

A WORLD OF CHANGE



SEPTEMBER / OCTOBER 2021

VOLUME 6

- A NEWSLETTER FOCUSED ON RESILIENCE,
ACTION, AND RECOVERY -

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QUOTE OF THE MONTH

- “*The secret of change is to focus all of your energy not on fighting the old, but on building the new.*”

Socrates

CAFE NEWS



FAMILY FUN NIGHT

A saying you'll hear often around the Café is, "the opposite of addiction is not sobriety, it is connection." One of the many ways the Café members stay connected is through events like Family Fun Night. This last month, there was an amazing turn out! Members joined together for homemade nachos, karaoke, and a ton of laughs. Family Fun Night is the last Friday of each month and this month the theme is Halloween. If you are a member and would like to join in on the fun, please sign up ahead of time. Hope to see you there on October 29th, 6 - 8pm.

COSTUMES ENCOURAGED

OUR GREATEST GLORY IS NOT IN NEVER FAILING, BUT IN RISING UP EVERY TIME WE FAIL. – RALPH WALDO EMERSON



THRIVE2SURVIVE

Thrive2Survive was very impactful this last month. The Café partnered with the Humane Society and numerous different agencies around the county, including Marty, with Barbers 2 Go, who gave free haircuts to those in attendance. Over 35 pets received free pet exams, including vaccines and micro-chipping if needed.

Community Health Plan of Washington provided sleeping bags and backpacks to give out to community members alongside a Café member. Nicholl Acosta and her mother bought a ton of hygiene products to give out. Seeing the volunteers and different agencies collaborate at this event was powerful. For the month of October, the Thrive2Survive outreach team will be going out to the camps to bring essentials directly to our houseless friends along with a hot spaghetti dinner on October 10th. In November, the team will be back at River City Church again with the Humane Society, free Mobile Dentist, Barbers 2 Go, and much more! Keep in mind, Thrive2Survive is asking for donations for the following items: wound care/first aid kits, rain gear/boots, tarps, tents, winter jackets, bras/underwear, men's clothing and reading glasses. Please contact Charles Hanset with any questions or to schedule a pick-up/drop-off.



Donna Fuller

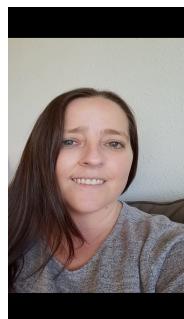
One of the requirements to be a member at the Café is to give back. Different opportunities are given throughout the day, so members can participate in service work. Charles Hanset, Volunteer/Resource Manager, recognizes a volunteer that has gone above and beyond to give back to the Café each month. This month, Donna Fuller is being honored as the 'Volunteer of the Month.' Donna has been a member at the Café since October, 2019 and became a volunteer shortly after. She is currently a Floor Campanion and a Circle Facilitator. Charles says the word 'perseverance' comes to mind when he thinks of Donna. Donna, the Café appreciates you and your dedicated time spent serving others.

The Café is now able to offer to the Community One-On-One Recovery Coaching and Employment Coaching. In the past this service was only offered to our members, but we were able to open up an office next door so we can expand out to the Community. The Café holds our members dear to us, but we also understand that not all people who need support can become a member and we do not want that to be one more barrier they have to deal with.

REACHING NEW HEIGHTS!

The Café is growing and growing fast! I was recently asked if we are growing too fast. My thought is "yes" but how can we not when there is such a high demand for support. The staff at the Café has one rule that is non-negotiable: ***SELF-CARE!***

BECKY GONZALES,
OPERATIONS MANAGER



If you think of all the old, new, and especially the behind-the-scenes parts that run the Café every day, it could get a bit overwhelming for an individual. But we have a team, one whose primary focus is on our members and community. We, here at the Café, ask all of our members and the community to remember to practice self-care for yourself and for others! ***WE ARE ALL IN THIS TOGETHER!***

CLARK COUNTY COVID RENTAL ASSISTANCE

Nearly 25% of Washington renters expect to be evicted for which the state does not have a good answer for. While hundreds of millions of dollars in assistance are available to help tenants make rent, Senator Lyndia Wilson said, during a recent Economic and Revenue Forecast Council meeting, that only 11% of these funds have been disbursed with relatively few renters applying for assistance. While Washington's situation is not unique, lawmakers are thinking of ways to address it.



Representative Michelle Caldier representing the 26th District last week told me that she would like to see the funds distributed by the State Department of Commerce instead of relying on counties to do so. Unless these funding issues are a top legislative priority, houselessness will remain on the rise.

Clifford Thurston

Most of our houseless friends at the Cafe and in the community are not aware of the substantial funding available due to the COVID crisis. The process is easy . . . Simply Apply!

It is important that tenants understand there are also other additional significant COVID-19 related rental assistance resources based on financial eligibility. The Recovery Cafe of Clark County strongly encourages that all in need of housing assistance apply for this very much needed funding. The RENTAL ASSISTANCE PROGRAM will be releasing *additional* funds that will be offered on the following dates

Mon., Oct. 18: beginning at 9:00 am

Wed., Nov. 3: beginning at 12 noon

Wed. Nov. 17: beginning at 12 noon

For questions, please call:

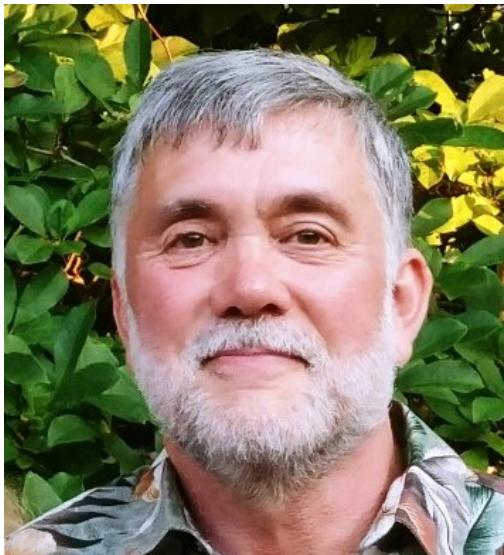
(360) 695 - 9677

Or, go online at: clark.wa.org or councilforthehomeless.org



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."

EXECUTIVE DIRECTOR'S NOTE FOR SEPTEMBER



FRONT DESK

360-984-6163

VINCE COLLINS

EXECUTIVE DIRECTOR

VCOLLINS@RECOVERYCAFECC.ORG
360-984-6163 X201

ETHAN GONZALES

RECOVERY COACH/SCHOOL OF RECOVERY COORDINATOR

WORK: (360) 984-6163 EXT. 205

CELL: (360) 442-8779

EGONZALES@RECOVERYCAFECC.ORG

CHARLES HANSET

COMMUNITY RESOURCE AND OUTREACH COORDINATOR/VOLUNTEER MANAGER

360-984-6163 X209

CHANSET@RECOVERYCAFECC.ORG

BECKY GONZALES

OPERATIONS MANAGER

BGONZALES@RECOVERYCAFECC.ORG

360-984-6163 X203

JULIE PARKER

KITCHEN COORDINATOR

JPARKER@RECOVERYCAFECC.ORG

360-984-6163 X204

Fall is here and we now need to prepare for a La Nina winter. Rain, colder than normal, and less daylight means different ways to take care of self and our community. The RCCC will continue to reach out to the houseless to assess their critical needs, and the café will be expanding the hours we are open to provide more opportunities for connection and support. And, we are expanding our one-on-one recovery coaching program into a new space next door to the Café. In this new space, we will provide employment coaching to include housing coaching. Our goal is to help those seeking recovery get to that place where they can focus on the underlying issues that undermine their individual independence.

Us "independent individuals" also need to prepare. Seasonal mood disorder is a common problem in the Northwest. After the Delta surge we are all exhausted! Holidays for many of us brings up triggers and anniversaries of our underlying issues. Start planning and dust off those supports that worked for you in the past. Be ready to deal with the stresses that might show up. Remember, we are role models for self-care and recovery planning.

On a final note, we are losing members of our community to COVID and it hurts all of us in different ways. This too drains us of the good stuff we need to thrive in recovery. Let's show compassion with each other while each of us finds our path for healing these new traumas.

LYN ANDERSON

FINANCE/ADMINISTRATION MANAGER

LANDERSON@RECOVERYCAFECC.ORG

360-984-6163 X202

October 2021



September '21

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November '21

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emotional Wellness Month					1 WRITING GROUP 3:30pm-5:00pm Guest speaker	2 NEW MEMBER INTRODUCTION 10:00am -11:30am WRAP Class (sign ups closed)
3	4 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4pm- 5pm WALKING WITH RECOVERY 10AM	5 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4pm- 5pm WALKING WITH RECOVERY 10AM	6 Zentangle with Penny 2:15PM-4:15PM	7 WALKING WITH RECOVERY 10am -11am Get your voice back 6:00pm-7:30pm	8 Guest speaker 12:05am Yoga 10:00am-11:00am	9 NEW MEMBER INTRODUCTION 10:00am -11:30am WRAP Class (sign ups closed)
10	11 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4pm- 5pm WALKING WITH RECOVERY 10AM	12 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4pm- 5pm WALKING WITH RECOVERY 10AM	13 Healing art with Gilbert 2:15PM -4:15PM	14 WALKING WITH RECOVERY 10am -11am	15 Writing Group 3:30pm-5:00pm Yoga 10:00am-11:00am Guest speaker 12:05am	16 NEW MEMBER INTRODUCTION 10:00am - 11:30am
17 CCAR Professionalism 9:00AM to 5:00PM	18 CCAR Professionalism 9:00AM to 5:00PM	19 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4pm- 5pm WALKING WITH RECOVERY 10am	20 Zentangle with Penny 2:15pm-4:15pm	21 WALKING WITH RECOVERY 10am -11am Get your voice back 6:00pm-7:30pm	22 Guest speaker 12:05am Yoga 10:00am-11:00am	23 NEW MEMBER INTRODUCTION 10:00am -11:30am
24	25 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4PM -5PM WALKING WITH RECOVERY 10AM	26 UA Mens meeting 7:00PM MEDITATION WITH PENNY 5PM-5:30PM DRA 4PM -5PM WALKING WITH RECOVERY 10AM	27 Healing arts with Gilbert 2:15pm-4:15pm	28	29 FAMILY FUN NIGHT 6:00pm - 8:00pm	30 NEW MEMBER INTRODUCTION 10:00am -11:30am
31 						

