



# Coffee Cup

**FALL 2019**



A VALLEY HOPE PUBLICATION

# Coffee Cup Magazine

## Changing Formats for Winter

### 2020 Edition

Coffee Cup Magazine will debut a new format with the Winter Edition, set for publication in February 2020.

The new format will significantly reduce publication costs, ensuring more financial resources are dedicated to patient care.

In addition, the updated Coffee Cup will have a refreshing new look with a focus on sobriety stories and recovery outcomes.

We appreciate our readers and will continue providing meaningful content and stories that inform and inspire your recovery journey.

For more information or to share feedback, please contact [recovery@valleyhope.org](mailto:recovery@valleyhope.org).

# Coffee Cup

A VALLEY HOPE PUBLICATION

VOLUME 54 // EDITION 6

EDITORIAL COMMITTEE

- Ashley Barcum - Content and Media Relations Manager**
- Ryan Culver - Digital Marketing Manager**
- Brandon Raddish - Market Development Manager NE/WKS**
- Megan O'Connor- Executive Director of Foundation**
- Kortney Poire- Annual Fund Manager for Foundation**



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

- EMAIL [recovery@valleyhope.org](mailto:recovery@valleyhope.org)
- CALL 1.800.654.0486
- WRITE VHA | P.O. Box 510 | Norton, KS | 67654

Visit [www.valleyhope.org](http://www.valleyhope.org) to read **Coffee Cup** online. If you no longer wish to receive a hard copy, please call 1.800.654.0486 and we will remove your name from the mailing list.



### SIGN UP FOR DIGITAL UPDATES AT VALLEYHOPE.ORG!

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

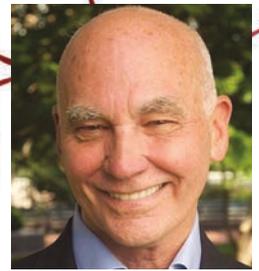
[www.valleyhope.org](http://www.valleyhope.org)

## WHAT'S INSIDE

- A Message from Dan McCormick ..... 3
- Hope for the Holidays: 12 Gifts of Recovery ..... 4
- Views from Home
- State by State..... 6-22
- Family Matters ..... 23
- Hope for Recovery ..... 24
- Foundation..... 25
- Donations. .... 26

# A Message from Dan McCormick

CEO, President, Valley Hope



This November, I will celebrate close to 150 days with Valley Hope. Over the summer, I had the privilege of visiting every location in our seven states. Part of my learning experience included living as a patient for a few days at our Parker, Colorado, residential facility where I learned firsthand about the patient experience.

Valley Hope is a special place that truly makes a positive impact in the communities we serve. I'm honored and grateful to be here. And, I am excited about the future for Valley Hope and what we can accomplish by providing industry-leading treatment and recovery services.

This holiday season, know that we are grateful for the support and engagement from our alumni. Throughout Valley Hope's history, our alumni and community partners have played an integral role in expanding our footprint to serve more communities. You have reached back to help countless patients enter new lives in recovery. And, you have helped others access essential treatment and services through your generous contributions to the Valley Hope Foundation.

As we begin the next chapter of Valley Hope, I look forward to working with you to better meet our shared mission of serving patients, families and communities.

Wishing you the happiest of holidays,

Dan McCormick

## Voices of Hope: Your Recovery Stories

Inspired by National Recovery Month, Valley Hope alumni from across the country are sharing the power of sobriety through a collection of diverse, inspiring recovery stories. The project, Voices of Hope, chronicles the recovery journeys of Valley Hope alumni, while offering hope and healing to loved ones and families seeking help. Voices of Hope leverages the personal stories of those living in recovery to help educate communities about the disease of addiction, effective treatment and the power of recovery.

"Through the Voices of Hope project, Valley Hope alumni are sharing how healing and recovery from addiction is possible," Dan McCormick, Valley Hope CEO and president, said. "Only ten percent of people who need addiction treatment actually receive it and by shining a light on the potential of recovery, together we can eliminate stigma and help more individuals, families and communities find healing."

### Explore the Voices of Hope Project

Visit the Voices of Hope project at [valleyhope.org/recovery-stories](http://valleyhope.org/recovery-stories) to explore recovery stories and resources. Plus, Valley Hope's Beyond the Valley blog provides extensive resources and information for loved ones, families and the recovery community.

Looking for information on specific recovery subjects? If you have a topic you would like covered on the blog, please submit your ideas to [recovery@valleyhope.org](mailto:recovery@valleyhope.org).

Thank you to all of the Valley Hope alumni who have participated in the Voices of Hope project. If you would like to contribute your recovery story and inspire others impacted by addiction, email [recovery@valleyhope.org](mailto:recovery@valleyhope.org).





# Hope for the Holidays: 12 Gifts of Recovery

By Ashley Barcum

Content Manager, Valley Hope

As you celebrate the season of giving, celebrate 12 life changing gifts possible through dedicated recovery:

## 1. HOPE

Hope is the gift that keeps on giving and fosters healing. And a positive attitude is everything. Empirical evidence shows hope can be a vital part of recovery, healthy cultures, and even economic improvements. In addition, hope gets us out of bed and it helps us sleep soundly. Believing in yourself, working to achieve your goals and persevering through challenges; all of these efforts are possible and motivated by hope.

## 2. CLARITY

A moment of clarity kick started your treatment and recovery journey. Being clear in thought is an undeniable gift of sobriety. As you strengthen that clarity muscle over time and it will propel you forward on the road to recovery.

## 3. ACCEPTANCE

“Grant me the serenity to accept the things I cannot change, courage to change the things I can change, and wisdom to know the difference.” In recovery, acceptance equates to being satisfied with yourself – just as you are. Regardless of past actions or behaviors, your work to find and live in recovery requires that you accept who you are, where you are. It can help ease the burden of regret and the anxiety of future worries.

## 4. COMPASSION

At the beginning of recovery, you learn to love your authentic self, to embrace self-compassion not self-indulgence. The gift of compassion motivates us to go out of our way to help the physical, mental or emotional pains of others but it also ensures that we practice self-care as needed.

## 5. ACCOUNTABILITY

One of the great gifts in recovery stems from the practice of accountability. Accountability comes from the acknowledgment and assumption of responsibility for your actions and your willingness to accept related consequences. In recovery, you are accountable for ... your own recovery. Within the 12 steps, accountability guides you to your home AA group, and supports establishing one of the most important relationships in your life: the relationship with your sponsor.

## 6. GRATITUDE

Gratitude strengthens your recovery, ushering in joy, peace and selflessness that will empower your journey and positively impact, even inspire, your loved ones. It will usher you to a place where you truly, innately appreciate the gift of sobriety.

## 7. HUMILITY

“Humbly asked Him to remove our shortcomings.” Humility is essential in recovery. Step 7 requires that you fully embrace humility. Freeing yourself from pride and selfishness can reveal the beauty in your life and bring you closer to your higher power.

## 8. COMMUNITY

Your support community brings ongoing gifts to your life. These relationships are essential not only to recovery but to maintaining a connection to others, to something bigger than yourself. And as the community supports you, you support others in your community. Furthermore, within the gift of community lie inclusion, purpose and most importantly willing and ready support.

## 9. MERCY

Benevolence. Forgiveness. Kindness. Give yourself the gift of mercy, and then share it with others. In recovery, working steps 8 and 9 can involve both giving and receiving mercy. As we make amends to those who we have wronged, we may also have the opportunity to show mercy to others in recovery who make their amends to us. So extend the beautiful act of mercy throughout your journey and receive its inherent gifts.

## 10. HONESTY

A key facet of our moral fiber rests in our level of integrity. Being honest with yourself started your recovery and staying honest with yourself and others will ensure your success. Step 10 requires practicing honesty by taking personal inventory and when wrong promptly admitting it. Releasing yourself from dishonesty by openly admitting fault builds your integrity and frees you from ongoing guilt and anxiety.

## 11. JOY

Recovery sets the table for you to enjoy a life full of joy. Your work to recover from addiction, practicing your program, working the steps, maintaining a body and mind clear and free of substances – you have put in the hard work to experience joy. And in recovery, relationships are stronger and more meaningful, small things can yield great pleasure, your eyes are open to all the beauty around us – the inner peace you have achieved enables you to embrace all of it with pure joy.

## 12. SERVICE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs. The gift of service lets you reach back and grab the hand of a fellow addict looking for hope and restoration in recovery. In addition, engaging in the sober community by helping others in need is incredibly rewarding.





## ARIZONA

### Twelve Ways to Find Hope through the Holidays

By Cheryl Hawley, MA, LISAC, MAC

*Clinical Program Director, Valley Hope of Chandler*

**CHANDLER/TEMPE** As the holidays approach, newly sober individuals are often learning how to navigate the holidays for the first time. Here are few suggestions to help you prepare for a joyous season while staying sober:

1. Stay connected. Line-up extra activities that keep you involved in your sober community.
2. Focus on sobriety. Above all else, the best gift you can give yourself and your family is your sobriety.
3. Seek out special holiday meetings and celebrations in your local support groups.
4. Know your triggers and be prepared to avoid them. If you must put yourself in a difficult situation, have an "exit strategy." You may face additional temptations during the holidays. If you cannot avoid the situation entirely, prepare a plan before you go. Set a specific time to leave, ask someone to help your exit and follow through with your plan.
5. Keep your routine. Attend your regular meetings and activities as usual before the holidays. If you must go out of town, find a list of meetings in the area.
6. Surround yourself with supportive people, such as friends and family. Stay accountable to them when you are going to be in tough situations. Use your cell phone and stay in contact with your sponsor and support network. Schedule follow-up calls after potentially challenging encounters.
7. Set boundaries. There are times when not accepting an invitation is in your best interest.

8. Volunteer for a local charity and help others. Give back!
9. Create and start new traditions this year in sobriety.
10. Stay positive about how far you have come and remind yourself regularly. Consider leaving notes of affirmation in your home, car and workplace.
11. Stay in the moment. If you focus on your sobriety, you will survive the holidays.
12. And, last but certainly not least... meetings, meetings and meetings!



**VALLEY HOPE OF CHANDLER**

» 501 N. WASHINGTON STREET | Chandler, AZ | 85225 | 480.899.3335

**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 // 5PM-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 potluck and fellowship!

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

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

**TUCSON**

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

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



# VIEWS FROM HOME



## COLORADO

### Parker Celebrates 30 Years of Service

By Ashley Barcum

Content Manager, Valley Hope

**PARKER** Valley Hope of Parker marked 30 years of providing help and hope on July 24 with a special celebration at the facility.

Alumni, friends and partners from across the Colorado recovery community joined staff and special guests and speakers including Valley Hope of Parker alumnus, Jason H. who shared his compelling recovery journey. Other speakers included State of Colorado Rep. Kim Ransom (D-44), who commented on the importance of services provided by Valley Hope, the City of Parker

Mayor Mike Wald, who remarked how Valley Hope has positively impacted the community, and Valley Hope CEO and President Dan McCormick, who shared his thoughts on Parker's 30 years and the importance of Valley Hope's patient-centered care.

Thanks to the community partners, alumni, staff, friends and family who helped us celebrate 30 years of hope and healing. We look forward to working with you for the next 30. Together, we can continue to make a difference by guiding people to the road to recovery.



Speakers, Colorado Rep. Kim Ransom, Valley Hope President and CEO Dan McCormick, Parker Mayor Mike Wald, Valley Hope of Parker Executive Director Angela Bornemann and Parker Alumnus Jason H.



Valley Hope CEO and President Dan McCormick receives a special recognition from the Parker Chamber of Commerce for "30 Years of Service to the Community."



Alumni Coordinator Anne greets guests.



Valley Hope team members, past and present, including many current clinicians from Valley Hope of Denver.

# Hope During the Holidays

By Jana Toledo, M.A., LPCC, NCC.

Counselor, Valley Hope of Parker



**PARKER** The holiday season can be a challenging time for many people. The holidays can confront us with what we do not have but wish to have. It can seem like everyone else is surrounded by love and warmth, while we may feel depressed and alone. During this time, simple tasks like grocery shopping, watching TV, listening to the radio, even driving to work can trigger feelings such as sadness, emptiness and loneliness. The stress from these triggers may compound feelings of loss, grief, guilt and shame — a perfect storm for self-destructive behaviors.

Connecting to others is part of our nature as human beings. We were created to connect, to feel that we belong and to be loved. The reality is that we all have imperfect lives and we all live in an imperfect world. Accepting that “my life is not perfect and I am not alone” is the first step in regaining control to prevent depression, relapse, and self-destructive behaviors during holidays.

Preparing a prevention plan prompts us to start taking action months before the holidays or other challenging times. Here are some coping strategies for the holiday season and beyond:

- Ask for help. It takes courage to be vulnerable, and you will be rewarded with less isolation. Call a counselor, doctor, priest or spiritual adviser and be honest about how you feel. Keeping your emotions inside, especially negative ones, can lead to a vicious cycle of isolation.
- Give help. Consider volunteering even if only for a few hours. Studies have shown that volunteering is not only good for others, but it also contributes to our own happiness and well-being. It is also a great way to connect to others and make friends.
- Give thanks. Make a gratitude list and place it on the fridge door. Write down one thing you are grateful for in your life every morning. Author Melody Beattie says, “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It can turn denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”
- Give yourself grace. Self-care is something we shouldn't ignore. It is important to maintain a healthy relationship with yourself as it produces positive feelings while boosting your confidence and self-esteem. Do fun things for yourself: take a bubble bath while looking through a magazine; treat your toes to a pedicure; watch a silly movie (and get butter on your popcorn); exercise and get enough sleep.

As you discover the specific actions that help you the most, make them a regular priority during the holidays. Finally, know that whatever your emotions tell you, you are never, ever alone.

## VALLEY HOPE OF PARKER

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

### Parker Renewal Day 3rd Friday of the Month

8:40 AM Coffee, Snacks & Socializing  
9:40 AM Cup Hangings with current patient group.  
10:10 AM Share Group  
11:00 AM Medallions Ceremony and Cake Presentation  
12:00 PM Lunch

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. The current patient group is encouraged to ask the alumni panel any and all questions that come to mind about recovery, meetings, sponsorship, life outside of treatment, etc.

## 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.





## KANSAS

### Atchison/Overland Park

### The Impact of Recovery

By Bill K.

*Valley Hope Alumni*

**ATCHISON** Recovery has made a significant impact in my life in many wonderful ways. It all started with the day I was admitted to Valley Hope of Atchison. Soon, I returned to the life I had long before this disease took control of everything in my life.

Today, I am a farmer in Nebraska. I look forward to going to work every day, which makes me feel productive again. And, I am a granddad to my grandchildren. They spend time with me, time that I would not have without my recovery. I feel blessed that I did not miss out on being a part of their life. I have a lot of friends in AA — they are also my family. My life has purpose now, helping others who are where I used to be.

After my first year of sobriety, I wasn't sure if I would go back and get my patient cup. Still, I drove from my home in Nebraska City to Atchison every third Friday for Renewal Day leading up to my year of sobriety. I watched other alumni receive their cups and they were so happy and proud. On my one-year sobriety birthday, I wanted to feel that way too. My cup represents the many blessings I have received since finding recovery. I urge my fellow alumni to attend Renewal Day. It brings you back to where you started and reminds you just how far you have come.



# Coffee Cup Corner

By Nicole B

*Housekeeping Manager Valley Hope of Atchison*



Nicole B. in front of the canvas.

**ATCHISON** It has been an honor to serve Valley Hope patients, families and alumni for five years as head housekeeper at the Atchison facility. I have always been passionate about ensuring that the experience of our patients and visitors is as pleasant and comfortable as possible. As a true believer in Valley Hope treatment and our traditions, I wanted to do something to showcase the patient cup art area. Patients decorate their cups right outside of the housekeeping department; a small space that is easy to overlook. I decided to do something to make this area special in a way that enhances the importance of the patient cup tradition.

With the help of our wonderful Maintenance Department we completely remodeled the area. One way to best highlight the cups process included showcasing patient cups closer to the decorating station. I took photos of cups hanging in the lecture hall, as well as other art that patients had created. While the area was being painted, I had the pictures from my phone made into large canvas art. We hung these pictures around the art table.

Today, "Coffee Cup Corner" has new life as a place for patients to reflect and find inspiration for their coffee cups. Since the cup images have been added, we have had several patients recognize their cups on the canvas. They are genuinely excited to see their cup displayed this way. It also sparks meaningful conversations between our alumni and our patients about their cups and their recovery stories.

## CALENDAR » KANSAS GROUPS // MEETINGS // EVENTS

### 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. 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

3rd 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

# VIEWS FROM HOME



## KANSAS

### Norton

## Alumni Celebrate Alkathon

By Steve Horney, LAC

*Valley Hope of Norton*

**NORTON** Valley Hope of Norton recently celebrated our annual Alkathon, observing 52 years of service. The event was a huge success, aided by an especially fun addition – Pie in the Face. Three pies were auctioned off and used to pie the Norton Leadership team, raising several hundred dollars for the Valley Hope of Norton Patient Fund. Next year's Alkathon will most likely be held on August 15, 2020 — the actual birthday of Valley Hope of Norton. Mark your calendars and plan to join us.



*Counselor Micky*



*Program Director Faith after pie in the face.*



*Business Manager Wes getting pie in the face by Brenda.*



*Program Director Faith with CEO Dan McCormick.*

## Renewal Day Update

By Steve Horney, LAC

*Valley Hope of Norton*

**NORTON** Come join fellow Valley Hope of Norton alumni for Renewal Day on the second Friday of each month. Renewal Day serves as the perfect opportunity to recharge your recovery batteries. The experience includes two Alumni Groups, at 9:00 a.m. and 1:30 p.m., and the Cup Ceremony and Sobriety Birthday Celebration begins at 10:30 a.m., followed by staff, alumni and patients for lunch. Renewal Days celebrate you and your recovery — don't miss this special opportunity to strengthen your recovery journey.

# Moundridge/Wichita

## Stay the Course

By Tara G.

ALUMNUS, Valley Hope of Moundridge

**MOUNDRIDGE/WICHITA** Recovery has given me my life back. I was merely existing on a daily basis. It was difficult to do anything other than watch the clock, so I knew when it was safe to take another round of pain medication. Working was a daily struggle. If I had to drive anywhere, I had to get a ride or plan my driving when



I wasn't on pain meds – which only added to my pain level and the urgent feeling I had to take my pain medication.



It has also given me an opportunity to tell my story. I made the choice before I came to Valley Hope to be 100 percent up front and honest with everyone about what was happening and where I was going. By doing this, I opened the doors and

made other people more comfortable in talking to me about their own struggles (or a family member) with addiction. It's given me the ability to see ADDICTION in a different view and a platform to speak about it in our community. I put the phrase "Stay the Course" on my Valley Hope cup. The phrase was used in the context of a war or battle meaning to "pursue a goal regardless of any obstacles or criticism." I felt that phrase was perfect to serve as a reminder to maintain the same course I set ahead for myself when I left Valley Hope. Each of us face our own battles and roadblocks as we continued on our path to recovery. But if we can remember our desire to "Stay the Course" every day of our lives, we will reach that ultimate goal of living a life free of our addiction.



Renewal 8/30- left to right Andrea B., Sam S., Brad M.

## 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.



# MISSOURI

## 3rd Annual Poker Run a Smashing Success

By Sandra Robb

Outreach Manager, Valley Hope of Boonville

**BOONVILLE** Many thanks to more than 40 riders and our generous sponsors who helped make Valley Hope of Boonville's 3rd Annual Poker Run a success.



*Doris, Sandi and Deb help with raffles and T shirts.*



*Donna and Christina help with registration.*



*The winners collect their prizes and trophies.*



*Program Director Donette Cornett, and chaplain Scott are ready to ride.*

# Mental Health Champions Awards

By Sandra Robb

Outreach Manager, Valley Hope of Boonville

Valley Hope of Boonville recently participated in the Mental Health Champions Awards Ceremony and Banquet in Jefferson City, sharing the commitment to raising awareness and public understanding of issues impacting individuals and families living with substance use disorders.



Program Director Donette, Director of Nursing Doreen, Outreach Manager Sandy, Executive Director Bryan and Business Manager Paul.



Program Director Donette, Director of Nursing Doreen, Outreach Manager Sandy.

## 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!



# VIEWS FROM HOME



## NEBRASKA

### O'Neill Celebrates 42 Years of Recovery

By Brandon Raddish

Outreach Manager, Valley Hope of Nebraska

**O'NEILL** A cool and rainy day didn't dampen spirits inside the O'Neill Community Center as Valley Hope of O'Neill celebrated 42-years of providing treatment services during the Annual Alumni Event and Reunion on August 24, 2019.

More than 150 guests, including alumni, staff, friends and current patients came out to enjoy dynamic alumni speakers, a raffle, live and silent auctions, plus a Golden Heart Award ceremony — and share a wonderful meal prepared by the stellar O'Neill kitchen staff.

Speakers included alumnus Daryl M. who has more than 30 years of sobriety. Daryl shared his experience, strength and hope with those in attendance from a soft and heartfelt space of gratitude in his heart. Daryl's wife, Valley Hope of O'Neill Counselor, Michelle M., joined him onstage as he shared his story.

Another moving recovery was presented by Omaha-area alumnus Eric O. Eric, who has more than 10 years of sobriety, shared his compelling recovery story.

Long-time Valley Hope of O'Neill community supporter, Cheryl Winkler, received the Golden Heart Award. Cheryl and her husband Jerry own the local bowling alley, O'Neill Lanes. The Winklers are Valley Hope recovery advocates that have opened their doors to Valley Hope staff and patients to enjoy positive recreation for many years. They also continually support Valley Hope with donations to our live and silent auctions.

The event raised more than \$7,800 for the O'Neill Patient Assistance Fund. And, per tradition, the attendees collectively have an astonishing 462 years, three months and 25 days of sobriety.



Just shy of 150-Alumni, Friends, Family and Patients attended O'Neill's Annual Reunion and 42nd Anniversary Celebration on Saturday, August 24, 2019.



"Auctioneer Rick," Alumnus and friend to Valley Hope of O'Neill, has become the voice of our live auction.



Counselor, Kevin Knoch takes a 'pie to the face' after the winning bidder from the silent auction carefully selected him.

## CALENDAR »Nebraska

GROUPS // MEETINGS // EVENTS

### 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.

### Holiday Events in O'Neill

All Events are open to Family and Friends

November	28 <sup>th</sup>	Thanksgiving Dinner-12 PM
December	6 <sup>th</sup>	Renewal Day and Holiday Dinner-12 PM (no brunch on this day)
December	25 <sup>th</sup>	Christmas Dinner with Santa 12 PM
January	1 <sup>st</sup>	New Years Day Dinner-12 PM
January	3 <sup>rd</sup>	Renewal Day





## OKLAHOMA

### Seeking Simplicity:

### Alumni Share Voices of Hope

**CUSHING/OKC** Valley Hope alumni Andrea H. and Mickey S. recently shared their sobriety stories as part of Valley Hope's recovery story collection effort, Voices of Hope. Stories will include highlighting the "cups" process and how it uniquely inspires and reflects the recovery journey. Explore more stories, plus videos, photos and an alumni-curated playlist at [valleyhope.org/recovery-stories](http://valleyhope.org/recovery-stories). You can share your story by emailing Ashley Barcum at [recovery@valleyhope.org](mailto:recovery@valleyhope.org).

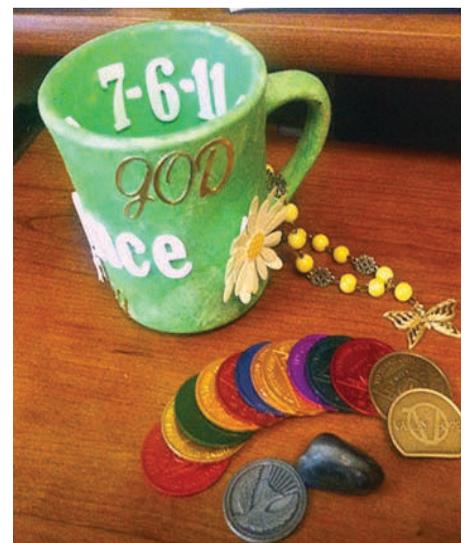
## Seeking Simplicity

By Andrea H., Alumnus

I vividly remember the inspiration behind my Valley Hope cup. Initially, I only wanted something that I could come back and get at Valley Hope after a year of sobriety --- even though that seemed SO far away at the time.

But, as I started getting my craft supplies together, I considered what recovery meant to me. I included the words acceptance, faith, healing, joy, my sobriety date, and most importantly, God. I added daisies and butterflies because they represented my favorite "simple" things in nature and I was desperately seeking simplicity after my life becoming so chaotic in my disease. And, I added a mirror from a makeup compact that just happened to - I don't believe it was a coincidence - fit perfectly into the bottom of my cup. That mirror would remind me to always look inward for what I knew was inside of me, for what had always been inside me. And, I knew I could get back to being that person outside of my addiction to alcohol.

My cup holds all of my monthly medallions from my first year, along with a prayer coin and a worry stone given to me by a special friend I met at an AA meeting. I keep my cup just above my computer at home and look at it daily. Some days I just look at it to admire the pretty colors and the craft I made in treatment, but most days I look at it and remember how much getting my cup back meant to me after my first year in recovery.



# Stay the Course

By Mickey S., Alumnus

Recovery has impacted my life in many ways. I have a brighter outlook on life. My relationships with my family have grown dramatically, especially my relationship with my wife. We both knew something had to change, so I went to Valley Hope for treatment. I didn't know what to expect, but after a few days, I knew it was where I needed to be. The people I met had the same problems and we managed to get through them together. They will always have my heart. The year of sobriety has gone by so fast, it has been amazing. My health has improved 100% and I will always be grateful for the staff at Valley Hope for saving my life. They gave me direction and guided me through the addiction.

I put the phrase "Stay the Course" on my Valley Hope cup. The phrase was used in the context of a war or battle meaning to "pursue a goal regardless of any obstacles or criticism." My cup represents all the hard work we all had to go through to achieve one year of sobriety.



My cup is the centerpiece of my life.

## CALENDAR » OKLAHOMA

GROUPS // MEETINGS // EVENTS

### 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.



# VIEWS FROM HOME



## TEXAS

### 5 to Stay Alive

By Carol "Tippy" C.

Valley Hope Alumni

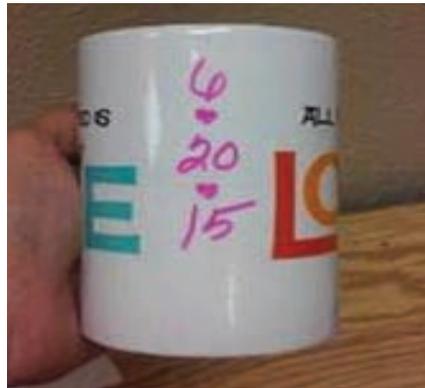
I listed the 5 to Stay Alive on my Valley Hope cup because it's important to do these things every day:

1. Pray in the morning.
2. Pray at night.
3. Talk to your sponsor.
4. Go to a meeting.
5. Read the Big Book.

These things are crucial for recovery as well as family support. I also put a cross on my cup because it represents my spirituality.

I created a second cup while attending the Valley Hope intensive outpatient program (IOP). My IOP cup represents where I was at that time, with the phrase "All you need is Love." To me that means self-love as well as genuine love for others.

Today, I am well. Although I had a relapse since I left Valley Hope, yesterday I celebrated 26 months of sobriety. The promises are true. I am in school to be a Drug and Alcohol Addiction Counselor, plus I am working two jobs, but I still make time for the most important things: my relationship with God and my sobriety. Everything else is amazing as long as my focus remains on these things.



**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 maintaing 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.

"I STILL MAKE TIME FOR THE MOST IMPORTANT THINGS: MY RELATIONSHIP WITH GOD AND MY SOBRIETY. EVERYTHING ELSE IS AMAZING AS LONG AS MY FOCUS REMAINS ON THESE THINGS."

-CAROL C.





# FAMILY MATTERS:

## Building New Holiday Traditions

By Ashley Barcum

Content Manager, Valley Hope

The spirit of the holiday season can often bring great stress and worry to people in early recovery and their families. Fear of relapse and seasonal stressors can produce a dark cloud that lingers over what should be the most wonderful time of the year.

Rather than venture into the season fearful of the outcomes, embrace the opportunity to create new, more meaningful traditions that reveal the true joy that recovery can bring – not in spite of sobriety but because of it.

### Express Gratitude Together

One of the most powerful things about recovery is the moments when we rediscover and appreciate the simple joys in life. The holidays are full of these simple joys. Playing board games in front of the fire, a walk in the chilly air with a loved one, fresh hot coffee and Christmas cookies, warm hugs that last an extra beat... all of these experiences have so much more meaning and appreciation by loved ones in recovery and their families and friends. We truly live in the moment, a benefit of active gratitude. The spirit of the holidays – the merriment and good cheer found in random strangers and the closest of friends and family, or “the spirit of the season” – can be contagious. Actively embrace and engage in the most wonderful time of year by practicing gratitude throughout each day, including thankfulness for sobriety and experiencing the holidays in good health. Bringing gratitude into practice as a family in recovery can be an incredibly powerful experience, especially during the holidays. The gratitude of being together again after a loved one finds recovery is truly the greatest gift and can inflect joy, inspiration and appreciation into all of our holiday traditions.

### Get Active

Release the stress and worry through some good old-fashioned family fun. Setup a Family Game Day, with a round or two of flag football, snowball fights or Nerf battle in the woods, ice skating or sledding, and finish the day with Family Game Night including epic rounds

of your favorite board games. Think of the day as your Holiday Olympics. For extra fun, have a creative family member craft a homemade trophy that can be passed onto next year’s winner or simply award bragging rights until next year.

### Be Creative

Healthy new holiday traditions can also include expressing your creativity. From crafting new decorations to perfecting new recipes, holiday traditions can engage and develop new talents and hobbies. Countless seasonal DIY projects can yield beautiful indoor and outdoor décor and many can serve as the perfect gift. Last year, our family exchanged handmade gifts instead of running up our credit cards, saving ourselves post-holiday stress over finances and focusing instead on spending time together and marveling at each other’s creative talents.

### Spread the Cheer

It is better to give than receive. The holidays actually offer the perfect time of year for those in recovery to put their step work into action. Including loved ones in the process can create meaningful holiday memories and launch a new tradition for everyone in the family to spread cheer in a meaningful way. Volunteer at the local food bank or homeless shelter, offer to serve at your local AA meeting, donate gifts to charitable organizations or even adopt a family for Christmas. Such efforts truly embrace the spirit of the season and create a lovely holiday tradition inspired by your recovery.

This holiday season, do not fear relapse; empower your recovery by being actively engaged in the holidays. Embrace the season with new traditions that strengthen your sobriety, inspire your family and friends and embrace the true joy of recovery.

# 'Tis the Season for Self-Care

By Ashley Barcum

Content Manager, Valley Hope



The holiday season can present heightened challenges to sobriety. However, there are many strategies available to help manage seasonal stress and triggers. A big part of relieving holiday-induced stress comes from self-care. Developing an effective self-care plan can help you manage and overcome holiday triggers and enable you to engage in the spirit of the season.

Use these tools to build a successful holiday self-care strategy:

## **Recovery First**

Make your sobriety the priority by maintaining your recovery program and schedule. Go to an AA meeting or support group every day if you can. Adjust your meeting schedule if you need to, but do not skip. Skipping out on your recovery norms can put your sobriety on a slippery slope as the season progresses. Straying from your recovery program and schedule will weaken your ability to power through holiday triggers. Working your recovery program is the ultimate self-care practice.

## **Meditate**

Meditation is a powerful option for self-care. In AA, Step 11 tells us, "Sought through prayer and meditation to improve our conscious contact with god as we understand him..." Take control of your thoughts and emotions with a meditation practice. Even five minutes a day can make the difference. Meditation will calm your mind and enhance your spiritual health. As you build your routine, expand your meditation practice.

## **Stay Active**

Staying active is an essential self-care strategy. Throw on some layers and take a brisk walk outside or hit the gym and sweat out your stress. A healthy body will monumentally boost your ability to stay on track with your recovery. In addition, during the holidays, regular workouts will lessen the guilt of indulging in extra calories.

## **Treat Yourself**

You have worked hard on your recovery. Reward yourself with things that bring you joy. Self-care also includes indulging in the best that the holiday season has to offer – in moderation. Enjoy the sweets and comfort foods. Schedule a spa day or reserve tickets to a holiday performance or movie. Bring friends from your recovery community.

## **Give Back**

Take care of yourself by taking care of others. There are countless opportunities to serve your community during December. Homeless shelters, recovery programs, community toy drives – volunteer to help others this season and stay out of your head. Participate in charitable giving or adopt someone who could use some holiday hope and cheer. Keep a check on your sober friends and offer support. Do something that is good for humanity and your recovery this season.

Remember that recovery provides the opportunity to enhance your holiday experience in incredible, powerful and hopeful ways – make every effort to leverage your ongoing support community and self-care plan to celebrate the season while staying focused on your recovery journey and avoiding relapse.

Explore more Hope for the Holidays resources and information to help loved ones, families and the recovery community manage the season successfully at [valleyhope.org](http://valleyhope.org).





# FOUNDATION NEWS

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

## Valley Hope Foundation Launches Planned Giving Society

In conjunction with Valley Hope's 52nd Annual Meeting, the Foundation announced the founding of THE 1967 CIRCLE. A dozen Charter Members were present for the celebration and were recognized and honored during the morning session.

Those who communicated to the Foundation before July 1, 2019 that they included Valley Hope in their estate plans were recognized as Charter Members. THE 1967 CIRCLE has 46 Charter Members whose names will remain in perpetuity.

Valley Hope has provided an unending circle of recovery for 52 years. THE 1967 CIRCLE exists to ensure this legacy of care continues. Moving forward, those joining THE 1967 CIRCLE will be known as Legacy Members. Together these members insist and declare that the circle of hope and healing never be broken.

We extend our heartfelt thanks and appreciation to our Charter Members. They have made the ultimate commitment - and have planted trees under which they will never sit.

- |  |   |   |  |
|--|---|---|--|
| Anonymous- Leoti, KS                       | David & Kristine Evans-<br>Omaha, NE              | David & Jean Ketter-<br>Grinnell, IA        | Walter* & Gladys<br>Riechmann-<br>Plymouth, MN |
| Anonymous- Omaha, NE                       | Charles "Blond" & Marlene<br>Farmer-Snohomish, WA | Mark & Ann Knackendoffel-<br>Manhattan, KS  | Gary Schafer-<br>Columbus, NE                  |
| John & Ada Arford-<br>Norton, KS           | Pat George-<br>Dodge City, KS                     | Steve & Jan Knuth-<br>Holdrege, NE          | Carl Schenzel*-<br>O'Neill, NE                 |
| David Bear-<br>Columbia, MO                | Dennis & Laura Gilhousen-<br>Norton, KS           | Curt & Holly Krebsbach-<br>Chandler, AZ     | Teresa Schmeck-<br>Prairie Village, KS         |
| Peggy Brant*-<br>Sabetha, KS               | Ken & Juanita Gregoire-<br>Atchison, KS           | John & Cynthia Lewis-<br>Lecompton, KS      | Joe & Susan Sims-<br>Overland Park, KS         |
| Tony* & Nancy Chop-<br>Overland Park, KS   | Ina Grimes*- Wichita, KS                          | Terry & Donna McGeeney-<br>Pueblo, CO       | Larry Wedel*-<br>Moundridge, KS                |
| Keith & Rosalee<br>Christiansen- Blair, NE | Patrick & Jill Hall-<br>Norton, KS                | John & Karen Miller-<br>Lincoln, NE         | Jeff & Jean Wheeler-<br>Colorado Springs, CO   |
| Obie* & Velma Cochran-<br>Syracuse, KS     | Carolyn Hammond*-<br>Overland Park, KS            | Megan O'Connor & Fred<br>Wetter- Norton, KS | Mark Wheeler-<br>Topeka, KS                    |
| Merlynn & Joan Colip-<br>Norton, KS        | Arthur "Swede" Hanson*-<br>Colorado Springs, CO   | Deborah "Dee" O'Hara*-<br>Clinton, OK       |  |
| Brenda Corritore*-<br>Pender, NE           | Mike & Gail Hieb-<br>Alda, NE                     | Larry & Jeannie Peterson-<br>Olathe, KS     |  |
| Cloud L. "Bud" Cray, Jr.*-<br>Atchison, KS | Bruce A. Holmgren-<br>Overland Park, KS           | Lisa Phillips-<br>Atchison, KS              |  |
| Terrance* & Carol Crook-<br>Boonville, MO  | Randy & Carolyn Johnson-<br>Ashland, NE           | Carl Renfro-<br>Ponca City, OK              |  |
| Russell & Kathryn Ebert-<br>Norton, KS     | Richard M. "Deacon"<br>Jones- Omaha, NE           |   |  |

\* Indicates in Memoriam

## Your donation will be matched by Grantors.

Two generous donations have recently been gifted to the Valley Hope Foundation. These gifts display a strong commitment to the support of our mission and serve to inspire donations. Countless lives of individuals looking to Valley Hope for help will be impacted by their generosity.

Alden "Swede" Hanson committed his life's service to extending a helping hand to the still-suffering alcoholic. As a 62-year uninterrupted member of AA, Swede was instrumental in establishing new groups from Colorado Springs to the New Mexico border. He was dedicated to sharing the recovery message to those who desperately needed it; no matter their age or life situation. During his life, Swede played a part in the recovery journey of countless individuals. Through his legacy, Swede is doing the same. A \$100,000 gift from Swede's estate has been designated to Valley Hope to support those individuals writing their story of recovery.

Orscheln Industries Foundation, for the second consecutive year, has obliged to be our Gift of Recovery Annual Drive Challenge Grantor. The Gift of Recovery Drive generates a great portion of the scholarship funds needed to provide assistance throughout the year. This Challenge Grant of \$50,000 serves to inspire others to join Orscheln Industries Foundation in support of Valley Hope patients and their families. With their help, hundreds of lives will be changed.

Every new dollar donated to the 52nd Gift of Recovery Drive, launching in November 2019, will be matched. For example, if you donated \$100 to the 2018 Gift of Recovery Drive and you donate \$1,000 this year, the additional \$900 will be matched. This will generate a \$1,900 gift for Valley Hope patients. First time donations to the Gift of Recovery Drive will be matched in their entirety. Your donation will provide financial support to those working to reclaim and sustain their lives.

### MORE INFORMATION

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

### JOIN US IN GIVING. HOPE FOR LIFE.

Online: visit [www.valleyhope.org/donate](http://www.valleyhope.org/donate)

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





Megan O'Connor, Lisa Phillips and Dan McCormick



Megan O'Connor, John and Cynthia Lewis and Dan McCormick



Karen and John Miller



Megan O'Connor, Dan McCormick and Richard M. "Deacon" Jones

## Donations Received June 1 to August 31, 2019

### In Honor Of:

Michael and J.L. Childs In Honor of Dennis Meyers

Christina Dunham-Whitted In Honor of Warren Whitted

Jack & Marletta Wilkens In Honor of Keith Dickey

### Memorials:

Debbie & Marty Goldsmith In Memory of Aaron Goldsmith

Valerie Forsythe In Memory Of Art Forsythe

Megan O'Connor In Memory of Brian O'Connor

Ann Schwarz In Memory of Brian Schwarz

Ruth Rose Welliver In Memory of Carla Welliver Stone

Chuck & Teresa Perkins In Memory Of Carrie Museousky

Gordon Vieth In Memory of Carrie Museousky

April Baldwin In Memory of Gregory Baldwin

Hans Heynau In Honor of Hans Heynau

Betty Winnings In Memory of Jim Hale

James & Paula Keefer In Memory of Kevin Riedy

Theda Mangone In Memory of Kevin Riedy

Jerry Frisbie In Memory of Les Brown

Milton & Darlene English In Memory of Leslie Brown

Frederick Hunt In Memory of Puppet and Martinl

### In Memory of Aaron Kelly

Sarab Alseoudi

Janet Bair

Cynthia Banman

Matthew & Kaley Bogner

Darrell & Cynda Conrade

Charles Craig

Anonymous Donor

Lamont & Valerie Gleason

Dr. Harold & Evelyn Gregg

John & Judy Harris

Kermit & Virginia Iserhardt

KAMMCO

Steven & Patricia Kelly

Annetta Kimball

Eileen Kubala

Paul & Cathy Lavender

James & Laura Martin

John & Pat Morton

Preston & Neva Orr

Melvin & Donna Schadler

Kay Self

Ron & Pam Stevens

Michael & Sheila Sturdefant

Mark & Susan Terrill

Roberta & Dale Trapp

Marjorie & Byron Warta

Neal & Sheila Williams

Thomas & Melynnie Williams

### In Memory of Colleen Donovan

Paige Donovan

Kasey & Susan Fitzpatrick

John & Lucille Goodnow

Charlotte Jordan

Joe Murphy

Pickle Programs

Joan Roethle

Tom & Miriam Schober

Chris Schulz

### In Memory of Mary O. Strong

Diane Kennedy

Sandra Schubert

Courtney Strong

The Donald and Bonita J Fraser Trust

### In Memory of Keegan Brown

American Family Mutual Insurance

Stan Atchison

Georgi & Neil Bertrand

Garrett Foster

Raymond & Jacqueline Gilligan

Bill & Hiroko Hatcher

Mark Maliske

Patricia McEahern

Patty Schmidt

Patty Wieser

### Birthday Club

Keith D., 39 years, Norton

Fred H., 8 years, Norton

Margaret T., 12 years, Atchison

Melvin C., 15 years, Grapevine

## Donations

AAA of Hays, LLC	Chad Clauser	Madonna Haskins	John & Deb McClymont	Poire	Tri-County Bank
Ambassadors Class Christian Church	Cleeks Home Furnishings	Renee & Jeremy Hawks	Laura McGinty	Renfro Family Foundation	True Level Investment Inc.
Dennis & Liz Anderson	Laurie Cliff	Heart, Body & Soul	Claudia McGurk	Nancy Richards	TRUiST
Anson Insurance Services, Inc.	Cocoa Dolce	Gay Herring	Douglas McLaughlin	Trevor & Danielle Ridlen	Ultimate Software
Haven Applegate	Cole Redi-Mix, LLC	Hans Heynau	McPherson County Community Foundation	Steve Riedel	Dennis Unick
Johnnie & Ada Arford	Coleman Family Foundation, Inc.	Hobby Lobby Stores	Tom & Patty Meagher	Jon-Paul Robinson	Union Pacific Charity Custodial Account
Arise Recovery Center	CORE	Hope Builder Club	Medical Arts Pharmacy Inc.	Melanie Romey	Valley Hope of Arizona Golf Classic
B G & S Transmission	John & Beverly Dailey	Steve Horney	Mellor Companies, Inc.	John Rost	Valley Hope of Boonville Poker Run
Scott & Linda Bahe	Jason Dennis	Matthew Hosey	Messner Contracting Group	Sander Furniture	Valley Hope of Chandler Alumni
April Baldwin	Don Dewald	Sharon Houston	Mike Hieb Construction	Bob & Beth Sanders	Valley Hope of Hays Putt Putt
Sandy Bauer	Keith Dickey	Hunt Consulting & Coaching	Catherine & Jarrod Miller	Sante Center for Healing	Valley Hope of Moundridge
Daniel & Kristy Beeks	Anonymous Donor	Incite Response Inc.	Jarrold Miller	Greg Schafer	Valley Hope of Norton Alkathon
John & Jamie Beel	Lynn & Jeff Drinkard	Miranda Isernhagen	John & Karen Miller	Pat Schied	Valley Hope of Norton Poker Run
Regina Beikman	Casey Duello	Dr. Carvel Jackson	Jane & Bernie Mindrup	Gary Schieffer	Valley Hope of O'Neill Reunion
Benevity Community Impact Fund	Dr. & Mrs. Dunagan	Jacqueline Bulgin Living Trust	Scott & Leanne Minium	Richard & Marlene Schmidt	Trevor & Ashton Walton
Berlin-Wheeler, Inc.	Roth & Nicole Eddings	James Johnson	Moffet Drug Store	Rick & Kim Schmidt	Faith Wanja
Terry & Brenda Beutler	Emme Sand & Gravel	Rick Johnson	Monarch	Marsha & Russ Schwartz	Waterstone
Curt & Marietta Boatman	The Evergreen ALF	Sharon Johnson	Terri Moyer-Uecke	Doug & Nancy Sebelius	Janice Whisenant
Nick Bonavia	Family 1st Dental of O'Neill	Kathy Johnston	N.S. Waterline Inc	Dr. Drew Shoemaker	Judy & William White
Brazos Recovery Services	Edward Fischer	Cory Jones	Network for Good	Jerrad & Deena Silke	Warren White
Kristen Bremer	Gary & Mary Flowers	Roma Jorgensen	Northwest Collision and Paint	Debbie Skipper	Wilkinson Sonic Group
Brett Wells Construction	Gary & Sandy Forrest	Paul Kampschnieder	Norton Freedom of Choice NA	Cheryl Smith	Debra Williams
Brian's Concrete Services	Bob Frazier	Kirk Kasson	Betty Nothnagel	Ron Smith	W-K Chrysler Dodge Jeep & Ram
Daniel Buck	Freddy's Frozen Custard & Steakburgers	Dave & Jean Ketter	Megan O'Connor	Erin Smotherman	Ann Wrede
Carla Burch	Jim & Maggie Geymont	Daniel Knipp	ODAT INC.	Solutions North Bank	Wren's Home Improvement & Remodel
Melissa Burke	Gilbane Motorsports	Nancy Kollhoff	Trish Olson	Jack Sombrio	WSM Industries
Burning Tree	Richard Giles	Cheryl Laflen	O'Neill Super Foods	Richard Spradley	
Charles Carr	Goering Hardware	Jim Leadabrand	Orscheln Management Co.	Danny Steffensmeier	
Charlie's Car Wash	Ramona Graves	Kent & Julie Legg	Evelyn Paden	Ryan Stover	
Chesapeake Operating, Inc.	Great Western Gas Company	Thane Lewis	Peoples Bank	Strope and Gotschall PC, LLO	
Nancy Chop	Alden Arthur "Swede" Hanson Estate	Richard & Marilyn Logerwell	Pinnacle Bank	Studio 400	
		Guy Loop	Kortney & Jerrod	Tani LLC	
		Tony Luna, M.D.		The Tanning Gallery	
		Gayle & Joanna Martin		Robert Tomlin	

GET HELP. FIND HOPE.

**Valley Hope**  
Box 510 | Norton, KS 67654



**Valley Hope**

[www.valleyhope.org](http://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, KS 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