

Residential Treatment Services of Alamance  
P. O. Box 427  
Burlington, NC 27216-0427

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Permit #238  
Burlington, NC 27215



### SAVE THE DATES!

#### Reverse Raffle & Silent Auction

May 19, 2023

Burlington Shrine Club

#### 5th Saturday Yard Sales

April 29, July 29, Sept. 30 & Dec. 30

Trollinger Treasures

#### Jewelry Benefit Sale

September 14, 15, 16 & 17

Holly Hill Mall

### Need a Speaker? Call us!

**336-227-2994**



Interested in finding out more about RTSA and the services we provide? Give us a call and we will arrange for a presentation to be made to your group sharing some of the many successes we have witnessed!



*Providing recovery programs  
through the sale of donated goods*

**336-227-8500**

**403 Trollinger St • Burlington, NC**

# Serenity Profile

A publication of Residential Treatment Services of Alamance, Inc.

February 2023

## Perception is not reality!

### From the Desk of Ron Osborne



Residential Treatment Services of Alamance, Inc. has grown over the last 51 years and has become a major provider in the field of addiction and mental health treatment in Alamance County. We currently operate four facilities for a total of 43 beds in the city of Burlington.

The challenges differ from year to year, but each challenge is worth it when you look at the people we have treated and the successes they have had due to being a resident of one of our programs.

I often have been asked about the most difficult challenges we have in keeping our doors open. These vary from year to year. There have been perceived stigmas about addiction, mental illness and recovery in the community. Financial woes continue, staff shortages and health care issues such as COVID can bring you to your knees trying to keep all well, for both residents and staff.

I'd like to focus on stigma for this newsletter. The stigma affects our financial situation. We serve a population that is not popular (especially when they are in active addiction and/or having a mental health crisis). Some in the community do not understand that alcoholism and drug addiction are an illness. No one chooses to be an alcoholic or addict, but there are some out there that believe "services should not be made available to these people because they brought it on themselves, and they still choose to use". Addiction is a disease, that can be treated and we can show you proof of many

who have been through our program and continued successfully with the help of 12 step programs, and having the support of others who assist those in need during the difficult times.

The men and women we serve come to us in crisis. They have reached a point in their addiction where they see no way out. It has usually taken years to get to a point of getting into treatment, often they have tried before, but barriers were in the way to access services. Once treatment is accessed, it usually takes a while for the individual to trust the process and the staff. A revelation generally comes when they see we do not judge their past, but offer a new way of life through love, support, honesty and genuine caring about the success of all in treatment. We then start to see the person and the talents they have flourish and see themselves as useful human beings. I am amazed at the talents these men and women have. We concentrate on their treatment way before we get them back in the workforce. Employers are often hesitant employing someone who are in, or have been in treatment. Once someone gets treatment under their belt they make fabulous employees.

The men and women have often owned their own businesses which were lost due to their addiction. We see them thrive in treatment and focus on enabling themselves to take control of their lives without substances, getting back into the workforce, becoming responsible family members again, thoroughly enjoying each day because they are now in control making decisions that make them proud of who they are.

Remember - perception is not reality!



The following have made memorials and/or honorariums since our last newsletter.

Memorials

**Ellen & Chris Baker**

by Buddy Baker

**Rick Bell**

by E. Medford Burchett

**Joan Blanchard**

by Maurice Blanchard

**Worth Bolton**

by Flo Stein

**Pat Boyd**

by Anna Jefferson

**Susan Hutton Goss**

by John S. Hutton

**Charles Grady**

By Helen LeGette

**Blake Harrison**

by Sarah Moore

**Mary Anne Harvey**

by Elaine & Byron Neal

**Ruth D. Hillard**

by Kathleen B. Laufer

**Iredell & Caroline Hutton**

by John S. Hutton

By Stephen M. Hutton

**Harry LeGette**

by Kathryn E. Jessup

by Helen LeGette

**Mary Sue Mann**

by Phillip R. Mann

**Leigha Martinelli**

by Mr. & Mrs. R.H. Vickery

**William & Lillian Miles**

by Tim & Natalie Miles

**Nancy Parham**

by Brenda H. Haynes

by Beth L. Nall

**Cindy Prillaman**

by Geraldine Mix

**Anna Dixon Sharp**

by Helen & Bill Brown

**Delmar Lee “Bud” Shelton**

by Anthony & Myra Almon

by an Anonymous Donor

by Kyle Long

**Delmar Lee “Bud” & Nancy Shelton**

by Felicia Clements

by Carol Caruthers Lovingood

by Ron & Janine Osborne

**Bill Sizemore**

by John M. Coleman

**Art Springer**

by Gary Ander

**Rosie Tarlton**

by Darlene T. Moore

**Ann Hunt Stearns**

by Carolyn Hunt

**Earl W. Vickers, Jr.**

by Ron & Janine Osborne

**Elizabeth “Libby” Walton**

by Bill & Linda Douglas

by Ron & Janine Osborne

**Grady Webb**

by Polly Webb

**Rev. Norman Whitney**

by Gerald & Sylvia Donley

by Robert & Mary Ryan

by Guy & Barbara Sinclair

by Cicely Steffen

**Ann Williams**

by Ron & Janine Osborne

**Zach Wilson**

by Butch & Brenda Wilson

**Cook Wood**

by James & Brenda Shropshire

**Owen Lewis**

by Sarah Lewis Yow

Honorariums

**Tony & Jane Ferrita**

by Pauline King

**Mary Margaret Harris**

by Hawks & Hawks, Inc.

**Ben Holt**

by Diane & Sidney Holt, Jr.

**Charles Hopkins**

by Steve Detter

**Mebane St. Women’s House**

by Lynda Puckett

**Linda Moore**

by Pauline King

**Janine Osborne**

by John S. Hutton

**Ron Osborne**

by Shirlie Baxter

**Our Gourmet Dinner Group**

by Ed & Carolyn Barnes

by Jim & Susan Barnes

by Jerry & Diana Cummings

by Rob & Cathy Johnson

by Ron & Janine Osborne

by Steve & Mary Ann Van Pelt

**Todd & Katrina Pierce**

by Kevin Pierce

**Joseph Brent Rice**

by Barney D. Rice

**Paul Jackson Rogers**

by Helen R. LeGette

**Jeff & Fran Smith**

by Dick & Fay Gibson

**Bill Starling**

by Priscilla Starling

**Steve & Jane Teague**

by Dick & Fay Gibson

**Robert M. Ward**

by Judy & James Blake

**Mary Margaret Harris**

**& Chris Wright’s Wedding**

by an Anonymous Donor

by Amy & Ray Deal

by Lisa Hammond

by Shelia Hammond

by Ron & Janine Osborne

by Jacqueline Quick

by John & Susan Walton

Thanks to Santa’s Helpers!

Each of our residents woke up Christmas morning with presents under the tree due to the generosity of Santa’s Helpers! The following are identified as Santa’s Helpers due to their designated monetary gifts. Our alumni group from the Hall Avenue facility gave shoes to all the men at Hall Avenue.



Ed & Carolyn Barnes

Jim & Susan Barnes

Polly D. Blake

Judy Blake

Jerrie Crawford

Angela T. Crumpler

Jerry & Diana Cummings

Emmanuel UMC

Dana Gates

Renee Goforth

Michael & Patricia Gumula

Cherie Gyllenswan

Connie Holt

Diane Hopkins

Rob Hyler

Josephine Jackson

Caroline Johnson

Rob & Cathy Johnson

Helen LeGette

Cecilia McKenzie

Elaine & Byron Neal

Ron & Janine Osborne

Jennifer Palmer

Andy Pennington

Brenda Perry

Todd Perry

Michael Perryman

David Robinson

Sam Siler

Jennifer Singleton

Everette Smith

Frank Smith

Connie Temple

Steve & Mary Ann Van

Pelt

Shane Ward

Santa’s Elves wrapped all the presents!

Thanks to the Women of First UMC of Graham and friends who volunteered (a.k.a. Santa’s Elves), each resident had beautifully wrapped Christmas gifts under the tree on Christmas day. All the presents had been purchased through the generosity of Santa’s Helpers. The counselors/case managers organized all the gifts to be wrapped by Santa’s Elves, took them over to the Church and Voila! the presents magically were wrapped & given back with name tags identifying each gift’s intended recipient. Thanks to Santa’s Elves who are identified as:.

Carolyn Barnes

Ed Barnes

Sue Bell

Fran Bryant

Gayle Cheek

Diana Cummings

Hannah Cummings

Reese Cummings

John Dorward

Pat Dorward

Becky Eaton

Toni Ennis

Kay Ferguson

Jerry Ferguson

Linda Fogleman

Jane Hores

Betsy Hubbell

Pam Hurt

Peggy Jenks

Karen Noble

Susan Rayle

Rebecca Tharrington

Ethan Van Pelt

Eva Van Pelt

Mary Ann Van Pelt

Roz Van Pelt



Hall Avenue now has a full service Generator



Hall Avenue now has a full service Generator. This has been a dream of the agency for many years. When we lost power in the past, it was as long as 4-5 days. We would lose food in the refrigerators, have no phone for referrals, no heat or air conditioning and none of the things supplied by electricity. Thanks to our donors, we were able to raise some money and we now are not afraid of power outages. When someone calls the agency, we will be able to hear the phone ring. Services for Detoxification and Facility Based Crisis Services will not be halted. Being a 25 bed facility with non-hospital medical detoxification, facility based crisis services, and long term treatment beds for men, we needed this generator, and now our prayers have been answered.



## Welcome to our newest Board Members

At the January 23, 2023 Board Meeting three new board members were elected to the Board Of Directors.

**Chad Tart, Linda McAdams and Chip Allen** have joined our Board. Chad will be filling the unexpired term of Charles Harris and Linda McAdams & Chip Allen will be filling the vacancies originally held by David Hunt and Richard Snider, Jr.

**Charles “Chip” Allen** is a retired physician living in Graham where he is an Elder at Bethany Presbyterian Church. Chip looks forward to working with the agency.

**Linda McAdams** was raised in Elon. She is retired from Alamance Community College and now lives in Graham with her husband Dickie McAdams. She has two adult children and two grandchildren. Linda worked for the agency in the early 80’s as our Medical Records Supervisor.

**Chad Tart** is an agent with Farm Bureau Insurance in Burlington, grew up in Clayton, NC and graduated from UNCC where he met his wife, Chelsea Cole Tart. They live in Burlington.

The Board re-elected **Gaylene Fogleman, Linda Moore & Steve Martinelli** to three year terms. We are grateful for **David Hunt, Richard Snider, Jr. and Charles Harris** for their service on our Board.

### Board of Directors

#### Class of 2023

Jane Ferrita  
Andy Hanford  
Bridgette Thompson  
Tom Whitaker  
Carol Wooten

#### Class of 2024

James Duffie McKee, IV  
Chad Tart  
Mary Margaret Harris  
Sharon Milam  
James Strickland

#### Class of 2025

Gaylene Fogleman  
Chip Allen  
Linda Moore  
Steve Martinelli  
Linda McAdams

## “Women Helping Women” Collecting Jewelry for Annual Benefit Sale

Each year we put out our request for jewelry. Our Mebane Street Recovery Home receives no funding through the mental health system and the services we provide there along with running the house and purchasing groceries all are completed by donations and fundraising. Please consider cleaning out your jewelry box and donating those items you no longer wear to RTSA for the Jewelry Benefit Sale held every year during the month of September. Tell your friends, church group and civic groups to please be a part of helping us raise funds for our Women’s Recovery Home.

If you are interested in helping out with the preparation of the Jewelry which goes on all year, please call Linda Vaughn at our Administrative Offices (336-227-2994) to volunteer or if you have questions.

Donations can be brought by the Administrative Offices, 125 Glendale Avenue, Burlington, NC or to our re-sale boutique, Trollinger Treasures. The staff and volunteers at the store realize any jewelry donated will be first prepared for the Jewelry Benefit Sale, the jewelry left over from the sale is then taken to Trollinger Treasures to be sold there. Thanks for your support!



...to the **Womack Family Charitable Foundation** for a generous donation of **\$23,500** to assist RTSA. See article on page 5.

...to the **First Presbyterian Church of Burlington Foundation who** awarded RTSA a grant of **\$3,500**. See article on page 5.

...to **Salvation Coffee** for their donation of coffee for the Women’s Night Out Jewelry Benefit Showcase.

...to **Ashley Motley**, County employee who is advocating and coordinating the efforts of Alamance County in getting services to those in need of substance abuse services.

...to **Fisher Wealth Management** for a financial donation in gratitude for the Thanksgiving season.

...to **Jake Harris** for cooking two pork shoulders and donating them to the RTSA Hall Avenue facility for Thanksgiving. The Thanksgiving meal was extremely nice, thanks to your generous donation!

...to our **Santa Helpers and Santa Elves**. Please see page 7, identifying these special people!

...to the **Alumni Group of the Hall Avenue facility** for donating a new pair of shoes to each of the Hall Avenue residents!

...to **First Baptist Church of Apple Street Missionaries Ministry** for their donation of women’s clothing and Christmas gift bags of health and beauty products for each of the women at our Mebane Street Recovery Home.

...**Church World Services** for your donation of **\$1,425.15 from the Crop Walk** to assist with feeding our residents in need.

...to the **staff and students at the Alamance Barber Institute**. Many of our Hall Avenue residents come in long overdue for a haircut. After we reached out to the Alamance Barber Institute they stated, “We believe in the men at RTSA, they deserve a second chance in life, and we would be happy to play a small part in that.” After receiving complimentary haircuts, our residents seemed to be holding their heads up a bit higher. We had some proud men showing off their haircuts!

## Looking for Part-time Nurses & Health Care Technicians

Are you a retired nurse, or health care aide looking for some part-time work, helping others to make a difference in their lives? RTSA could feel that void! We have positions available in our 24 hour residential mental health and substance abuse services. Want to work a day or two a week or just a few days a month to supplement your retirement, give us a call. We need nurses in our Detoxification/Facility Based Crisis Services. We are also looking for some health care technicians to work in our mental health group homes and our men’s residential substance abuse program. Give Linda Vaughn a call at 336-227-2994. Linda can feel you in on our needs and try to coordinate your needs also. Our employees love their jobs and love seeing the difference they make in the lives of others. Oh! What a difference we make changing lives!





## I look forward to my future

Being a part of this treatment facility (RTSA) has brought me a long way. I came here with no knowledge of how and where my life would be heading.

Residential Treatment Services has given me a reason to fight for my life. They taught me the elements of work and living my life on life's term. I have the understanding of what it is like to share with various cultures and backgrounds.

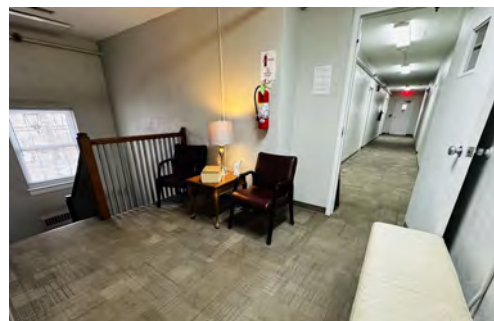
Structure became a generous part of what I would face leaving this program and heading or venturing life it self!

As I look forward to my future, I know that without my background at RTSA, I would continue my life in the same direction I came through the doors with.

James S.

## Hall Avenue facility looking good!

Our Hall Avenue facility has undergone upgrades to the facility with proper maintenance, painting and cleaning the facility. The residents have done nearly all the tasks, especially the cleaning and painting and it looks good! Take a look at the following photos to see the facility. We believe that all buildings of RTSA should be clean, kept in good repair and be a place where any board member or employee would feel comfortable having a member of their family receive services in any of our locations.



## A Gem of an Employee

We have an employee who comes to work with a good attitude, always positive and willing to go the extra mile. Earl Allred, Driver, PT Cook & Maker of Things to Happen is a gem of an employee. Many of RTSA employees wear different hats. Being a small organization, many have to do several kinds of jobs to get the tasks completed. Earl is a master at getting things accomplished. He is a motivator, volunteer coordinator, advisor, and willing to get in there with the residents in accomplishing chores for the organization. You can often find Earl, having a discussion with residents helping them understand where they are in the recovery process, and helping them turn in a positive direction. All of our employees mean a lot to the organization. In this newsletter we are concentrating on Earl Allred due to his knowledge of recovery, his strength and experience. Thank you Earl for being there for the residents and always inserting some laughter to the situation. We are pleased to have you on the staff.



**Earl Allred**

*Driver, PT Cook,  
Maker of Things to Happen*

## Trollinger Treasures gets help in replacing Roof!

Blessings come at the best time! RTSA sent in a request to the **First Presbyterian Church Foundation** for assistance in helping us replace the roof at Trollinger Treasures. That grant was approved at \$3,500. Special thanks to the foundation for your assistance.



RTSA recently received \$23,500 from the **Womack Family Charitable Foundation**. This family has been instrumental in assisting RTSA over the past years. These monies came in just in time to help with replacing the roof. The monies from this foundation were to be used where we needed them most. Therefore, we were able to have the needed funds to pay for the remainder of the roof and the approximately \$8,500 left from this gift will be used to assist in providing treatment to those in need of substance abuse and/or mental health treatment.

## New in Recovery

Before coming to RTSA my life was unmanageable. I was at the darkest, lowest point in my life. I had given everything away for a temporary feeling. I was homeless, broke, and completely incapable of loving, caring, or providing for myself. I was feeding my addiction.

Since coming to RTSA I have been participating in groups, and going to outside meetings. I have started my phase work and been seeking a sponsor to guide me through the 12 steps. Today I have 29 days of honest sobriety. Today I have peace. Today I want to live, just for today.

When I leave RTSA I want to have a stable foundation in my recovery. I want to go to school & work when I reach the right phase so I can apply these things to my goals. I would love to give back to other addicts and alcoholics as well as the community. I plan to start a non-profit where I will connect people like me with employment opportunities as well as fund positive events to give back to the community.

Thomas P.