



Coffee Cup

SUMMER 2019



A VALLEY HOPE PUBLICATION

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Farewell to Pat George



CoffeeCup Newsletter is published quarterly by Valley Hope. If you would like to submit an article or offer a suggestion/comment, please:

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On May 31, the Valley Hope Family said goodbye to Pat George.

Pat served the past four years as Valley Hope President and CEO. His involvement with the organization goes far beyond his service as CEO.

Pat is also a Valley Hope alumnus in recovery who served on the Valley Hope Board of Directors for 14 years.

Thank you, Pat, for your dedicated service to Valley Hope. You will be missed!

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Get the latest alumni and event info, plus receive Renewal Day reminders, connect with recovery resources, read the Coffee Cup online and more!

www.valleyhope.org

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Defining Health in Recovery

By Patrick Hall

Executive Vice President, Valley Hope



As a father of two teenagers, my wife and I have been spending more time thinking about the sobering reality of seeing our children leave home. It is sobering because we recognize that the energy and vibrancy that they bring to our house will, in many respects, leave with them. It is also sobering because we wonder if we have adequately prepared them to live and function independently once they leave. Like all parents, we want our children to be “happy and healthy.” Understanding what it means to be “happy” is pretty straightforward, but what it means to be “healthy” is less clear.

If I were to ask someone “How is your health?” most people will give me a description of their physical health. They may tell me about their last doctor’s visit or any physical issues that have been bothering them, or some weight gain they are trying to shed. Of course, our biological health is very important, and I naturally want to see my children physically healthy. To that end, we are doing what we can to coach our kids on the importance of exercise (although we often resort to the “do as I say not as I do” parenting approach), regular hygiene habits and eating a healthy diet.

As I think more deeply about my hopes for my children, my picture of what it means to be healthy expands. Ultimately, I do not want my children to merely have a healthy body. My hopes for them are not only to be physically or biologically healthy, but to be psychologically healthy, socially healthy and spiritually healthy. That is, I want them to have emotional vitality, to have life-giving and supportive relationships and to be spiritually in tune with a higher power. If they experience health in all these areas, I know they will be able to thrive independently, make a difference in this world and live to their full potential.

The hopes that I have for my children are just like the hopes that the staff at Valley Hope have for all our patients and alumni. For the better part of the past several hundred years, the medical field conceptualized

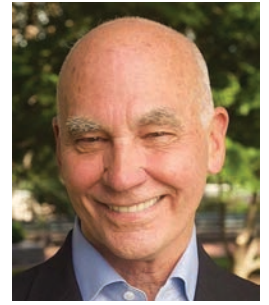
health very narrowly, with a strict focus on the physical and biological components of healing. More recently, the health care industry followed the science and is adopting a more holistic approach to healing and health. Yet, Valley Hope was well ahead of the curve as we have proudly embraced a holistic approach to treatment since our beginning in 1967.

At Valley Hope, we don’t believe wellness is simply the absence of sickness or disease. We believe wellness is experiencing health in all its component parts. Our programing is designed, and our staff selected and trained, around an integrated holistic model of treatment that addresses the physical, emotional, social and spiritual dimensions of each patient we serve. Our physicians, nurses, counselors, chaplains and support staff are an integral part of the treatment team.

Together, with care and sensitivity, our team explore and attend all the areas of a patient that may be causing them pain or suffering – mind, body and spirit. This multidimensional approach has been and always will be fundamental to our treatment philosophy. We know if we do this well, we give our patients the best opportunity to thrive independently, make a difference in this world and live to their fullest potential.

“WE BELIEVE WELLNESS IS EXPERIENCING HEALTH IN ALL ITS COMPONENT PARTS.”

Dan McCormick Brings Lifetime of Health Care Experience to Valley Hope



By Dan Lara

Public Affairs Manager, Valley Hope

Dan McCormick remembers the first time he became involved in providing addiction treatment services. It was early in his career as a hospital administrator in Colorado, when he spent time in a community that had limited services for individuals and families challenged by addiction.

“Our community hospital was looking for ways to extend our services more broadly in the community,” McCormick recalls. “So, need and opportunity translated to the first comprehensive 28-day residential treatment program in Colorado.”

More than 35 years later, McCormick will embark on a new opportunity to help those struggling with drug and alcohol addiction, this time as the new president and CEO of Valley Hope. McCormick takes over for Pat George, who retired after four years in the leadership role.

McCormick has a distinguished career serving as a senior executive and business advisor for more than three decades for health care and addiction treatment organizations across the country. When the top position at Valley Hope became available, McCormick said the opportunity spoke to him.

“The more I learned about Valley Hope and started to familiarize myself with the rich legacy of the organization, the more I became convinced that my background and experience would be an exceptional fit for me and for the current evolution of Valley Hope,” McCormick said.

Before joining Valley Hope, he was a managing partner of The Chancellor Group LLC in Minneapolis, Minn., a full-service consulting firm that specializes in various strategic, operational and financial issues within the health care industry, focusing on behavioral health, addiction treatment and recovery services.

Beyond The Chancellor Group, McCormick’s experience includes serving as CEO of the Hazelden Foundation, a national addiction treatment organization based in Minneapolis, Minn. He also was president and CEO of ETR Associates in Scotts Valley, Calif., a nonprofit leader in behavioral health design providing health education, training, research and consulting solutions to a national clientele. In addition, McCormick was senior vice president and executive director at Phoenix House New England, a behavioral health organization based in Providence, R.I. He earned a bachelor of science in finance and a master’s degree in health care administration, both from the University of Minnesota.

There has been much change in the addiction treatment industry in his time in the field, McCormick said, some good and some not so good. He is excited that with the passage of laws like the Mental Health Parity and Addiction Equity Act and the Affordable Care Act that more treatment options are available to more people than ever before. The challenge, he explained, is that organizations like Valley Hope must innovate and

adapt to succeed in the industry a

“Valley Hope must continue to bring forward best practices,” McCormick said. “I personally believe that much more emphasis needs to be placed on the recovery part of the continuum where the opportunity for life changing experience is available for those we serve.”

The top, immediate priority for McCormick will be a comprehensive assessment of the organization, including clinical services, programs, outcomes, infrastructure, facilities, staff and financial performance. Out of this assessment, he wants to develop a strategic vision that will guide the organization moving forward. He wants Valley Hope’s alumni to play a part in this process, by continuing to provide feedback to Valley Hope and telling others who need help about what Valley Hope can offer.

“I think the best message an alum can bring to those in need is, ‘I got my life back at Valley Hope,’” he said. “I am a believer that those who benefit have an obligation to share by modeling the benefits of sobriety and recovery.” McCormick comes from a large family, the second of nine children. He is father to two daughters and a son, and McCormick also has four grandchildren. He enjoys playing golf in his free time, and he used the sport to spend a few hours a week of quality time with his son when he was growing up.

“Now, he can out drive me by 50 yards,” McCormick said. “Proud father.”



Holistic Recovery: Health and Wellness Essentials

By Ashley Barcum

Content and Media Manager, Valley Hope

A holistic approach to recovery includes essential practices that ensure a healthy body and mind. These practices also feed into intentional self-care. In addition to your recovery program, take care of yourself by eating a healthy diet, getting enough rest, practicing mindfulness and staying active or exercising daily. The following practices will enhance your overall health and wellness and sustain your recovery:

Keep Moving

Staying active and taking care of your physical health should always be a priority. Make time for a daily exercise routine that works for you. Whether high or low impact, keep moving and avoid lethargy. For example, if lifting weights or running 10Ks aren't your thing, try taking a brisk walk or go for a swim. You can also make your health a group project - many 12 step groups have various sports leagues or you can make standing plans to join friends for a walk in the park. Ongoing physical activity will naturally strengthen your recovery.

Feed Your Mind

You may have noticed people in recovery who load up on sugary treats in response to a new "sweet tooth." As in so many areas of life, moderation is important. Instead of an all or nothing approach, you can begin to make changes toward healthier eating by adding some healthy food choices each day. As you step further down the road to good health, eating a balanced, healthy diet will help you look and feel better. If you feel better, you will be more committed to recovery. Eat regular meals and drink plenty of water each day.

Engage in Mindfulness

Build a consistent meditation practice and you will see profound improvements to your mental health. There are various meditation exercises and even apps that can help you shape a practice that has the most impact. Start your day in gratitude by reserving five minutes

each morning to offer appreciation and end the day by recording your grateful thoughts. Gratitude journals are a popular resource for cultivating mindfulness. At the end of the day, simply write down a list of what you are grateful for in that moment.

Embrace Service

Few things are as fulfilling as giving back to the community. Helping others new to recovery or getting involved in service with your 12 Step group will empower your health and wellness in recovery. Service is the essence of the Twelfth Step – carry the message. Engaging in intentional service to others by volunteering, charitable giving and supporting others in recovery can build your self-worth and overall mental wellness.

Cultivate Self-Love

You are here. You have worked hard to get here. Celebrate your hard work, love yourself and master the art of self-care. Regardless of past actions or behaviors, your work to live in recovery should include accepting and loving who you are, where you are. It can ease the burden of regret, freeing you from shame and guilt that prevent you from loving yourself fully. Enhance your wellness with the gifts of self-love and compassion.

Establishing a holistic focus on your health and wellness will naturally strengthen your sobriety, inspire your family and friends and allow you to embrace the true joy of recovery.

Explore Sober Summer Resources

Visit the Valley Hope blog, Beyond the Valley, throughout the summer for tips and resources on enhancing the season and empowering your recovery. Learn more at valleyhope.org/beyondvalley.

VIEWS FROM HOME



ARIZONA My Recovery Journey

By Andrew D.

Alumnus

CHANDLER/TEMPE My drinking habits changed during 2008. Recently divorced, my work required frequent travel and alcohol was always expensed. In May 2013, I started to shake and sweat when I was abstinent for a few hours.

I went to Valley Hope of Chandler in May 2013 for detox, thinking I just needed to “dry out.” I went back into treatment in October 2014 and again on June 13, 2014. I was not following the program. During my last relapse, I burned my life to the ground. I lost my six-figure job, my car and was about to be evicted. I went back to Valley Hope of Chandler and was met with love and greeted by name. I felt like a family member. Still, after discharge, I was evicted from my home and had to decide what to place into two garbage bags from my life’s possessions.

No more luxury problems. Living in a homeless shelter, with no vehicle and no job, I clawed and worked my way back to a good life. Today, I have found contentment and leave all the clutter from before out of my life.

Being sober did not mean unicorns and rainbows in my life. In July 2017, my youngest daughter sent me a text simply saying, “Dad, I’m ready.” She had been a heroin addict for three years. I did not recognize her when I saw her.

After emergency detox, she was transferred to the hospital. She had contracted MRSA during her addiction. It had destroyed two heart valves, encrusted on almost half of the exterior of the heart and part of the lung. She had seven brain lesions, renal failure and gangrene on both feet endangering three toes on each foot.

On August 26, 2018, I learned a father’s pain: from the joy of welcoming a daughter into the world, to holding her hand tightly as she takes her last breath. But I felt it, I needed to feel it. I went through the last six weeks

of my daughter’s life sober. I facilitated her service, sober. That is a gift. If I drank, it would have been the ultimate betrayal a father could do to his child - not being there for the final moments of her life.

I have learned the ultimate lesson: tomorrow is not guaranteed. Yesterday is over. All I have is this moment. What can I do right now? If the answer is nothing, it is not a worry. Let it go.

Today I am at peace and strong in my sobriety. I am very active in the recovery community, with my AA home group and with Valley Hope of Chandler and Tempe. I take patients to the 6 a.m. meeting, hang out and talk, sometimes in confidence. I act as a mentor and a friend to many. I also talk to patients about loss and grieving. I started a support group called Grieving Anonymous, using the 12 steps in a varied way to overcome the suffering of grieving. We continue to hold meetings every week at Valley Hope of Tempe.

Recovery is the most selfish journey you can undertake. You were selfish when you used or drank. Now up that. This is not about your spouse, kids, job, friends or anyone other than you. You are giving yourself the greatest gift and only you can take it away by allowing others into your mind and space. Stay in today, tomorrow is not here and yesterday is history.



Andrew and his daughter

VALLEY HOPE OF CHANDLER

» 501 N. WASHINGTON STREET | Chandler, AZ | 85225 | 480.889.3335

Renewal Day
3rd Friday of the Month

10 AM Brunch
 11 AM Cup Hanging & Medallions Ceremony
 12 PM Luncheon

Valley Hope invites ALL alumni to come and share their experience, strength and hope with the current patients and celebrate the gift of recovery. We hope alumni will be open to encouraging our current patients with your recovery journey and perhaps answer some of their questions. Give us a call if you plan to pick up your cup or share a birthday! Please call with any questions, 480.899.3335.

Alumni Group Meeting // Tuesdays // 7:15PM

Speaker and open meeting format. Open to patients, alumni, family and friends.

VALLEY HOPE OF TEMPE

» 2115 E. SOUTHERN AVE. | Tempe, AZ | 85282 | 480.831.9533

Tempe Renewal Night
Last Thursday of the Month // 6PM-7PM

Join us to celebrate patients who receive their one-year medallion to share their experience, strength and hope. We often have a speaker followed by the meeting which is open for other members to share. Family members and friends are always welcome. Enjoy cake and fellowship!

Alumni Group Meeting // Thursdays // 6PM-7PM

Speaker and open meeting format. Open to patients, alumni, family and friends. On the last Thursday of the month join us for a potluck at 5 PM before meeting.

TUCSON

» THE MARK IOP 2 buildings west of Swan | 4653 E. Pima | Tucson, AZ | 85712

Alumni Group Meeting // Thursdays // 7PM-8PM



Save the Date
 Valley Hope of Chandler
 Annual Roundup
 Saturday, October 19th





COLORADO

Healthy Breathing Techniques

By Rachel English, MA, LPC, CAC III.

Valley Hope of Parker Clinical Program Director

"God, grant me the Serenity to Accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference." ~ Theologian Reinhold Niebuhr

This Mantra is one that we hold particularly close to our hearts in recovery. The invocation helps us energetically move from the thinking part of our brain to our hearts. This shifts us away from trying to control the present, past or future to a place of serenity, acceptance, inner peace, and wisdom. We are biologically hard wired to kick in our "fight or flight" response when we are hanging onto the illusion of control which is in fact a distortion in our own thinking. This response has served us as a species to survive and even after shifting our thoughts and energy to acceptance, we may be left with this residue from this response. It may seem so intense at times that it may feel like you are at war with your own body. Acceptance will help embrace the biological nature of our bodies.

Reciting the serenity prayer can help us practice recognizing what we can and cannot control. This tradition itself can help us slow down the "fight or flight" and may even prevent the biological hijacking altogether. When needing additional support, relying on our breathing can help reset. There are two simple techniques that will help us slow down and bring mindfulness to our breathing.

First, after taking a deep breath through your nose, exhale through your mouth. Make sure the exhalation is longer than your inhalation. Sometimes it helps to make a little noise from your throat as you exhale. Repeat ten times or as long as needed until you feel relaxation in your body. Practice the serenity prayer during this exercise.

Another simple breathing exercise is called "3-5-7" breathing. Again, this exercise requires your exhalation to be longer than inhalation. Breathe in while counting to 3. Hold your breath while you count to 5. Finally, exhale while you are counting to 7. Repeat this process ten times or until you can feel peacefulness in your body.

Breathing is an easy practice that we can do at anytime, anywhere!

"One way to break up any kind of tension is good deep breathing!" Byron Nelson

Alumni Swing \$12K FORE Recovery

By Maureen McGinn

Outreach Manager, Valley Hope

The 4th Annual Valley Hope of Parker Golf Tournament raised more than \$12,000 for the Patient Assistance Fund. Alumni enjoyed the scenic course at Spring Valley Golf Club in Elizabeth, Colo. On a picture-perfect spring morning. The 62 golfers enjoyed clear skies, birds singing - and most importantly, a lack of wind.

The shotgun start launched an exciting tournament that included a golf ball cannon on the fifth hole. Thank you so much for the outpouring of support for

the patient assistance fund. Valley Hope of Parker greatly appreciates the help of volunteers, sponsors, raffle donors, the staff at Spring Valley Golf Club, Hope Builder Board members, Valley Hope staff, Valley Hope Foundation and community support.

All funds raised will go directly to patients in need. Remember, some patients arrive to Valley Hope with only the clothes on their back. The generosity of our supporters will help purchase necessities patients require while in Valley Hope's care.

New Alumni Coordinator

Greetings, my name is Anne Garrett and I am humbled and excited to be a new addition as the Alumni Coordinator. I am grateful for each new day and this new season in my life. My decision to make a career change was made for one reason; to make a difference each day by touching lives. I believe if you serve others, you will never feel like it is work.



Anne Garrett
Alumni Coordinator
Cell: (720)926-9472
annegarrett@valleyhope.org

I have spent most of my life in Northern Colorado as I grew up in Fort Collins. I went on as pre-med student to the University of Northern Colorado, but life took me on a beautiful journey as a wife and mom. I met my husband at the end of my high school career and the rest as they say is history. I have two daughters and a son ages 18, 15, and 13. I have spent the last thirteen and a half years running my family's business in Northern Colorado. I learned quickly that although I held many roles, the relationships I developed became the highlight of my day. It's amazing the impact you can make in someone's day just asking a stranger a simple question of how they are. I have always believed we all have the power to change the course of someone's day.

In May of 2018 we felt there was a greater plan for our family and made the decision to relocate to Parker. It became apparent that I was being called to a different career path. My natural desire to love and nurture became deeper and my current career could no longer fulfill that desire. As the alumni coordinator I can do just that.

In my spare time I love being with my family. We are a huge football family. During the fall you'll find me on the sidelines at my sons' games, watching a Friday night game where my husband coaches, or catching a Huskers game in Lincoln a diehard Husker fan. I love to laugh and am blessed to have a household full of silliness. We are constantly going on new adventures as a family. The beauty of the backdrop of the Colorado mountains never get old and we look forward to hiking and camping during the summer.

CALENDAR » COLORADO

GROUPS // MEETINGS // EVENTS

VALLEY HOPE OF PARKER

» 22422 E. MAINSTREET | Parker, CO | 80134 |
303.841.7857

Parker Renewal Day 3rd Friday of the Month

8:00 AM	Welcome
9 AM	Share Group
9:40AM	Cup Hangings in Lecture Hall and Introduction of Alumni
10AM	Socializing with snacks and coffee in the Dining Room
11 AM	Medallions Ceremony and Birthday Celebrations in the Lecture Hall
12 PM	Lunch and Free Time (\$5)

This event is the 3rd Friday of each month. This event includes alumni returning to retrieve their cup as a one-year celebration or those commemorating multiple-year birthdays. Few things have the positive impact like our successful alumni returning to the center. If you are celebrating one year or more and plan on attending this event, please let us know so we can properly prepare.

Alumni Panel Discussion Meeting 2nd & 4th Saturday of the Month // 7PM

This is an open discussion for alumni and current patients.

VALLEY HOPE OF DENVER

» 7108 S. ALTON WAY, BLDG A | Centennial, CO | 80112 |
303.694.3829

ALUMNI GROUP MEETING 2nd Friday of each month: Road to Recovery Two Sessions // 8:30-9:30AM // 6-7PM

Alumni Panel participants sit in the first hour of IOP. Patients and family are encouraged to ask questions about recovery, meetings, sponsorship, etc. This is Denver's version of Renewal Day. We kindly ask if you are planning on joining us and celebrating a birthday, please call us and let us know so we can properly prepare.

VIEWS FROM HOME



KANSAS

Atchison/Overland Park Welcome to Recovery

By Terry K.

Valley Hope Alumni

ATCHISON As I approach turning 60-years-old, I am looking back on my life's journey.

I have been given numerous gifts over six decades. I have a wonderful family with two very supportive and encouraging sons and their girlfriends, plus two of the brightest, loving, caring and adoring grandchildren that anyone could ever ask for. And, I have a very supportive recovery family, sponsors and friends, who have been with me since the very beginning. These gifts would not be appreciated or even possible, if it weren't for the wonderful gift of recovery.

When I first went to Valley Hope, I didn't want to live. I was sick and tired of being sick and tired. Jack Selberg was the first person I met at Valley Hope. Jack believed in me when I had nothing left. He advised me to go to meetings, get a sponsor, work the steps and get involved in service and that those actions would lead me to a loving, caring higher power. I attended everything in treatment. I continue to work my program today.

Since finding recovery, I have held the hand of my mom, my dad, my mother-in-law and my father-in-law as they each took their last breath. I was able to be with them through their illnesses. I never would have been there if I had been using. I would have run away from it. That's how I lived my life prior to recovery. I was always angry, depressed, hostile and blaming everyone else for my problems.

After starting this process 20 years ago, I recognize the need to take care of my spiritual, mental, emotional and physical wellbeing every day. If I let any of these areas start to suffer, the other areas of my life will suffer. My sponsors, friends in recovery, meetings, literature and frequently visiting Valley Hope help keep my life in balance.



Terry K.

VALLEY HOPE OF ATCHISON

» 1816 N. SECOND ST. | ATCHINSON, KS | 66002 | 913.367.1618

Alumni Group Meeting and Atchison Renewal Day 3rd Friday of the Month

8:30 AM Alumni start arriving
9:00 AM Alumni Group
9:30 AM Cup Hanging Ceremony
10:45 AM Road to Recovery
11:15 AM Medallion Ceremony (lunch to follow)
1 -2 PM Renewal Small Groups

Alumni return to celebrate their anniversaries and share their stories with the patients in treatment. Family members are invited to celebrate and acknowledge their own growth and journey. Current patients and family members are offered hope and inspiration.

VALLEY HOPE OF OVERLAND PARK

» 10114 W. 105TH ST. | OVERLAND PARK, KS | 66212 | 913.432.4037

Overland Park Renewal Night Last Friday of the Month

Alumni are invited from 8AM-10AM or 6PM-8PM

We would like to invite alumni and friends to share their stories, experience, strength and hope. This will include alumni that will also be returning to receive back their cup to celebrate their one-year anniversary. We will also provide refreshments for the activities. This is a very interactive session for the whole group. We hope that you can come join us for a very fun and exciting evening.

VALLEY HOPE OF WICHITA

» 901 W. DOUGLAS | WICHITA, KS | 67213 | 316.264.7369

Wichita Renewal Night

4th Friday of the Month // 6PM

Valley Hope invites ALL alumni, family and friends to share their experience, strength and hope with the current patients and celebrate the gift of recovery. We hope alumni will be open to encouraging our current patients with your recovery journey and perhaps answer some of their questions. Give us a call if you plan to pick up your cup or share a birthday! Please call with any questions, 316.264.7369.

HAYS

» "THIRSTY'S" | 2704 Vine ST | Hays, KS | 67601

Alumni Group Meeting Sunday after the 3rd Friday of the month // 11:30AM meet in private room and food will be ordered.

Come join us for lunch, fellowship and a program! For more information contact Ron S. 785.259.1052

DODGE CITY

» CASEY'S COWTOWN CLUB | 503 E. Trail St. | Dodge City, KS | 67801

Alumni Group Meeting 3rd Sunday of the Month // 9AM

Breakfast, fellowship and speaker. For more information, contact: Damon P. 620.339.0687 or conqsports@msn.com





KANSAS

Moundridge/Wichita

Self Care

By Kaci Davignon

Outreach Manager, Valley Hope

MOUNDRIDGE/WICHITA Valley Hope encourages engaging in health and wellness practices as a key part of building strength in recovery. Health and wellness has many facets and best practices vary for each person on the journey. Consistently working on your overall health can make all the difference in sustaining long-term recovery.

“Self-care and wellness are vital to people in recovery,” Kay Schrag, alumni coordinator, said. “Eating right, getting enough sleep, exercising and meditating are essential to success on the road to recovery. Going to meetings, speaking with your sponsor and spending time with others in recovery are each important activities.”

Another best practice includes keeping a journal. Journaling can assist you in making amends or help you let go of things. You can read, write or draw. All of these things go hand in hand with a healthy recovery journey.”

According to Tammy Smith, director of nursing, “Our health is a direct reflection of ourselves. How we care and nurture ourselves, whether it be mentally or physically, matters. Just as we go to the doctor’s office for physical ailments such as broken bones, we must also take care of our mental health. It’s important to not give in to the social stigmas around this disease and focus on ourselves as a whole. It is imperative to the healing process.”

Sobriety looks different to each person. Taking steps to aid your health and wellness will help you continue on a healthy recovery journey. Take the time to find a process that works for you. Look for things that bring a sense of calmness, clarity and peace



May Renewal Day



April Renewal Day

Valley Hope of Moundridge 6th Annual Golf Tournament

-Sept 21 at 1:30PM

-4 person scramble

-\$300 per team / \$75 per golfer

-Includes dinner, cart and 18 holes.

Hidden Lakes Golf Course

6020 S Greenwich Road Derby, KS 67037

Register NOW vha.life/golf19



Norton

New Valley Hope CEO Visits Norton Campus

To end his first week on the job as CEO of Valley Hope, Dan McCormick met with the Home Office and Norton residential facility staff to introduce himself and take questions from employees. Dan plans to visit all 17 facilities in the next few weeks to share his vision for Valley Hope and to hear from our staff.



Hays Alumni Putt Putt and BBQ

The Hays Alumni and Friends Group was supportive once again with the 7th annual Hays Putt Putt and BBQ. There were 24 golfers and 11 hole sponsors. The event raised over \$1,200 for the Patient Care fund for Valley Hope of Norton.



CALENDAR » KANSAS

GROUPS // MEETINGS // EVENTS

VALLEY HOPE OF MOUNDRIDGE

» 200 S. B AVENUE | MOUNDRIDGE, KS | 67107 | 620.860.1904

Moundridge Renewal Day Last Friday of the Month

- 8:50 AM Renewal Workshop
- 9:30 AM Cup Hanging
- 10 AM Alumni Panel Discussion- you and other returning alumni are invited to share their recovery experience with the current patient group during Q & A
- 10:30 AM Enjoy coffee and cookies and visit with other alumni, current patients and staff
- 11 AM Medallion Ceremony- if you stayed clean and sober for the past year, you will pick up your cup and receive a medallion. If a member of your family decorated a saucer while you were in treatment, they may pick it up and receive a commemorative lapel pin.
- 12 PM Lunch (no charge for alumni)
- 1 PM Small Group

Valley Hope invites ALL alumni, family and friends to share their experience, strength and hope with the current patients and celebrate the gift of recovery. We hope alumni will be open to encouraging our current patients with your recovery journey and perhaps answer some of their questions. Give us a call if you plan to pick up your cup or share a birthday! Please call with any questions, 620.860.1904

VALLEY HOPE OF NORTON

» 709 W. HOLME ST. | NORTON, KS | 67654 | 785.877.5101

Norton Renewal Day 2nd Friday of the Month

- 8:00 AM Meet & Greet with coffee and cookies
- 9:00 AM Group Meeting
- 9:30 AM Cup Hanging Ceremony
- 10:30 AM Medallion Ceremony (lunch to follow)
- 1:30 PM Alumni Group

Join us to share and connect with patients from your area. Buy a \$5 meal ticket at the nurse's station and enjoy lunch with the patients and staff. Give us a call if you plan to pick up your cup or share a birthday! Call with any questions, 785.877.5101.

Alumni Group Meeting - Thursdays, 6:50PM-7:50PM

Come early for coffee and cookies.

SAVE THE DATE
Saturday, August 17th
Valley Hope of Norton Alkathon
12-6 PM (5 PM Meal)

- Freedom Ride to Parish Center
- Silent and Live Auction
- Speakers
- Birthday Celebration



MISSOURI

Boonville Celebrates 38 Years

By Sandra Robb

Outreach Manager, Valley Hope

BOONVILLE Valley Hope of Boonville celebrated its 38th anniversary on May 10. The carnival-themed celebration welcomed many alumni, friends and families to enjoy the festivities, plus hot dogs, burgers and cake.

Each department manned a carnival booth and competed to raise the most money for the patient fund. Booths included the nursing staff's cake walk, fortune telling and face painting with the counselors and a duck pond area hosted by facility leadership.

Other activities included corn-hole games with the business office and housekeeping team, a creative mini-golf course designed by maintenance staff and the IOP team collected bids for a silent auction. The auction brought in the most donations for the patient fund. The fun continued with a bounce house and dunk tank that drenched several members of the Boonville staff as many people lined up to dunk their favorite staff members.

Thank you to everyone who attended the celebration – we look forward to seeing you next year at the 39th Valley Hope of Boonville anniversary party.



38th Anniversary Cake



Chaplain Sherry



Karla taking her turn at the dunk tank



Executive Director Bryan



Sara Walsh State Representative from District 050, and Steve Walsh, Press Secretary for Congresswoman Vicky Hartzler. Pictured here with Director of Nursing Doreen, Executive Director Bryan and Program Director Donette.

CALENDAR »MISSOURI

GROUPS // MEETINGS // EVENTS

VALLEY HOPE OF BOONVILLE

»1415 ASHLEY ROAD | BOONVILLE, MO | 65233 | 660.882.6547

Boonville Renewal Day

2nd Friday of the Month/Alumni Group 10AM

- 8:30AM Alumni start arriving
- 9:40AM Cup Hanging Ceremony
- 10AM Staff-led group session for Alumni
- 11AM Medallions Ceremony
- 12:30PM Lunch

Any alumni and their loved ones are encouraged to join current patients, staff and other alumni in the celebration and sharing of the experience, strength, and hope recovery brings. There is plenty of time for socializing, encouraging current patients and meeting old friends during the day. You are also invited to join us for lunch. We look forward to seeing you!

Please give us a call if you plan to pick up your cup or share a birthday with us. We like to plan for such special events! Renewal Day is affectionately known as "payday" by the staff here at Valley Hope of Boonville and we hope to see you soon!

NEBRASKA

O'Neill 10th Annual Ride Through the Valley

By Brandon Raddish

Outreach Manager, Valley Hope

Valley Hope of O'Neill's annual Ride through the Valley raised more than \$4,000 for the Patient Fund. The event included 16 drivers and riders and a 210 mile trek.

Thanks to all who participated!



O'Neill Executive Director Kathy Johnston registered annual motorcycle rally organizer, Alumni, Mike H.



A prayer of thanks and for safety, along with the Serenity Prayer is an annual tradition just before 'stands up!'



Chaplain James Leadabrand (left) preps for the ride, lining up his bike with other alumni and friends



Executive Director Kathy Johnston is slightly excited to ride along with Alumni, Mike T.



Following the ride and before the cookout on-site at VH of O'Neill, riders were treated to an inspiring recovery story by Alumni



Kristen N. with over 2-1/2 years of grateful sobriety

VALLEY HOPE OF OMAHA

»7703 SERUM AVE. | OMAHA, NE | 68127 | 402.991.8824

Renewal Night

2nd Friday of the Month // 6:00PM

Festivities will begin promptly at 6:00PM. We will have medallions, a guest speaker, and celebration cake. We will start with the Serenity Prayer, introductions, and celebration of various lengths of sobriety. We ask alumni to share their experience, strength and hope with others. This is a great, and safe place to re-connect and meet new friends! Attend monthly, and be part of the celebration of recovery!

Alumni Group Meeting

Tuesdays // 7:00PM

The meeting is open to alumni and friends, celebrating recovery and sharing their experience, strength, and hope.

VALLEY HOPE OF O'NEILL

»1421 N. 10TH ST. | O'NEILL, NE | 68763 | 402.336.0008

Renewal Day

1st Friday of the Month // 7:40AM

Friday

7:40 AM Chapel Services

8:50AM Lecture

10AM World's Best Brunch

11AM Medallions Ceremony

12PM Lunch

1PM Alumni Group

Renewal Day at O'Neill has grown to be an inspiring event. If it's your sobriety birthday month, join us and collect a "Celebrating Recovery" cup no matter how many years you're celebrating.

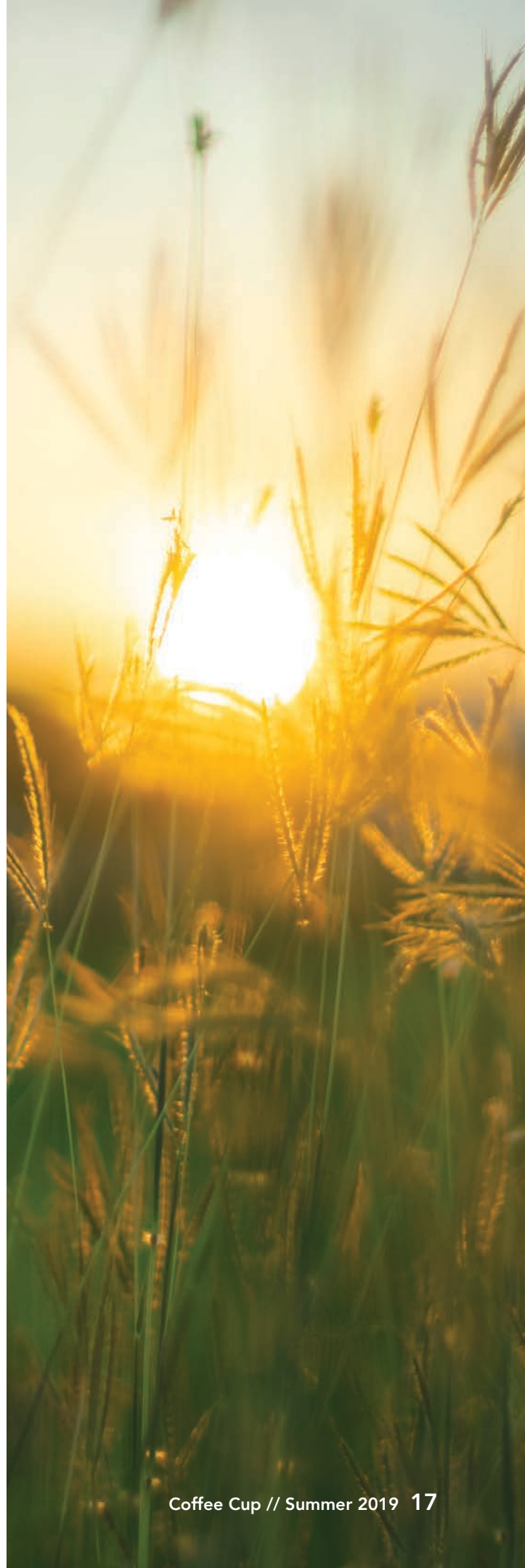


**Valley Hope of O'Neill
Anniversary Party
Saturday, August 24 2019**

Registration starts at 11 AM

12 PM Speaker, Golden Heart Award and

Raffle/Auction





OKLAHOMA

Renewal Days and Answered Prayers

By Kyle Wright

Chaplain, Valley Hope

CUSHING Working a program of recovery is hard work. So is counseling those who are working those programs. While there's nothing better than celebrating with a patient as he or she hangs a cup, there's nothing worse than watching as a cup is hung, dressed in black ribbon. There are days when I walk out of my office wondering whether or not I've made a difference, days when I climb into my car questioning if I should've confronted instead of consoled. Counseling, at times, is frustrating. It's wearisome. It's heartbreaking.

And then the third Friday of the month rolls around, and Valley Hope welcomes its former patients back for Renewal Day. Those patients, with a year's worth of continuous sobriety in recovery under their belts, step onto the stage and receive cups and medallions and hugs. Their smiles, their stories, their successes – they're all answered prayers.

My first Renewal Day was a shock. A patient I honestly had little hope for walked in, a year to the day he'd discharged, and I didn't even recognize him. He immediately engaged me in conversation, and I stood, dumbfounded, trying to hide the surprise written all over my face. As he described to me the ways in which his life had changed for the better, I felt hope coursing through my veins like adrenaline. A day to remember, for sure.

But it was a Renewal Day in my second or third year that impacted me most. I was scheduled to lecture on The Greatest Miracle in the World, my favorite, and there wasn't an empty seat in the house. Returning patients started to stream in near the end of my talk, and as I recognized those I'd invested myself in, those I'd laughed with and cried with, those I'd prayed with and hoped for, it occurred to me that Renewal Days aren't just for returning patients.

They're for us counselors, too.



VALLEY HOPE OF CUSHING

»100 S. JONES | CUSHING, OK | 74023 | 918.225.1736

**Cushing Renewal Day
3rd Friday of the Month**

8:50AM Lecture
12PM Lunch
1 PM Alumni Group
2:30PM Cups & Medallions Ceremony

Few things have such a powerful impact on patients, alumni and staff. If you are celebrating one year or more in recovery, it is time to pick up your cup and get your chip.

Join us to celebrate your sobriety birthday, and share your story of success with the patient group, staff and fellow alumni!

VALLEY HOPE OF OKLAHOMA CITY

»10707 BROADWAY EXTENSION | OKLAHOMA CITY, OK | 73132 | 405.946.7337

**Alumni Group Meeting
3rd Thursday of the month // 7-8PM**

Be a part of an unconventional alumni experience. We are flipping the script - Join us for a little fun in recovery! Be sure to bring a friend or two. Questions? Call us at 405.946.7337.

TULSA

**Alumni Group Meeting
Thursdays // 6PM**

» FELLOWSHIP CHURCH - Room 1 of the Meeting Hall
2900 S. Harvard | Tulsa, OK | 74114

For more information, contact Peter G. 918.760.6011 or Lori G. 918.510.1713.

Oklahoma in the News



Oklahoma City Outpatient Director Melissa Rios tells FOX 25 reporter Caroline Vandergriff about the history of the Valley Hope coffee cups.



Valley Hope Medical Director Dr. Jon Siebert did an interview with FOX 25 in OKC to talk about MAT treatment for opioid addiction.



VIEWS FROM HOME



TEXAS

Blankets of Hope Tradition Continues

By Julie Willingham, LCDC

Outreach Manager, Valley Hope

The Blankets of Hope Ministry recently conducted their annual delivery of blankets to Valley Hope of Grapevine patients. Alumni who have received a Blanket of Hope know how much love the ministry puts into them.

This wonderful partnership began 12 years ago when Jan and Cheri, members of the First United Methodist Church in Grapevine, felt inspired to help people struggling with addiction. Soon, they discovered a common passion for making blankets and started the Blankets of Hope ministry. At first they worried that they would not find enough church volunteers to help bring their ministry to life, but the word quickly spread and the rest is history.

Many volunteers stepped forward to help create blankets handmade and bathed in prayer. As a result, the Blankets of Hope team has made and delivered approximately 2000 blankets to Valley Hope of Grapevine patients over the last 12 years.



The Blankets of Hope team from First United Methodist Church in Grapevine.



Stacks of blankets waiting to be dispersed!



The Blankets of Hope team are joined by members of our Grapevine staff.

Practicing What We Preach

Self-care is just as important to staff as it is to alumni. Just like you, we can get caught up in the doing, giving, helping, and can wear ourselves too thin. So, Chaplains Ramona Joseph and Kay Reed set aside time for staff to relax and rejuvenate through Tea for the Soul. It includes assorted teas, Madeleine cookies, butter mints, meditative music, and quiet time. Some call it a healing experience, some call it a power moment! Sometimes, staff will spend time with Kokanee, our therapy dog. Another exercise Ramona and Kay have introduced is Blessing of the Hands. Try these ideas for yourself when you need a moment of self-care!



Kay and Ramona offering Tea for the Soul to rejuvenate staff.

VALLEY HOPE OF GRAPEVINE

»2300 WILLIAM D. TATE AVE. | GRAPEVINE, TX | 76051 | 817.424.1305

Renewal Day

Last Friday of the Month // 9:00AM

- 9 AM Alumni and guests start arriving
- 10AM Brunch with staff and alumni
- 11AM Cup Hanging and Medallions Ceremony

We would like to invite you to Valley Hope of Grapevine on the last Friday of each month at 9 AM to join in one of our alumni activities called Renewal day. Few things have the positive impact like our successful alumni returning back to the center. At 10 AM enjoy brunch with staff and alumni and then at 11 AM, take part in the medallion and cup ceremony. This includes alumni returning to retrieve their cup as a one-year celebration or presented with a Valley Hope cup to commemorate multiple year birthdays.

Alumni Group Meetings

Monday // 7:00 PM

Our Alumni fellowship is serious about maintaining their recovery and invites all fellow alumni to join them for an engaging Big Book Study.

Wednesdays // 7:30 PM

Join fellow alumni in an open discussion that focuses on our path of sobriety. We will open with one of our Team Leader speakers and the topic will be the step that coincides with the month or whatever step you feel like talking about. This group focuses on the positives of living sober and what keeps us strong. Coffee and pastries will be available for your enjoyment.



Golfing for HOPE Tournament

Tuesday, October 1st

8AM-2PM

Cowboys Golf Club

vha.life/golfing4hope

Octoberfest 2019

Saturday, October 26th

10AM-2PM

Lunch will be provided.

Games, Food, Music, Speakers and Raffles





FAMILY MATTERS:

When a Loved One Relapses

By Ashley Barcum

Content and Media Manager, Valley Hope

While a loved one is in active substance use disorder (SUD), the effects on the family are often severe. The disease spreads throughout the family unit, drowning parents, siblings, spouses and children in a tidal wave of fear, anxiety, stress, desperation and helplessness.

When a loved one enters recovery, although it takes time, families turn to their own recovery process of healing. While the process can be difficult, rebuilding trust with a loved one in recovery can also bring much relief. Families begin again with new appreciation for their loved one's health and the joy of shared experiences in recovery.

However, what happens when a loved one relapses?

The National Institute on Drug Abuse defines SUD as "a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences."

Relapse can be a part of the disease of addiction, but it does not have to be. Still, when relapse does occur, the family almost immediately reverses back into the same place of chaos and fear. The family often follows the loved one into relapse.

When a loved one relapses, how can family members maintain their own recovery from the family disease of addiction?

Practice Acceptance

The first three steps of Alcoholics Anonymous are essential reminders that you did not cause the relapse, you cannot cure addiction and you cannot control your loved one's behavior. The first step reminds families that they are powerless against SUD. This principle helps you to set boundaries with your loved one. When family members enable their loved one's addiction, their suffering grows and the addiction progresses. The principle of powerlessness can lead families out of chaos and into a healthy place of acceptance.

Stay Focused on Your Own Recovery

Just because your loved one has relapsed, you do not have to put the brakes on your own healing and recovery. Take care of yourself by surrounding yourself with support and engaging in family recovery. Consider attending Al-Anon, a 12 Step meeting. Al-Anon provides education and ongoing support for loved ones of addicted people. You can also see a therapist who understands families and addiction or find a family treatment program. Valley Hope's family program helps participants learn coping skills, educational tools, and other resources to support their journey in recovery.

Keep the Faith, Sustain the Hope

Spirituality is essential to prevent a family relapse, because it promotes and preserves hope. Your higher power is greater than your loved one's SUD. Regardless of what your loved one does with his/her recovery, staying connected to your higher power will strengthen your resolve to work your recovery program. Through your higher power, you can bring peace and hope back to your life and home, regardless of the status of your loved one's disease. The Big Book of AA states that our higher power "could and would if He were sought."

Remember, your loved one achieved sobriety prior to relapse. That means recovery is possible. They can reclaim their sobriety after relapse. Your role in relapse and recovery is to take care of yourself, practice acceptance, work your own program, stay engaged with your higher power and never lose hope.



10 Ideas for Summer Sober Fun

By Ashley Barcum

Content and Media Manager, Valley Hope

1. Embrace the Lifestyle

The recovery community is very active during the summer months. From conventions to local social events, organizations like AA and NA provide a variety of fun sober activities. Dive into your recovery by engaging in local sober events and making new friends that enhance your recovery. Host a sober cookout for your friends in recovery, or pack up the car for a road trip to a sober festival. Create some new summer traditions for yourself, friends and family. Plan a day with sober friends at a pool or waterpark.

2. Fuel Your Fitness

Is that diet and gym routine still on your to-do list? Why wait for January? Summer is the perfect time to develop an active lifestyle, to play outside and relish a diet full of fresh fruits and veggies. Start with a healthy eating and nutrition plan that will fuel your fitness – and recovery – success. Read our tips on how to “Feed Your Success.” Frequently, sober organizations plan 5Ks and other fitness challenges during the summer. You can help raise money for treatment and recovery while getting fit.

3. Clear the Clutter

Summer is the perfect time to simplify your life. Stay out of the heat and clear out the clutter from your mind – and your closet. Make a manageable schedule for the summer and stick to scheduled days and times for washing the car, cleaning out the garage and fridge, organizing your closets. Include deliveries of your unwanted items to local charities or host a garage sale and make some extra cash.

4. Read and Relax

Put the phone down and turn off the TV. Put up a hammock in the backyard. Create a reading nook where you can relax and read a good book. Integrate reading into your summertime schedule. Join a book club to deepen the experience. Be sure to include inspirational and motivational books in the mix.

5. Unleash Your Creativity

Use the summer as an inspiration for creative pursuits. Get crafty with summer themed DIY projects. Try your hand at painting or photography, write short stories or poetry, take a class – artistic expression is a productive way to spend the summer. You may find a hidden talent. Share your creative pursuits with others.

6. Get Sporty

Summer sports leagues are everywhere and many offer sober teams. Put together or join a sober softball, volleyball or kickball team. Hone your stroke at the driving range and participate in a golf tournament to raise money for treatment or recovery organizations. Sail or kayak around your local lake, strengthen your swimming skills, ride your bike on a picturesque trail or around town. Whether solo or on a team, sport activities are a fantastic way to spend the summer.

7. Develop a Hobby

Developing a new skill or engaging a new healthy hobby can expand your mind and your sober network. Summer is the perfect time to learn a variety of hobbies. Experiment with a raised vegetable garden or learn how to fish. Grab a bird book and a pair of binoculars, checkout a woodworking class or master a French recipe, new language or instrument – each will enhance your summer fun and recovery.

8. Dive Deep

As the summer sun shines, the flowers bloom and the birds chirp away, empower your recovery by starting with a meditation practice focused on gratitude. Begin your day in gratitude. Reserve five minutes each morning to offer appreciation. Keep it simple or more profound, but make sure to start each morning in thankfulness and set the tone for the day. As you build your routine, expand your meditation practice.

9. Strengthen Relationships

Breathe fresh air into your relationships this summer. If needed, have those tough conversations, then commit to building a new foundation of kind, constant and honest communication. Show appreciation for the people you love through random acts of kindness. Be present in the time you spend and make sure your loved ones know what they mean to you.

10. Deepen Your Spirituality

Through meditation and mindfulness, you will strengthen your spirituality and connection to your higher power. Fold in additional practices such as attending church services, engaging in church or spiritual activities, praying, connecting with fellow churchgoers, reading inspirational, spiritual books and affirmations and integrating spirituality into your interactions and relationships.



FOUNDATION NEWS

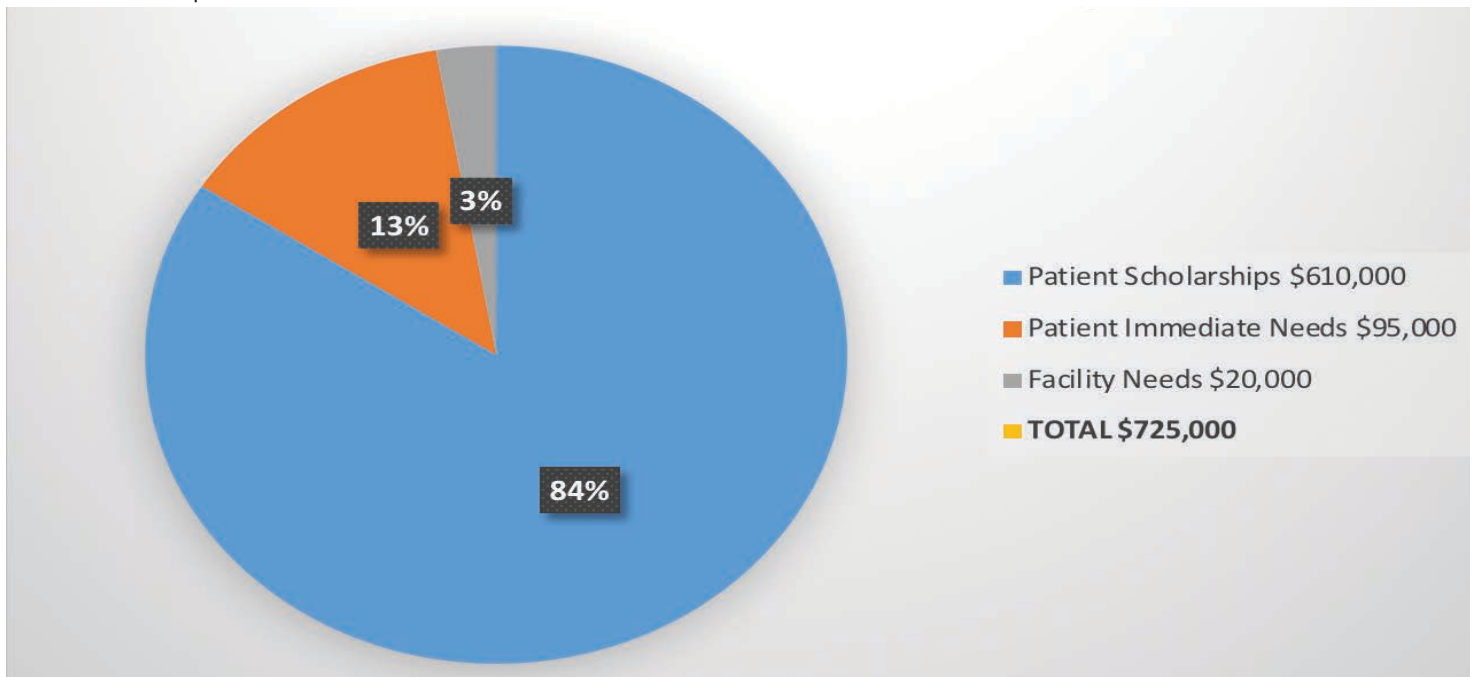
By Megan O'Connor, BS LAC
Executive Director of Foundation, Valley Hope

Foundation helps with record number of scholarships awarded to patients.

The reports are in! More than \$725,000 was distributed from donated funds in our fiscal year ending June 30th. Scholarships totaled \$610,000 to assist patients with the cost of treatment. (This remarkable, considering last year's scholarships totaled \$250,000.) The average scholarship was \$2,000 per patient. In addition to scholarships, \$95,000 was distributed to help with immediate needs, such as sober living expenses and treatment books. Facility Improvement distributions totaled \$20,000.

FISCAL YEAR: July 1, 2018 – June 30, 2019

Donations & Special Event Income = \$664,000



Yes, our distributions exceeded our donations this fiscal year. We love to say YES when a patient needs help. The annual Gift of Recovery Drive, Spring Appeal and many other fundraising programs give us the ability to help our patients and family members, like Brittany and Cody.

Brittany's scholarship-Brittany traveled a long way with much courage to get to treatment. She recently lost her job and her insurance. She was supposed to go to the Veterans Administration and they told her to come in (at 2AM). She packed up her suitcase. When she arrived, they told her they had no room and she would have to go elsewhere. She made her way to Valley Hope. She was a great candidate for this scholarship. We were happy to help her in her journey. Brittany received \$3,000 in scholarship toward her treatment.

Cody's scholarship- Cody was doing well in treatment and was motivated to change. He chose to enter a sober living house after residential treatment. He completed all his assignments in treatment and was active in all therapy sessions. Cody was a great candidate for assistance. Cody received a \$2,000 scholarship toward his treatment cost.



Our Spring Appeal has raised more than \$14,000 to support those in need. Supporters in 13 states and 62 communities gifted to our Spring Appeal. This is the 2nd year we have conducted a Spring appeal, to benefit those often-marginalized alcoholic/addicts who need our help. We appreciate all the gifts received and the many notes from donors too!

“Our gift is in memory/honor of Gary Smith. Every minute you (Valley Hope) give to those needing direction is worth a lifetime. Thanks for all you do!” Cliff and Marcy

Recurring monthly donors are making a difference.

Recurring donors have gone the extra mile by committing to a monthly gift. They are a special group of individuals and families whom we want to acknowledge and honor in this publication. Special thanks to all for their dedicated partnership.

Ambassador Class -Christian Church – Plainville, KS

Scott & Linda Bahe – Gothenburg, NE

Sandy Bauer – O’Neill, NE

Laurie Cliff-Norton, KS

Christina Dunham-Warren Whitted- Omaha, NE

Roth & Nicole Eddings – Mesa, AZ

Renee & Jeremy Hawks – Norton, KS

Dave & Jean Ketter - Grinnell, IA

Catherine Miller- Carrollton, MO

Tom Meagher- Hays, KS

Megan O’Connor – Norton, KS

Trish Olson – Norton, KS

Ann Schwarz - St. Louis, MO

Ryan Stover – Norton, KS

Danny Steffensmeier- La Vista, NE

MORE INFORMATION

Megan O’Connor, Executive Director
Valley Hope Foundation
785-202-1358 – Cell
785-877-5111 – Office
meganconnor@valleyhope.org
103 S. Wabash Street
Norton, KS 67654



JOIN US IN GIVING. HOPE FOR LIFE.

Online: visit www.valleyhope.org/donate

Mail a check: VHA Foundation, PO Box 59, Norton, KS, 67654

Who Benefits: Designate your gift for a specific purpose and treatment center or leave as unrestricted and we’ll use where it is needed most. We promise to be good stewards.

Donations from March 1st to May 31st, 2019

Memorials:

In Honor Of:

Rebecca & Ronald Sutton in honor of Gladys Rand

Bryan Will in honor of Kaleigh Will

Christina Dunham-Whitted in honor of Warren Whitted

In Memory of:

April Baldwin in memory of Gregory Baldwin

Ryan & Katie Barnhardt in memory of Garrett Maddux

Dawn Brady in memory of Garrett Maddux

Debbie & Marty Goldsmith in memory of Aaron Goldsmith

Chuck Guinn in memory of Judy Guinn

Gracie & Leo Madonna in memory of Jason Campbell

Megan O'Connor in memory of Brian O'Connor

Karma Phillips in memory of Sean LeRoy Phillips

Kortney & Jerrod Poire in memory of Bob Dempewolf

Renfro Family Foundation in memory of Marty Ladd

J.D. & Gretchen Sanders in memory of Beverly Youngs

Ann Schwarz in memory of Brian Schwarz

Joe & Susan Sims in memory of David Sims

Lori Wuertz in memory of Jane Scussel

In Memory of Aaron Kelly

Adrian & Pankratz P.A.

Kansas Hospital Association

Christien Mick

Newton Medical Center

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John Terry

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In Memory of Kay Davis

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Joyce Cravens

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Sandy Hopper

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Suzanne McOsker

Nancy Morris

Colleen Nuszkiewicz

David & Georgia Wahl

In Memory of Mary O. Strong

Lee & Sharon Cashat

Jim & Alicia Clements

Chuck Guinn

Jerry & Judy Holderread

Lyric Theatre

Steve & Susan Porter

Tom & Julie Shirley

Genevieve Smyth

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Nancy Aldrich

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Alan Betts

Timothy Biers

Brenda Bishop

David Black

Kathy Boswell

Brian Bowes

Bright Funds

Daniel Buck

Mike Burks

CAM Control

Cardel Homes

Carl & Elizabeth Cleveland Family Foundation

Carla Vista Sober Living, LLC

Cedar Springs Hospital

Chris Cerveny

Chesapeake Operating, Inc.

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Joel & Pamela Claudius

Laurie Cliff

Co Anon Family Groups Arizona

Coleridge Nebraska AA Group

Columbine Paper & Maintenance Supply

Jack & Susan Conger

Consolidated Concrete

Wade Cordell

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Tyler Dawn

Mark Digiacomio

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Andrew Donlevy

Dan Dringman

Johnny Dupuis

Roth & Nicole Eddings

Cody Engelbrecht

John & Cynthia Ensminger

Troy Erickson

Erik's House of Healing

Joey Escobedo

Catrina Eveleigh

First National Bank

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Brandon Frandsen

Bob Frazier

Jacob Garcia

Bob George

Jim & Maggie Geymont

Jill Gill

Thomas Gillespie

Goering Hardware

Joe Gronewold

Grubb Law Firm, P.C.

Jerry Handley

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Ralph Harris

Tracy Harrison

Patrick Harvey

Steven Harvey

Amanda Haskins

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Hazellbrook Sober Living

Van & Ada Heady

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Carolyn Hitchman

Mike Hoey

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Hope Builder Club

Jody Hoss

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Island View Dental P.C.

J&J Sober Living

Dr. Carvel Jackson

Vicki Jarrett

Jason Hettler Construction LLC

Kathy Johnston

Jeanette Jones

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Hal Kimball	MEP Engineering, Inc.	Trish Olson	Carl & Mary Renner	Stout Street Foundation	Douglas VanSchoiack
Gerald Kirkendall	Messner Contracting Group	O'Neill Helping Hands in Chapel	Leon Ricklefs	Ryan Stover	Brent Villanueva
Jack Kubat	Catherine & Jarrod Miller	Orscheln Industries Foundation, Inc.	Rivals Bar & Grill	Patrick Svec	Marlene & Matt Wagoner
George Land	John & Karen Miller	David Owens	John Rost	Mike & Jeanette Timmerman	Richard Ward
David Lanpher	Larry & Gloria Mlinek	Jason & Dana Pachner	Naomi Rule	Torpins Rodeo Market	Ashley White
Loren & Gwendolyn Lawson	Aaron Moore	Park Women's Fellowship	Andrew & Kathleen Rupp	TRUiST	Lynnette White
Jim Leadabrand	Michael Mullen	Douglass Parks	Christian Schaffert	TwoPTurf	Warren White
Brett & Cindy Legg	Dakota Murphy	Peaks Recovery Centers	Dan & Mary Kay Schippers	United States Systems, Inc.	Whiting Management Resources
Jane Lepak	Paul Murphy	Charlie Peasinger	Jim Seckelmann	Valley Hope Hockey Night	Warren Whitted
Kathy Lewandowski	Maureen Murray	Peer Assistance Services	Andrew Shakin	Valley Hope Jeans Day	Paula & Robert Wiemer Trant
Vickie Litton	National Christian Foundation Rocky Mountain	Pinnacle Bank	John & Marny Sherman	Valley Hope of Arizona Golf Classic	Wayne Williams
Kelly Long	National First Response	Sherry Poepsel	Marybeth Shipley	Valley Hope of Boonville Anniversary	Keith Willis
Lotus Lodge Sober Living	Ed Naughtin	Matthew Poole	Jesse Smith	Valley Hope of Boonville Poker Run	Willow Creek Meats
Darin Lowry	Network for Good	Marilyn Pope	Peter Smith	Valley Hope of Chandler Alumni Group	David Wilson
Gary & Linda Mackey	Vanja Nikolovski	Earl & Bobbi Potter	Tammy Smith	Valley Hope of Colorado Golf Classic	Dawn Wollard
John McClymont Law Office, P.A.	Northrup Metals LLC	Gerardo Ramirez-Copto	Jack Sombrio	Valley Hope Storm Hockey	Ed Wood
Helen McKenzie	Norton United Methodist Church JR-SR High Youth Fund	Steven & Sarah Rankin	Kathleen Spagnola-Evans		Jeff Wood
Hubert McLaughlin		Adam Raviol	Edward & Cynthia Splichal		Betty Wortman
Jim & Paula McLaughlin	Eric Oberembt		Danny Steffensmeier		Doris Wren
					R.W. & Doris Yeager

Birthday Club

Gifts received March 1st, 2019 to May 31st, 2019

Jim S., 33 years, Atchison

Earl M., 28 years, Norton

Rebecca S., 10 years, Atchison



Birthday Club Donation

Send a dollar (or more) for each year of your recovery and your gift will provide immediate needs for patients, such as treatment-related books, urgent dental work and sober living down-payments.

Recovery Birthday _____ Donation Amount _____

My gift is to help a patient at (location) _____ Valley Hope!

Name _____

Address _____

City _____ ST _____ ZIP _____

GET HELP. FIND HOPE.

Valley Hope
Box 510 | Norton, KS 67654



Valley Hope

www.valleyhope.org

Since 1967, we've helped thousands of people struggling with addiction to alcohol or other drugs find a path to long-term recovery. As a non-profit organization, we're dedicated to providing proven, high-quality treatment at an affordable price.

OUR LOCATIONS

ARIZONA CHANDLER

501 N. Washington
Chandler, AZ 85225
480 / 899 / 3335 PH
480 / 899 / 6697 FX

TEMPE

2115 E. Southern Ave.
Tempe, AZ 85282
480 / 831 / 9533 PH
480 / 831 / 9564 FX

COLORADO PARKER

22422 E. Mainstreet
Parker, CO 80134
303 / 841 / 7857 PH
303 / 841 / 6526 FX

DENVER

7108 S. Alton Way, Bldg. A
Centennial, CO 80112
303 / 694 / 3829 PH
303 / 694 / 3846 FX

KANSAS ATCHISON

1816 N. Second St.
Atchison, KS 66002
913 / 367 / 1618 PH
913 / 367 / 6224 FX

MOUNDRIDGE

200 S. Avenue B Ave.
Moundridge, KS 67107
620 / 860 / 1904 PH
620 / 345 / 4684 FX

NORTON

709 W. Holme St.
Norton, Kansas 67654
785 / 877 / 5101 PH
785 / 877 / 3903 FX

OVERLAND PARK

10114 W. 105th St.
Overland Park, KS 66212
913 / 432 / 4037 PH
913 / 432 / 0406 FX

WICHITA

901 W. Douglas
Wichita, KS 67213
316 / 264 / 7369 PH
316 / 264 / 7526 FX

MISSOURI BOONVILLE

1415 Ashley Road
Boonville, MO 65233
660 / 882 / 6547 PH
660 / 882 / 2391 FX

NEBRASKA O'NEILL

1421 N. 10th St.
O'Neill, NE 68763
402 / 336 / 0008 PH
402 / 336 / 3096 FX

OMAHA

7703 Serum Ave.
Omaha, NE 68127
402 / 991 / 8824 PH
402 / 991 / 3486 FX

OKLAHOMA CUSHING

100 S. Jones
Cushing, OK 74023
918 / 225 / 1736 PH
918 / 225 / 7742 FX

OKLAHOMA CITY

10707 Broadway Ext.
Oklahoma City, OK 73132
405 / 946 / 7337 PH
405 / 603 / 5983 FX

TEXAS GRAPEVINE

2300 William D. Tate Ave.
Grapevine, TX 76051
817 / 424 / 1305 PH
817 / 424 / 1327 FX

GRAPEVINE OUTPATIENT

817 / 424 / 9013 PH
817 / 329 / 0974 FX