

# the archway

Celebrating 20 years of hope & recovery | winter 2021 newsletter

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adeara









the forward

# Adeara's year of opportunity

What makes a new year so exciting? It represents a blank page ready to be filled with new prospects and adventures. It offers opportunities for growth and reflection, as we contemplate the challenges and triumphs of the past twelve months. Although 2020 will be remembered as the year of the COVID-19 pandemic, it will also be remembered as Adeara's year of opportunity. We are so grateful for the new partnerships, exciting ventures, a strengthened team and enhanced programming that developed as a result of the work done in 2020.

Not only did Adeara grow as an organization, but our residents also saw some significant growth in their recovery journeys.

We look forward to 2021 and seeing even more lives changed and families reunited and restored.

**Lori Patrick**  
Executive Director





a spotlight on...

## Naomi and intensive care nurses

**This December, we celebrated a Christmas brimming with blessings and generosity. It truly was the season of giving.**

City Homes generously donated Christmas gifts for the women and their children. People from across the community helped us facilitate Christmas events for our residents. Donations were gifted to support our programming. We received tremendous encouragement on social media. We also saw individuals go above and beyond to raise money in the most beautiful and creative ways. Naomi is one of those people, and she generously let us share her story.

“My name is Naomi and I am a cardiovascular intensive care nurse at the Mazankowski.

It's been a bit of a stressful time in our unit, and some staff had been wanting extra head

coverings when taking care of COVID-19 patients. I have sewn scrub caps for my daughter and Operating Room staff for a few years now. When a few of the nurses asked about my scrub caps to wear on our unit, I decided it would be a great fundraiser for Adeara. When Lori Patrick became director of Adeara in January 2019, I saw through Facebook what incredible work the charity was doing in the lives of women. I believe God's desire is for all of us to help those that are less fortunate, especially during the pandemic.

What I take from this experience is the generosity of my coworkers. 100% of the proceeds have been going to Adeara. They bought the scrub caps from me knowing they were supporting a charity and helping women. I feel privileged to help, even if it is in a small way.”

**Naomi,**  
**Adeara Supporter**



tales of hope

## Bobbi's story

### A Learning Experience

Hello. My name is Bobbi, and I am a resident at Adeara Recovery Centre. I'm a mother of two beautiful little girls, and I've been at Adeara for nine months.

So far in my experience at Adeara, I have received the tools for building a stronger and healthier relationship with my daughters. By participating in the parenting program, "Boundaries with Kids", I've been able to learn parenting skills that have supported my desire to raise my children in alignment with my best hopes for their successful futures.

I've learned that my recovery is the full acceptance of myself as I am. I now believe I can change, and I understand how—and have the ability—to implement boundaries. This is something that I did not have in my toolbox when I got here. I'm able to put boundaries in place

and have a healthier relationship with family and friends. I've also had the opportunity to learn about the dynamics of co-dependency: I've learned about taking responsibility for myself and how to relinquish the desire to control others and to make them fit into my own ideas of them. I now understand the dangers of being dependant on people in an unhealthy way.

I have also developed skills in the area of my emotional processing. I can identify and modify my irrational belief patterns about myself, others, and my environment. I've learned how to deal with my grief, guilt, and shame by using the REBT (Rational Emotive Behavioural Thinking) method.

Adeara has made a significant impact on my journey to recovery, and I will be forever thankful for this.

**Bobbi,**  
**Adeara Resident**



# The Coldest Night of the Year

## For the First Time Ever: We're Hosting Coldest Night of the Year!

This winter, our fund development team was approached by the Blue Sea Foundation, who generously asked if we would take part in the Coldest Night of the Year (CNOY): a nation-wide event where families, friends and coworkers walk out in the cold in support of a local charity that addresses homelessness, poverty and hurt in their city. We are excited to join the Bissell Centre and the Mustard Seed in hosting Edmonton's Coldest Night of the Year 2021, and we are asking you to join us!

## How Does CNOY Work?

Coldest Night of the Year is run by the Blue Sea Foundation, who finds charities across Canada that are willing to host the event and coordinates the event nationally and locally. As one of three hosts in Edmonton, Adeara is asking individuals to get involved in raising money for our centre, and then joining the national chilly walk on February 20th. A small portion of the money raised through Adeara's community will support the Blue Sea Foundation so that they can put on the event again next year, and the majority will go directly to Adeara to support our addiction recovery programming.

**But what does this mean for you? CNOY is an opportunity to serve Adeara by starting a fundraising team or joining an existing team.**



## Start a Fundraising Team in 5 steps!

1.

**Set a goal of how much you want to raise** as a team. (If you're not sure, \$1,500 is a great starting point.)

2.

**Start a team on our CNOY website** and pick a GREAT team name. (Extra points for cheesy!)

3.

**Ask a group of people to join you**—look for 5-7 people. The more people you have, the less you need to raise individually.

4.

**Ask 5 people for donations of \$50** to support your walk. Once you raise \$150, you get a CNOY toque!

5.

**Walk on February 20th as a small group** (regulations permitting) or as an individual—in your neighbourhood, through the river valley, on a treadmill—it's your choice!

## Where Do I Sign Up?

To start a team or to join a team, head to [cnoy.org/location/edmontonwest](https://cnoy.org/location/edmontonwest). Once you're there, click the box that says "Register to Walk + Fundraise" (it has the picture of a toque).



## We Are So Thankful!

It's only been a month or so since we joined CNOY, and we have already received an outpouring of support. From volunteers who have reached out to ask what help we need, to friends and strangers who have signed up to fundraise with us this February, you have shown us how you will stand by women in need. Your support is felt every day by our staff and our residents, especially during these trying times. Thank you!

## What About COVID-19?

While the CNOY is normally a walk that the Adeara community would do together, this year we're going completely virtual. What does that mean? Instead of walking as a big group through the city, we will be walking in smaller groups, or if gathering outdoors is restricted, as individuals, each choosing their own route. Whatever the current COVID-19 restrictions, the show will go on!

**Donate to Adeara today so that our mission of helping women grow forward can be realized.**

### Amount

- ☐ \$25   ☐ \$50   ☐ \$100   ☐ \$250  
☐ \$500   ☐ \$1000   ☐ Other: \$ \_\_\_\_\_

### Recurrence

- ☐ Monthly   ☐ One-time

Individual gifts will be acknowledged with an official tax receipt for income purposes.  
Charity Number 899611032RR0001

### Payment Information

- ☐ Cheque   ☐ Visa   ☐ Mastercard

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

- ☐ I hereby authorize Adeara to charge my credit card as specified above

Call us at **780-423-5516** during business hours to donate by phone or you can also donate online at **[adeara.ca](https://adeara.ca)**

# Coffee Supporting Adeara and Rwandan Women

**This winter, Adeara was able to collaborate with The Wall Coffee Roasters to come up with Recovery Coffee!** The coffee is grown in Rwanda and processed by a women-led cooperative employing 270 female graduates of the Sustainable Grower's training program. The award-winning coffee is then shipped to Edmonton, where it is locally roasted to bring out its natural flavours. With every bag of Recovery Coffee sold, 90% of the profits are donated to Adeara's programming.

Purchase your bag at **[thewallcoffeeroasters.com](http://thewallcoffeeroasters.com)**  
(listed under Buy Now).



**With an act of giving, you ensure that families can grow forward**

**Thank you!**

Individual gifts will be acknowledged with an official tax receipt for income purposes.  
Charity Number 899611032RR0001

## Donor Information

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

☐ Yes, sign me up for the e-Newsletter!

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