



# POWER source

a resource to educate the community & empower women on their **journey of recovery**

*mark your calendars...*

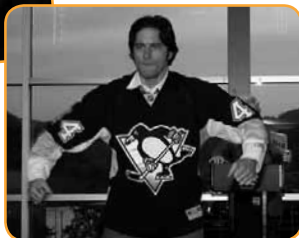
for **Wednesday, May 18, 2011**, when **POWER PROMISES ~ A Night of Hope** returns to Heinz Field – this time, in the East Club Lounge! This year's event is especially exciting, as we're celebrating helping women in recovery for 20 years!

## POWER PROMISES a night of hope.



2010 Auctioneer  
Tom Murphy with  
DJ Adele Georgetti

David Conrad  
models a Pens  
jersey during  
the 2010 Live  
Auction



2010 Honorary  
Co-Chairs Karen  
Farmer White and  
Franco & Dana  
Harris

POWER Collection  
partners Caesar  
Azzam and Dorothy  
McCall with Michael  
Friedlander (center)  
in 2010



Photos by Renee Diehl Photography

As always, the evening's highlight will be the presentation of POWER alums. Reception, live and silent auctions, brief program, dinner, and music all come together to make the evening unforgettable.

We are delighted that **Citizens Bank CEO Ralph Papa and his wife Ruth Anne** are our Honorary Co-Chairs. Our Event Chair is **Sheila Washington** of Washington Consulting Group. **Brenda Waters**, KDKA News anchor and POWER Advisory Council member, will emcee the evening and she will be joined by fellow news anchors **Darieth Chisholm** (WPXI) and **Sally Wiggin** (WTAE). **DJ Adele Georgetti** of Audible Art will add her unique musical touch.

**Tom "There-is-No-Better-Auctioneer" Murphy**

will once again put some unique items and prize packages on the auction block. Also look for WTAE's **Sheldon Ingram** to be part of the festivities, along with actor and longtime POWER supporter **David Conrad**, who will bring a bit of Hollywood to the evening!

Our *Window of Hope Award*, presented to volunteers who demonstrate a long-standing commitment to women in recovery, will be presented to three individuals who were instrumental in POWER's establishment: co-founder **Terry Miller** saw the need and envisioned what a treatment facility for women could do; **Tom Murphy**, a state representative at the time, secured the funding needed to make the vision a reality; and **Sister Joyce Seratorre** of Word of God parish worked tirelessly to make certain that POWER would have a place to call "home". These three amazing individuals joined forces to help women they would likely never know reclaim their lives from the devastation of addiction. We are proud to honor Terry, Tom, and Sr. Joyce!

According to Executive Director, Rosa Davis, "We need POWER friends more than ever before. We hope everyone who knows and cares about someone who battles this disease or who knows and cares about someone who has a loved one fighting addiction will join us to celebrate the joy of recovery."

Sheila Washington, Event Chair, stated, "I'm pleased to chair this event at a time when we are also celebrating the 20 years that POWER has been there for thousands of women. We are planning to note POWER's journey in meaningful ways throughout the evening!" ✨

Check out our website ([www.power-recovery.com](http://www.power-recovery.com)) for additional information or contact Emily Stimmel at 412.243.7535, ext. 223 or [estimmel@power-recovery.com](mailto:estimmel@power-recovery.com).

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## Let's hear from you!

POWER welcomes questions, comments, and suggestions from our readers about programs, services, and topics discussed in our newsletter. Please send all inquiries to:

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Karen Clark, *Volunteer Coordinator*

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*One kind word  
can warm three  
winter months.*

*~Japanese proverb*



As we emerge from another long Pittsburgh winter and greet the first signs of spring, I'm reminded of the Japanese proverb, "One kind word can warm three winter months." It's true, isn't it? Despite cold temperatures and dreary skies, the kindness of others is enough to warm our hearts and lift our spirits. Many kind words have been spoken to the women of POWER and the staff who care for them — in fact, we're coming up on 20 winters this November!

At POWER, we're fortunate to have many people in our lives who speak kind words and who perform kind deeds. From our volunteers and donors; to our partners and neighbors; to our staff, clients, and their families — kindness abounds! It's because of this kindness and generosity that POWER is celebrating 20 years of service to women and their families, all working hard to build lives worth living.

Recovery from addiction requires many things: quality treatment, willingness to follow a plan, support from others in recovery, and encouragement and kindness from the community. We're grateful to each and every one of you for caring about the women who come to POWER for help and hope. Since 1991, more than 10,000 women have benefitted from what this organization has to offer — a woman-centered approach to treating alcoholism and other drug addictions. Women respond to treatment when it's delivered in a way that reflects their lives.

As part of our recent strategic planning process, we surveyed women who had participated in POWER's programs. When asked, "Since your involvement in POWER, how has your life changed?" we received responses that described POWER's positive impact on everything from family and social relationships, to education, employment, and housing. They all demonstrate that when women get healthy, families and communities are enriched. Here are just a few kind words from POWER clients:

☀️ *"I'm a better mother, sister, daughter, and friend because of my stay at POWER."*

☀️ *"I'm no longer homeless and I have things to look forward to."*

☀️ *"I have a stable full-time job and I'm motivated."*

☀️ *"I have become self-supporting and self-reliant, and today I like myself!"*

☀️ *"I'm living and not just existing."*

Statements like these sustained us through the winter, and the generosity of our donors, volunteers, and partners continues to warm our hearts as we head into spring and look forward to our annual fundraiser, *POWER PROMISES*, on May 18!

Thank you for the kindness and generosity you have shown to POWER and to our clients over these past 20 years.

Warmly,

Rosa Davis, MSW, ACSW  
Executive Director



Advisory Council member and KDKA News anchor **Brenda Waters** was honored at the Addison Behavioral Care Anchors Away event last fall. Congratulations, Brenda! ✨



Soroptimist member **Nicole Bart** is shown presenting a \$1,000 check to Associate & Clinical Director **Diane Johnson**. Many thanks to **Soroptimist International** for its continued support. ✨

Congratulations to Board member **Florence Rouzier**, who was recently named Executive Director of Crossroads Foundation, a Pittsburgh-based organization that works with at-risk youth to help them excel academically. ✨

Thank you to all those who contributed to our 2010 Holiday Appeal, which set a new record, raising over \$30,000!

Kudos to Board member **Judi Owen and her husband Ron**, who participated in the town hall discussion hosted by the popular A & E television program *Intervention*. The couple has done great work within the recovery community, managing the **Sarah Kristin Owen Fund of The Pittsburgh Foundation**, which supports drug and alcohol treatment programs, including POWER. ✨

## kudos & special thanks



Thanks also to **Dr. Gina Agostino and her staff at Complete Chiropractic Health**, who held their second office-wide fundraiser for POWER in December, raising \$3,000. ✨

Kudos to Executive Director **Rosa Davis** who was honored in October 2010 at *Leading Ladies Taking the Lead* event to benefit Oakland Catholic High School. ✨

Congratulations to **Idell Kirby** and **Lisa Penn** for completing the **Family Development Credential Training Program (FDC)**. The FDC, developed in 1994 and now offered in 15 states and the District of Columbia, was designed to ensure that all front-line workers had the skills and competencies that they need to empower individuals and families to attain a healthy self-reliance and interdependence with their communities.

To receive the credential, the participants must:

- Attend 80 hours instruction based on the curriculum in Empowerment Skills for Family Workers
- Develop a portfolio that includes homework assigned for each of the 10 modules
- Meet with a "Portfolio Advisor" for a minimum of 10 hours of advisement
- Successfully complete the FDC examination

Again, POWER extends its congratulations to Idell and Lisa for their dedication to this program and receipt of their credentials! ✨



## PROGRAM SPOTLIGHT:

# Dialectical Behavioral Therapy

Dialectical Behavioral Therapy (DBT) is a treatment modality that POWER staff are adding to their skills base thanks to training by POWER's Associate & Clinical Director, Diane Johnson.

Starting with a September introduction to the staff at one of our quarterly All-Agency Meetings, Diane has designed a comprehensive training program that runs from January through June of this year. All clinicians will participate in the training with participants receiving continuing education credits.

DBT is a cognitive-behavioral treatment developed by Marsha Linehan that has been shown to be effective in reducing destructive behaviors, including addiction. In addition, DBT recognizes the impact of trauma on coping skills; maximizes a woman's control of her own recovery; creates a respectful and accepting atmosphere; and builds on a woman's strengths.

According to Diane, "DBT is in concert with our trauma-informed, gender-responsive practices and philosophy and is another effective tool for clinicians to use in their work with women in recovery." ✨

*If your success is  
not on your own terms,  
if it looks good to the  
world but does not feel  
good in your heart, it  
is not success at all.*

~ Anna Quindlen

April is Alcohol  
Awareness Month

### **Garden of Promises** **\$1,000+**

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According to recent results from the National Survey on Drug Use and Health, overall illegal drug use among both girls and women rose from 5.8 to 6.3 percent between 2007 and 2008 as the rate for boys and men dipped from 10.4 to 9.9 percent.

# Kelly

Kelly describes her childhood as “wonderful”. She had great parents and grandparents and she was successful at school. She was involved in clubs, pageants, band, and cheerleading. She was even elected Homecoming Queen.

At Chaney University, where she got a BS in biology, she was a member of the Honor Society. She occasionally drank and smoked marijuana socially. This didn't become a problem until, without her knowledge, a “friend” laced her marijuana with crack. Kelly quickly became addicted. When the friend confessed what she had done, Kelly felt angry — but what she felt more was a craving for crack.

Kelly had seen addicts, but never thought she would be one. That was before crack took control of her life. Soon she was doing other things she never thought she would do, like not paying her bills or going to work. She felt, though, that she was taking good care of her four-year-old twins.

*“...It is really good to go somewhere that embraces you and shows you how to love yourself again.”*

Then Kelly got pregnant again. Her twins went to live with her parents while her godparents took her new baby home from the hospital and later — without letting Kelly know — adopted her. Kelly was devastated by the loss.

For five years Kelly went in and out of treatment. She'd stay clean for a few months and then relapse. Eventually homeless, she felt everyone she passed on the street knew her and was against her. Around that time in her life Kelly states, “It wasn't Kelly. Everything I did was against what I was brought up to believe in. It was tearing up my spirit.”

When Kelly became pregnant again, she decided she couldn't put this baby through what the others had gone through. And that's when Kelly began to overcome her addiction.

Attending POWER's Outpatient program gave Kelly the foundation she needed for recovery as well as her tools for daily life and instruction on how to use them. She describes POWER as a loving and caring environment. “You get so beat up by the streets and by yourself. It is really good to go somewhere that embraces you and shows you how to love yourself again.”

Kelly never lost custody of her youngest child and has her twins back with her too. Now she is able to provide them with a stable and loving environment like the one she had as a child. She is employed as a family intervention specialist and she volunteers her time to facilitate an arts therapy workshop for pre-teens, helping them with self-esteem issues. With POWER's help, Kelly has been clean for two and a half years. “POWER is just what it says it is,” Kelly explains. “It empowers you.” ✨

*Faith is taking  
the first step even  
when you don't see the  
whole staircase.*

*~Martin Luther King, Jr.*



Thank you  
**POWER**  
volunteers!

# volunteer news

We are grateful to and inspired by the organizations whose members are committed to volunteering their time for **POWER**. Among them:



Outpatient Program Assistant Sharon Robinson, Attorney Kathleen Schneider, Outpatient Manager Wilhelmenia Oakley



Job Readiness Training; KDKA's Rick Dayton with staff of **POWER** and volunteers from GlaxoSmithKline and National Council of Jewish Women

☀️ **GlaxoSmithKline (GSK)** and the **National Council of Jewish Women, Pittsburgh Chapter (NCJW)** come together twice a year now to provide job readiness trainings to **POWER** clients. **KDKA-TV's Rick Dayton** returns every time to emcee the fashion show portion of the training.



Sunflower **POWER WIN** volunteers Betsy O'Leary, Lily Datsur, Mary Lou Zeh

☀️ Other **GSK staff** volunteered this fall through the company's annual Orange Day; an efficient and energetic group cleaned and organized the basement in our residential program.



**GSK Orange Day** volunteers Sandie Stuart, Corby Larocca, Andrea Harkins, Valli Ellis, Vicki Clancy, Dawn Getty, Melissa Quattro

☀️ Members of **BNY Mellon's Women Initiative Network (WIN)** volunteered twice, too — one group staffed our *Sunflower POWER* event, and the other brought family members and painted two bathrooms and a hall at our residential program.



**POWER** financial staff Marie Bogden, Barb Tierno-Klemm, and Debbie Raubenstrauch working with computer volunteer Kathy Leonard

Although as an organization, the Women's Business Network (WBN) has finished its year of volunteering for **POWER**, some of its individual members continue to donate their time. Among them are **Kathy Leonard**, who helps **POWER** staff brush up on computer skills, and attorney **Kathleen Schneider**, who is presenting legal information sessions to **POWER** clients.



**WIN Painting Project**: Jalen Smith, Jeralyn Smith, Diane Hausman, Jon Hausman, Betsy O'Leary, Peter Craven, Heather Sotomayor

☀️ The **staff of Great Clips** volunteered their time to give free haircuts and manicures to clients of our Outpatient program.



**Great Clips** staff giving manicures to Outpatient clients

☀️ As she has done every year since **POWER** opened its doors, volunteer **Rosemary Hulsman** made sure **POWER** clients enjoyed the holidays by providing them with large gift bags full of presents. Rosemary asks area churches to donate the gifts, and then she asks members of **Ladies of Charity** and **Delta Kappa Gamma**, as well as **eighth graders from Word of God Elementary School** and students from **Southbrook Middle School** to sort and wrap them all. Other faithful gift-givers are members of the congregation of **Holy Wisdom Parish**, who include **POWER** clients and their children on their Advent Giving Tree. And for the second year in a row, members of **Mt. Lebanon United Methodist Church** donated two big bags of very cute teddy bears!



Volunteer gift wrappers from **Southbrook Middle School** model bows



Holiday gift wrappers from **Word of God School**



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 **Our Mission**

*Helping women reclaim their lives from the disease of addiction to alcohol and other drugs, and reducing the incidence of addiction in future generations*

A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 800-732-0999. Registration does not imply endorsement.

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# Sunflower POWER



Sunflower POWER models greet guests at Perlora Leather

A good time was had by all who attended **Sunflower POWER** at Perlora Leather in the Strip on a balmy evening in September as part of celebrations around the country in honor of **National Recovery Month**.

Items from the **POWER Collection**, including aromatherapy items from **Kingsbury Fragrances**, sunflower plates from **Riverside Design Group + Plates with Purpose™**, and jewelry created by Caesar Azzam of **Caesar's Designs** in Shadyside, sold rapidly as the crowd enjoyed the music by **DJ Kelli Burns**. Sunflower models in full regalia were a big hit in costume and hair designed by acclaimed **Izazzu** stylists. The live auction was a huge hit as four wooden chairs painted in a sunflower theme by local artists were auctioned off to lively bidding. Chaired for the second year by **Mary Prezioso**, the event raised over \$5,000! ✨

*mark your calendars*

**POWER**  **PROMISES**  
*a night of hope.*

**Wednesday, May 18, 2011**

5:30 p.m.

Heinz Field

East Club Lounge

*Join us as we celebrate 20 years of helping women in recovery!*

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**#3511**