development (limited) and using structure, routine, rules, rewards and consequences for child guidance.

So far, 15 women have participated in the **Parenting Inside Out** program. With your continued support, we expect many more women to learn the skills and tools they need to successfully reunite with their children.



McKenzie, a 2020 Guest House graduate, celebrates her graduation day with her daughter.



# Thank You, Elaine, for Five Years of Dedicated Service

Elaine Morley learned about Friends of Guest House from her friend, Jessica Tava, another long-time Guest House supporter and current board member. Jessica invited Elaine to an event in her home to benefit Friends of Guest House. Elaine said, "I heard Kari Galloway [Executive Director] speak at a holiday event at Jess's house. Jess asked friends to bring winter sleepwear for the women at Guest House and had Kari over to speak about the mission of the organization."

Two years ago, after more than 30 years at the Urban Institute, Elaine retired from her position as a Senior Research Associate working in the field of program performance measurement. As her career started to wind down, Elaine began to volunteer with Friends of Guest House. Now fully retired, Elaine volunteers at Guest House twice per week.

She manages all of the incoming in-kind donations and ensures they are neat and well organized for Friends of Guest House clients to access what they need when they need it.

"The changes the women at Guest House face are so challenging and there is so much that they need when they arrive at Guest House, it's rewarding to me to make sure items are available for them and to ensure they have what they need," said Elaine. "The work Guest House is doing is important, and seems more important all the time. It appears there isn't enough being done to support women who are reentering the community and I'm glad to help an

organization with that mission."

When not volunteering at Guest House, and when the circumstances of the world permit, Elaine enjoys the performing arts and attends the theater, dance performances, and concerts. She also enjoys frequenting art museums in Washington, D.C. and looks forward to travelling again soon.

Thank you, Elaine, for keeping us organized and ensuring our clients have what they need!



Thanks to Elaine for her five years of volunteer service. She keeps our donations organized so our clients have what they need when they need it.

# Announcing: The Betty McConkey Legacy Society

The Betty McConkey Legacy Society has been established to honor the founder of Guest House and to recognize our donors who have made bequests to Guest House in their estate plans.

Friends of Guest House was founded in 1974 by Betty McConkey, a Federal parolee who, upon her release from prison, returned to Alexandria where, thanks to a strong family support system and access to resources such as housing and healthcare, she was able to resume her life with much success. However, before her release, she'd

witnessed that many of her fellow parolees did not have the same access and support. "My people stood beside me, but so many women have no one to turn to" (Alexandria Gazette, 1974). She recognized the insufficiency of services for ex-offenders, like herself, and decided to act.

"I have a real concern to help those who have been in prison. So many of them are repeaters because no one cared," said Ms. McConkey to the Alexandria Gazette. No one cared to help women who, when released, "have less than \$50 to their names, few clothes, no jobs, and often no families to turn to."

Ms. McConkey rented the house we still reside in today, which was later purchased by the organization in 1981. She said, "Here's a place for you. I'll help you get a job. Don't do anything wrong and we'll make it together" (Alexandria, Gazette, 1974).

We are so grateful Betty McConkey cared enough to create a place for women to be established and rebuild their lives. Thanks to supporters like you, and because of her willingness to help and her belief in second chances, we have helped more than 4,000 women find their true potential and successfully re-enter the community.

## BETTY McCONKEY LEGACY SOCIETY MEMBERS

- James and Susan Cavanaugh
- Jeanne Chambers
- Pat Collins
- Neil Gillespie
- Lynne Kennedy and Joan Darrah
- Peter and Pilar Lunt
- Carol Siegel
- Jess Tava
- Marian Van Landingham
- McGemis Williams and Warren Oliveri, Jr.

Friends of Guest House has made every effort to recognize and include every supporter who has indicated they have included Guest House in their estate plans. If an error or omission has been made, we apologize. Please contact our Director of Development, Marisa Tordella, at [marisa@friendsofguesthouse.org](mailto:marisa@friendsofguesthouse.org).

Interested in adding Friends of Guest House to your estate plans? All it takes is a quick phone call to your lawyer to add a charitable designation to your will (if you include Friends of Guest House in your plans, please use our legal name, Friends of Guest House, and Federal Tax ID: 51-0201327).



Betty McConkey and the Guest House featured in a 1974 Alexandria Gazette article after McConkey founded Guest House in Alexandria, Virginia.

# Big News to Share! View Our Annual Report Online

Friends, our Fiscal Year 2020 Annual Report is available online for you to view. Our Annual Report gives us a chance to formally thank you, our supporters, and keep you informed as to what you accomplish through your contributions.

Thanks to you, in Fiscal Year 2020 (July 1, 2019 – June 30, 2020) we proudly served more than 300 women who committed themselves to changing their lives. Learn more about what they were able to accomplish here: [bit.ly/fogh2020](https://bit.ly/fogh2020)

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View our Annual Report to learn what you accomplish at Guest House through your contributions.  
View here: [bit.ly/fogh2020](https://bit.ly/fogh2020)

## WAYS TO GIVE

*If you believe in second chances, help us end the systematic cycle of incarceration—one woman, one family at a time. Your donation to Friends of Guest House is an investment in the tailored programs, proven approaches, and trained staff who motivate and encourage our clients.*

*Large or small, your donations to Friends of Guest House deepen meaningful change in our local communities. Our donors are committed to transformative community change by supporting our core belief: Every woman who has been incarcerated deserves the tools, education, and the chance to become who they want to be.*



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#### **DONATE BY MAIL.**

Return the enclosed remittance envelope with your check



#### **DONATE ONLINE.**

[bit.ly/foghdonate](https://bit.ly/foghdonate)

#### **BECOME A MONTHLY DONOR.**

Monthly donors ensure every client receives the tools, education, and second chance she deserves. Use this link [bit.ly/foghdonate](https://bit.ly/foghdonate) and select “Make this a monthly donation.”



#### **WORKPLACE GIVING.**

Through workplace giving, you can designate a portion of your paycheck to Friends of Guest House instead of writing a check. Friends of Guest House is a member of both the United Way and Combined Federal Campaign (CFC). UW#8583/CFC#69155. You may be able to double or even triple your gift to Friends of Guest House through your employer’s Matching Gifts Program. Submit a Matching Gift Request to your employer’s HR or Benefits Department.



#### **STOCK AND IRA.**

Friends of Guest House welcomes gifts in the form of stock, mutual funds and IRA Qualified Charitable Distribution. To make a stock/IRA Qualified Charitable Distribution gift, notify your broker/financial advisor of your intention and Marisa Tordella at [marisa@friendsofguesthouse.org](mailto:marisa@friendsofguesthouse.org) or 703-549-8072.



#### **BEQUESTS BY WILL.**

Many people choose to leave a legacy gift to Friends of Guest House so they can support second chances for women committed to change with the legacy they leave behind. All it takes is a quick phone call to your lawyer to add Friends of Guest House as a charitable designation in your will. If you include Friends of Guest House in your plans, please use our legal name, Friends of Guest House, Inc. and Federal Tax ID: 51-0201327.