

the archway

Celebrating 20 years of hope & recovery | spring 2020 newsletter

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adeara



the forward

Strength and Dignity

Every year on March 8th, we celebrate the achievements of women around the globe, socially, economically and politically, through a movement called International Women's Day. While there are many women achieving greatness throughout our country, I am in greatest awe of what the residents of Adeara are achieving: they are changing their families and communities by changing their own lives.

Often, people assume that when women come into Adeara, they are weak and frail. I see a completely different side of them: I see strength that pushes aside fear and uncertainty. The fact that women continue to come through our doors shows that, even though they are in the depths of their addiction, they don't want to give up. They want to live – and they are courageous enough to ask for help.

Strength is what gets them through the door. Dignity is what follows. Many come in with low self-esteem, a sense of worthlessness and so much rejection.

Walking into Adeara, they soon discover that they belong. They are loved unconditionally. Their value and worth are restored and their confidence returns. While the journey to recovery is long and difficult, these women have what it takes, and we'll walk with them the entire way.

“She is clothed with strength and dignity; she can laugh at the days to come.” – Proverbs 31:25

In March, Adeara was honoured to be part of a campaign that raised (and continues to raise) recovery funds for these women by selling shirts created by Jars of Clay Calligraphy and Anchored Collective. The shirt says “Strength and Dignity.” All profits from the sale of the shirts (in black or grey) go right back to Adeara so the recovery process can continue and more women can find healing and restoration. To purchase yours, visit anchoredcollective.com.

Upcoming Events

Evening of Dreams

Oct 2, 2020

Delta Hotel, Edmonton
(featuring guest host/musician Matt Day)



Be a part of Adeara's
**9th Annual
Fundraising
Gala**
Oct 2th, 2020

Milestones

Hannah – 6 months
Cheyanne – 6 months



Volunteer
Regan Kuhn

a spotlight on...

Volunteer: Regan Kuhn

We are so thankful for our volunteers – they're the keystone of our organization. As they invest in the lives of our residents, the passion and care they bring contribute to the impact of our program.

We'd like to highlight Regan Kuhn this month. Regan helps the residents two days a week, offering her assistance wherever it is needed. What a huge blessing!

Regan is hard-working and willing, she does whatever it takes and she always does her best. Best of all, she loves to spend time with the ladies! She's the best.

Regan, thanks for making a difference at Adeara.

If you'd like to volunteer, visit adeara.ca/ways-to-give/.

covid-19 update

Our Commitment

Like every small business in our Province, Adeara is feeling the effects of COVID-19. I want to take a moment to thank all of our supporters who have helped to keep Adeara operating in the midst of a world-wide crisis. Our priority is to keep the women and children in our centre safe and secure from contracting the virus, as all of our clients are immunocompromised, with some more than others. We have done this through heightening our disinfecting efforts, daily check-ins and screenings of staff & residents, as well as implementing the social distancing requirements.

Our next priority is to keep our staff healthy, so they can continue to serve our residents. Reducing the number of staff on site, preserving the health and wellness of our staff, ensures we have adequate back-up when required. Those who can work from home, are doing so. The unfortunate reality is that isolation feeds addiction. Removing connection actually creates chaos in our house. Our clinical team is being forced to create new ways of programming and keeping our women in recovery, while adhering to new protocols set out by our licensing body, the

Mental Health Service Providers Act. We know that we are not the only agency dealing with this challenge during this uncertain time, and helping the women adapt is very important during this time.

We understand that all individuals, businesses and churches are being affected financially during this crisis. We are endeavoring to reduce our expenses even more to ensure we can serve our women and children. Adeara is considered an essential service, as lives would be at risk if our centre had to shut down. We are committed to do whatever is required to continue the journey of recovery with the women.

That being said, Adeara relies completely on the donations of our supporting community. Without your support over the last 21 years, we would not exist today. We have served over 600 women because of your kindness, generosity, and belief in the effectiveness in our faith-based program. Now more than ever, the need for support is huge!

We ask you to remember Adeara in your prayers and in your finances.

Here are some ways you can support Adeara:

- Consider setting up a monthly donation. Recurring monthly support ensures that we can sustain the recovery process with the women. Once you set it up, you don't need to remember to give in the months ahead. It will recur with no effort on your part, and will make a huge difference on ours.
- Donate to the Leap of Faith at www.adearaleapoffaith.org. We are still accepting jumpers for the event, however, the exact date of the Jump is currently up in the air. Although the date may change, the fundraising revenue that this event generates is essential for our centre. Whether you plan to jump or donate to an existing jumper, your contribution will go directly to the women in recovery.
- Following us on Instagram or Facebook is another way to stay connected with Adeara.



tales of hope

Jaylene's Story

Growing up as a child, I wasn't exposed to addiction. I was partially raised by a few different family members and, at the time, I was too young to understand why my parents weren't together, or even around. By the time I was nine years old, I regained a connection with my mom and was instantly reunited with her. Soon after, I was reunited with my younger brothers, too. During that time, we had discovered that my mom was battling addiction, and, even worse, with an abusive partner. A few months down the road, she began to struggle with her health. It started off with spending many nights in the emergency room. Soon she was making three visits to the hospital every week due to her kidneys failing. Her health grew progressively worse. We later discovered that she had been diagnosed with lupus.

Before we knew it, my mom was in the hospital again, this time for a different reason. She'd been beaten so badly that she was put into a coma for three months. For the next two years, not only did I learn to raise myself – I raised my brothers and looked after my mom, too. I don't regret any of those two years, but I do regret leaving. I finally left my mom and brothers when things got tough for us. No 11-year-old girl should have those kinds of responsibilities, but I did.

By the time I was 13, I received a phone call stating that my mom had passed away. It was only then that I realized my whole world was turned upside down. All the "should haves" or "could haves" went through my mind, making life even harder for me. I didn't know how to handle life without her or how to cope with the pain of losing her. This was when I turned to drugs and alcohol, and to street and gang life, thinking those things would fill the void of grief, loss, hurt and pain. My life became full of crime, disappointment and addiction. At age 24, I realized I had lived a full decade of selfishness, throwing my life away by choosing to stay stuck in addiction.

I have been a resident of Adeara for almost 10 months now. In that time, I have learned that being in recovery does not mean immunity from pain. Rather, it means you're learning to take loving care of yourself while feeling pain. At Adeara, I've managed to let go of my old lifestyle, get full custody of my children, maintain sobriety, have a daily routine and go back to school. Most importantly, I've been building my relationship with God.

This isn't the end of my recovery. In fact, it's just getting started!

ways to give

Monthly Donor Signup

We couldn't continue the vital work that we do in our community without the support of our partners, donors and volunteers. There are a few other ways you can help us succeed in serving more women and their families:

Host a Third-Party Event

Third-party events are a great way to raise funds for Adeara. From bake sales and pop-up markets to soccer tournaments and celebrations, we can help you organize a successful fundraiser that meets our guidelines.

Thank you to Stephanie Perry for using her birthday week as an opportunity to invite her workout buddies to donate to Adeara. Together they raised \$220!

Anchored Collectives is also making a difference in the lives of women and children in crisis by selling shirts and mugs with the message "strength and dignity." Together with Jars of Clay Calligraphy, Anchored Collectives created a t-shirt to raise funds for Adeara. The merchandise launched on March 7th at Sweet Jolie and is available online at anchoredcollective.com. The goal is to raise more than \$2,500 through this campaign.



Adeara's programming reaches deep into the lives of women, bringing long-term hope and healing.

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

Monthly Donor Signup Cont.

Legacy Opportunities

You can leave a lasting legacy by arranging for a gift to Adeara in your will. Your planned gift will ensure that generations of women and children have the life-changing programs and services they need to break free from addiction, mental health concerns and abuse.

To learn more about our legacy opportunities, please contact:

Mark Evans, Chairman of the Board
mark@adeara.ca

Sponsorship

From event sponsorships to sponsorship of programs and services, Adeara offers a range of sponsorship opportunities tailored to meet your unique business needs.

If you want to sponsor our upcoming Leap of Faith or The Evening of Dreams events, please contact us today about creating a customized sponsorship opportunity.

Lori Patrick, Executive Director
780.423.5516 (ext. 1010)
lori@adeara.ca

**Thank you for your continued generosity.
We appreciate your support!**

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 _____

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Telephone _____

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Yes, sign me up for the e-Newsletter!

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