



GEORGIA'S FRIENDS

HOPE HEALS

NEWSLETTER VOL. 5 • SEPTEMBER, 2022

Dear Friends,

Overcoming addiction involves more than just giving up alcohol and drugs. A woman has to replace her “user identity” with a new “recovery identity.” This can take a long time. Addicts and alcoholics carry a heavy burden of guilt and shame. The shame starts to heal as a woman is accepted by her sisters at Georgia’s House. She is nurtured as she becomes rooted in 12 Step support groups. A watchword of AA and NA is “Let other people love you until you can love yourself.” Put another way that means “...until you can see yourself as a person worthy of respect.”



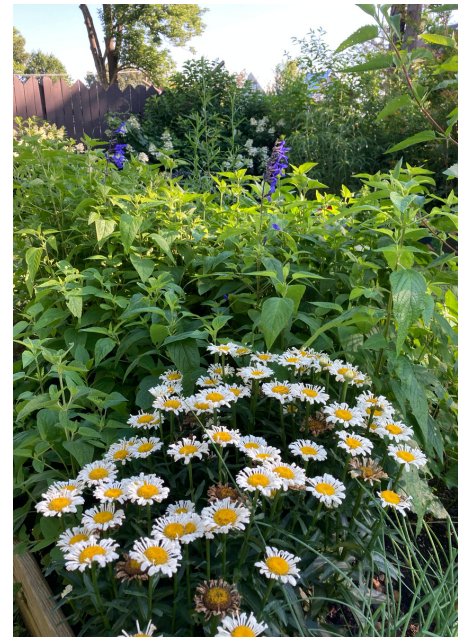
Page Gilliam

People like you – people in the greater community – can help a recovering woman begin to change her self-image. When you go with her to buy groceries, when your church group visits, or when you just spend time with her, she feels respected. When you talk and laugh with her like you would with your neighbor, she sees herself reflected in your eyes and feels like she belongs. Those moments add up. They help prevent relapse and make life worth staying sober for. Thank you for helping the residents of Georgia’s House build new images of themselves.

In hope and healing,

Page

Page Gilliam,
President



Be an Angel for a Women in Recovery

Do you have a flexible schedule? Would you like to help a woman in recovery make a new start in life? Watch for updates from Georgia’s Friends to learn how you can help a woman at Georgia’s House by becoming an Angel Program volunteer!

Welcome: Ashley Fowler, Manager of Operations

Ashley manages a multitude of administrative functions from donor record management to guiding and managing our volunteer program to overseeing facilities and ground maintenance.

Prior to coming to Georgia’s Friends, Ashley was the Administrative Director for an oral and maxillofacial surgery practice in Charleston, South Carolina and has worked in healthcare for the past decade.



Ashley Fowler

The Joy Project

When new applicants are interviewing for a place at Georgia's Friends, we always ask, "What do you do for fun?" and almost nobody has an answer. For most, fun has been drinking and using and there's been no time, money, or desire for anything else.

The goal of the Joy Project is to fill that void by providing activities that create a holistic sense of joy and satisfaction from healthy activities like hiking, cooking, gardening, creating art, and participating in an equine focused recovery.

Goat Cuddling!

On a beautiful spring morning, residents were invited to a farm in Albemarle County to cuddle new baby goats as part of the Joy Project. It was a first for residents and babies, but the joy was mutual. Many thanks to our newest Board member, Laura Farrell, for hosting a wonderful outing!

Equine-Focused Recovery



Cuddling goats brings smiles to our residents.



We are grateful to have had Joy Project contributions directed at funding equine-focused therapy for residents of Georgia's House.

The program benefits both the residents and the horses as together they develop strong connections, build confidence and hold space for each other to work through anxiety and fear.

At left, a resident and Dulci take a mindful walk during a recent recovery session at Gallywinter Farm in Afton.

Winter Pilates Puts a Spring in their Step

To brush away the winter cobwebs, the residents of Georgia's House were treated to a private afternoon of pilates thanks to Robin Truxel of Tru Pilates. A new experience for everyone, the women stretched and learned the basics of pilates on the reformer. Springs and pulleys, foot bars and headrests, the lesson released tension and got everyone aligned. The joy of camaraderie, bonding together to learn something new, and the subsequent laughter made for a memorable experience. Our sincere thanks to Robin for easing the Sunday afternoon winter doldrums.

Out for Breakfast on Sunday



Sam's Kitchen was a treat for Sunday breakfast!

News from the Board

Georgia's Friends Board has been busy this year participating in Joy Projects and working on committees with community members and our residents.

It is sad news that we are saying goodbye to our Treasurer, Gerri Carr, at our Annual Meeting in September. Here are her thoughts about this transition. "Working with Georgia's Friends for the last six years has been such a rewarding experience! It has been a pleasure working with fellow Board members as well as the residents. Their success stories are truly inspiring. I really look forward to seeing Georgia's Friends grow and flourish in the future. I'm not going far as I will be volunteering with Georgia's Friends." There is so much to thank Gerri for, from budgets to audits to grant applications, while also working full time. She kindly stayed on for another year to help the Finance Committee get organized. We will be voting on a new Treasurer at our Annual Meeting. We are also sorry to say goodbye to Val Newcomb. Val has been invaluable in designing our new website and in the production of all of our marketing and communications materials. She has been involved in many activities with the residents including teaching them how to make pasta! It is hard to give Val up to the 9 to 5 world.

We are glad to welcome a new Board member, Albe LaFave. Albe comes to us with forty-plus years of service in the criminal justice system. We are looking forward to learning from him how best to serve our residents involved in the many aspects of this system. When asked about his interest in working with Georgia's Friends, Albe says: "One of the things I have found very significant is the number of individuals who have experienced past traumas of varying types and degrees. So often these traumas contribute to patterns of addiction, substance abuse, and other self-defeating behaviors."



Albe LaFave

We are also pleased to welcome to the Board Laura Farrell. During her many years of service on nonprofit boards, Laura has developed a strong belief in collaborative leadership and communication. "We can make a difference when we both listen to others' needs and offer our skills to facilitate them. I envision for the women of Georgia's Friends the time, space, education, and experiences to reimagine a future of freedom and dignity and to empower them as part of a sound community."



Laura Farrell

For more information about the entire Board, go to Georgia's Friends.org/leadership.

Moving Moments at Georgia's House



On an August evening, members of the Belmont Baptist Church arrived bearing tables, tablecloths, a grill, lots of picnic food, good cheer and laughter.



Resident's reunion with her son at Georgia's House after 8 months of sobriety.



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With Gratitude . . .

- Alan & Barbara Jenkins for funding major tree work and helping ensure the safety of our parking area and Cottage.
- Barbara Lowery & Cheryl Weston of Belmont Baptist Church for organizing the 2022 Summer Barbecue.
- Charlottesville Community Bikes: for their voucher program that made it possible to get our bikes up to speed for the residents to use! www.charlottesvillecommunitybikes.org.
- Gail Todter and Galleywinter Farm for equine-focused recovery sessions.
- Gregory MacDonald and the Twentieth Century Merchants Fund for funding the storm window replacement.
- Kimberly Popovsky for trauma-informed yoga sessions.
- Matt Nauman of Magnolia Design Group for his generous contributions to the extensive renovations of Georgia's Cottage.
- Monica Cates-Rosko, LPC for leading healing group workshops throughout the year.
- Portico Church and MVMNT Church for Sunday dinners.
- Robin Truxel DeRose and Tru Pilates for the Joy Sunday Pilates session.
- Val Newcomb for the hours and artistic gifts given to designing our website and this and other publications.
- Andrew & Stella Jenkins and "The Cherry Tree" Airbnb for parking help during tree work.
- Dominion Energy for removing the large ash tree on our property at no cost, and to Roger Baber of Arbor Life Tree Care for coordinating the project.

A HEARTFELT THANK YOU TO ALL OF OUR GENEROUS PARTNERS WHO HAVE MADE IT POSSIBLE FOR US TO CONTINUE TO SUPPORT WOMEN IN RECOVERY IN 2022!

Winter Warmth

The residents' bedrooms will be getting an upgrade this fall in the form of new storm windows thanks to a grant from the Twentieth Century Merchants Fund. Because Georgia's House is a Victorian home, built in the 1890's, the new storm windows will have to be custom-made. We are partnering with a firm that specializes in refurbishing historic homes for the project. Replacing them will enable us to provide a more comfortable and secure environment for the women who live in the residence, better manage heating and cooling costs, reduce our carbon footprint, and preserve the existing historic windows.

Is it Georgia's Friends or Georgia's House?

It's both! Georgia's Friends is the nonprofit's business name and Georgia's House is the name of the residents' home. Visit our website www.georgiasfriends.org to learn about the history of our name.

PLEASE READ OUR 2021 ANNUAL REPORT ON OUR WEBSITE!

GeorgiasFriends.org

Volunteer Profile: Monica Cates-Rosco, LPC



One of Charlottesville's leading therapists in treating trauma, Monica Cates-Rosco is guiding the residents of Georgia's Friends through a series of structured workshops focusing on families of origin, culture, and long-held thoughts and beliefs. She works on how these forces shape who we are and often hold us in unhealthy ways of being in the world. The workshops demonstrate ways in which people can become aware of these unhealthy patterns and learn to live in ways in which they can become free to be their "truest selves."

Monica came to counseling as a second career. She has an MS in Pastoral Clinical Counseling from Loyola in Baltimore, and trained with Brene Brown, PhD., LSW. Her first profession was Architecture. She likes to say that she's still facilitating interior design, but now within the context of the human condition instead of bricks and mortar. Monica has worked in the field of addiction in inpatient, outpatient, and IOP settings, primarily with women, adolescents, and families. The Board and staff greatly appreciate that our residents have the opportunity to do this healing work with Monica!

First Presbyterian Church and Georgia's Friends: Mission Partners

Georgia's Friends is thrilled to be one of several local nonprofits chosen to be a 2022 Mission Partner with First Presbyterian Church. This designation comes with a generous financial donation as well as an offer for volunteer assistance during the year. First Presbyterian has been a strong supporter of Georgia's Friends since our early days. Thank you, First Presbyterian, for supporting women in recovery. We look forward to partnering with you in the coming year!

Fond Farewells

We said goodbye to our former Manager of Operations, Celeste Goodman, who moved to Philadelphia to be closer to family.

And yet another farewell to our former Program Director, Laura Pettit. Laura stepped down from the Board of Directors in 2019 to take a position as Director of Programs at Georgia's Friends, a position she held until this year. Thank you, Laura, for your dedication to the residents and alumnae of Georgia's House. We wish you the very best on your next adventure.



Board of Directors

Executive Team

Page Gilliam,
President

Charlotte Chapman, LPC,
Vice President

To Be Named
Treasurer

Elaine Oakey,
Secretary

Karen Turner,
Past President

Dorothy Tompkins, MD,
Founder & Past President

Board Members

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Joanne Blakemore

Diane Brownlee

Laura Farrell

Ted Hogshire

Albe LaFavre

Annie Sartori

Tim Sims

Lanie Veckman

Staff

Denise McFadden,
Executive Director

Ashley Fowler
Manager of Operations



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Georgia's Cottage Work Nears Completion



Thanks to a 2021 grant from the Perry Foundation, generously matched by First Presbyterian Church and Georgia's Friends Board members, much-needed renovations on Georgia's Cottage are all but finished. The Cottage has a new roof, repaired stucco, a beautiful new paint job and posts for the front porch. Grateful thanks to Matt Nauman, of Magnolia Design, who has seen the project through with patience and generosity. We could never have accomplished the renovation of the Cottage and gardens without the vision and the gifts of Karen Turner, our Board member, whose time and devotion to Georgia's Friends made the transformation of the Cottage and the Gardens possible.

