



Friends of
GUEST HOUSE

AUTUMN 2021 NEWSLETTER

Twelve Women Celebrate their Graduation

On October 3, 2021, twelve women graduated from the Friends of Guest House program. At a small ceremony, each graduate received a certificate 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 Ehlers, who owns The Nugget Jewelers. “Pearls represent wisdom,” said Mary. “And you wouldn’t be here graduating from Guest House unless you made a lot of wise choices the past year.” Mary also described how a pearl is made—an irritant entering an oyster, mussel or clam. “And those irritants all turned into something beautiful, just like you,” said Mary.

Elizabeth Barker, one of this year’s graduates, spoke on behalf of the 2021 graduating class. “There have been a couple

times where I’ve fallen down, but Guest House has always been there to help pick me back up,” said Elizabeth. “Now, my parents are proud of me. They haven’t been proud of me in years, but they’re proud of me now. And now I’m able to be there to support my kids and my family; I haven’t been able to do that in a really long time, and it feels amazing,” said Elizabeth.

The keynote speaker was Monique Ricks, a 2007 Guest House Graduate. Today, Monique is the Program Coordinator for Virginia CARES, a reentry program in Newport News, and just recently became a notary public. She encouraged each of the graduates to practice patience. “Once you leave the Guest House, that’s when the real challenges start,” said Monique. “You have to find a way to handle the challenges, and that takes patience,” she said. “Not everyone is supposed to go where you’re going, but if you’re patient, it will be worth it. I promise you; it will be worth it.”

Save the date — GivingTuesday

Save the Date! Tuesday, November 30, 2021, is GivingTuesday. Abby Levine, Deborah Minor, Tim Ross, and Jess Tava, who serve on our board, have generously offered to match all donations made on GivingTuesday up to \$6,600. 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
November 30!

GIVING
TUESDAY

Congratulations 2021 graduates!

Carrie celebrates her graduation with her family.



Elizabeth Barker, who delivered this year’s graduate message, gets her Guest House Graduation Certificate from Kendra Taylor, Director of Programs, and Shauna Creek, Aftercare and Outreach Case Manager.



Georgia gets a hug and some words of encouragement from Kari Galloway, Executive Director.



Monique Ricks, a 2007 Guest House Graduate delivers the keynote address at this year’s graduation.

Meet Rhonda, a 2017 Graduate

Rhonda Jackson describes going to Friends of Guest House as, “one of the best decisions I ever could have made.” Rhonda said, “Before Guest House, my life was unmanageable.” She had goals and a vision for her future, but her drug use continued to hold her back. Rhonda found herself trapped in a cycle of sobriety and relapse. “I was 50 when I got my third DUI in 5 years. I lost my home, my job, and I almost permanently lost custody of my youngest son,” said Rhonda. Her attorney presented her with the opportunity to go to Friends of Guest House, and she saw it as her chance to break the vicious cycle of addiction she spent years ensnared in and to enjoy the rest of her life.

When she arrived at Guest House, Rhonda brought with her a list of goals she intended to accomplish, including finding a job and regaining custody of her son. “As soon as I got to Guest House, my case manager and the other staff were there to encourage me. My case manager looked

at my list of goals, and we made a plan to tackle them one-by-one,” said Rhonda. “After I got a job, that one single accomplishment, it changed my entire perspective. My goals were no longer abstract or out of reach. And I knew that now I was capable of achieving every last one of them, and that’s exactly what I set out to do.”

“Guest House gave me a sense of hope and determination,” said Rhonda. Because of her hard work and dedication, and your belief in women like Rhonda, Rhonda found a safe place to live, she regained custody of her son, and in 2020, she launched her own flavored lemonade business. Since she graduated Guest House, Rhonda has spent her time travelling, with her family, and growing her business. Rhonda is committed to living a life full of purpose now that she has been given a second chance, a fresh start—thanks to supporters like you! This year, she looks forward to more travel, transforming her business, and purchasing her own home.



Rhonda, who graduated from Guest House in 2017, describes Guest House as, “one of the best decisions I ever could have made.”



In addition to her full-time job, Rhonda also owns her own business, I Got Your Flavor; Fresh Squeezed Flavored Lemonade, that creates and serves flavored lemonades at events.

Friends of Guest House Celebrates Recovery Month

In the month of September, National Recovery Month, Friends of Guest House celebrated Recovery with our clients. On Sunday September 26, 2021, we hosted a barbeque at our Aftercare residence and on Thursday, September 30, 2021, we hosted a “Family Feud” game night for Residential clients. Almost 100% of Guest House clients identify as having a drug or alcohol dependence, a disease for which there is no cure. Their only chance to live a healthy life is through Recovery.

At the Aftercare barbeque, clients and alumnae

came for food, fellowship and to celebrate gains they’ve made in their Recovery.

The “Family Feud” game night included a Recovery-inspired art activity, a game “Family Feud” between clients, and celebration of Recovery milestones. The event was live streamed via Zoom for clients’ friends, families, and support groups to participate remotely.

Thanks to you, many of our clients are offered their first real chance to pursue lasting, long-term Recovery from their drug or alcohol dependence.



Residential clients celebrate National Recovery Month with Recovery-inspired artwork.



Amalia, like all Residential clients, receives a certificate acknowledging her sobriety milestone, the book *This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life*, and a jar full of messages of hope and encouragement from her family and Guest House staff. Amalia said, “Not everyone understands how important this is. But [recovery] is really important to me. I wouldn’t be here without it.”



Aftercare clients and alumnae, joined by Guest House staff, celebrate National Recovery Month with food, fellowship, and acknowledgment of the gains they’ve made in their Recovery.



Trish greets via webcam her family who’ve joined the live stream of the Recovery Celebration.

Jennifer Uses her Expertise to Help Treat Addiction at Guest House

In our Workforce and Life Development Program (WLD) our clients have the opportunity to learn valuable life skills and prepare to reenter the workforce. The program would not be possible without the wonderful volunteers who donate their time and expertise to teach classes, ranging from Art Therapy to Financial Empowerment.

Jennifer Jacobs, L.Ac, teaches the Acupuncture class. Jennifer first learned of Friends of Guest House through some personal connections. As she learned more about the mission and women we serve, she knew she wanted to get involved. "Volunteering at Guest House has given me the chance to repay the kindness I have been shown in my lifetime," said Jennifer. And she gets to put her professional skills to work. "My favorite part of volunteering at Guest House is interacting with the women and hearing their stories. They are so strong, and they have endured and gone through so much. It's inspiring to be around them," said Jennifer. There is a mutual sharing of knowledge and power, and Jennifer feels like she ultimately gains more than she gives.

Jennifer chose to focus her class on the National Acupuncture Detoxification Association

(NADA) protocol. The NADA protocol has been incorporated into many substance use rehabilitation, Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) programs; and, has even been used in some prisons. This protocol is especially beneficial to help our clients to cope with the symptoms they experience because of their substance use disorders.

The NADA protocol is administered in the ear and focuses on five major points: one point supports the parasympathetic and sympathetic nervous system, one point supports the heart, not only as an organ but the ways in which you have heart in what you do, and the last three points support the liver,

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- ① Point one supports the parasympathetic and sympathetic nervous system.
- ② Point 2 supports the heart, not only as an organ but the ways in which you have heart in what you do.
- ③-5 Points 3-5 support the liver, kidney, and lungs.

This specific type of acupuncture serves as a full-body reset and detoxes the body of anything that does not serve you, whether that be cravings, emotions, or pathogens, settles anxiety and depression, and resets the parasympathetic and sympathetic nervous systems to move you out of "fight or flight" mode.

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Jennifer encourages everyone to give back any way that they can. "An ideal Guest House volunteer has compassion, no judgement, and the ability to see people for exactly what they are: beautiful humans just trying to figure it out," said Jennifer. Everybody has something to offer. "People don't realize the ways in which they are authorities on things that could be helpful to other people." No matter how mundane a life skill may seem, others may be able



Jennifer Jacobs, L.Ac, of Jennifer Jacobs Acupuncture, LLC volunteers to teach an Acupuncture class as part of our Workforce and Life Development Program. The acupuncture protocol she uses in her classes helps our clients cope with the symptoms they experience because of their substance use disorders



Jennifer administers acupuncture to Guest House client Catrina in her weekly Acupuncture class.

to benefit from what you know. We are so grateful to our volunteers, like Jennifer, our donors, and staff who make the WLD program possible and give our women the chance to grow and learn.

Friends of Guest House Receives a \$25,000 Grant from Truist Foundation

Friends of Guest House received a \$25,000 grant from the Truist Foundation to expand our Aftercare program, including providing Peer Recovery Services to Aftercare clients.

With support from the Truist Foundation, Friends of Guest House will serve an additional 20 women per year in the Aftercare program. And will introduce a new staff position—a peer recovery specialist.

A peer recovery specialist is someone who has

the lived experience of recovery from a mental health condition, substance use disorder, or both. Peer specialists deliver non-clinical support and health/social system navigation, offering a level of acceptance and validation to those experiencing similar challenges which often other professionals cannot. A 10-year study from SAMSHA found that individuals who receive peer support services alongside traditional case management and therapeutic services

"experience significant increases in well-being and empowerment, as well as moderate clinical reductions in symptoms and hospitalizations."

Thanks to the Truist Foundation and supporters like you for providing our clients with the support they need to successfully reenter the community!

Big News to Share! View Our Annual Report Online

Friends, our Fiscal Year 2021 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.

In Fiscal Year 2021 (July 1, 2020 – June 30, 2021) we proudly served more than 150 women who committed themselves to changing their lives. Learn more about what they were able to accomplish here: <https://bit.ly/fogh2021>.



View our Annual Report to learn what you accomplish at Guest House through your contributions. View here: <https://bit.ly/fogh2021>.

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.



DONATE BY MAIL.

Return the enclosed remittance envelope with your check



DONATE ONLINE.

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 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 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.



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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.

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
- McGennis 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.

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, Inc. and Federal Tax ID: 51-0201327).