

Residential Treatment Services of Alamance
P. O. Box 427
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Serenity Profile

A publication of Residential Treatment Services of Alamance, Inc.

March 2022

May 2022 be as good as 2021!

From the Desk of Ron Osborne



Despite the real challenges of 2021, we finished out with a good year for the agency. Even with COVID, our supporters came together and assisted us so we could upgrade facilities, buy new furnishings and begin to make some major changes for the near future.

During the years as Executive Director, I have witnessed many angels who have come through at the right times taking on a project or making a donation for a need when monies weren't available. I am already anticipating 2022 as being another good year for the agency.

Since the agency receives some Medicaid funding, our facilities **and grounds** must go smoke free. For years our facilities have been smoke free, but we now must go smoke free on all our grounds as well. During the January Board Meeting, the Board decided to offer nicotine patches for our residents and staff who have continued to smoke. This program will start March 1, before the grounds must be smoke free. An estimate of the cost to supply our residents and staff, who are smokers, with a regimen of patches for the period of March 1 to July 1 is estimated to cost us approximately \$3000. **Viola!** We had an anonymous donor who is a cancer survivor who wants to pay this expense for the nicotine treatment for these four months. We just received their donation of \$3000.

Another area that is helping the agency are the donations coming in at Trollinger Treasures.

Our re-sale boutique is generating money for the agency and assisting us in treating men and women in need of addiction and mental health services. We are blessed with many donors who clean their closets, cabinets, storage room, etc., and giving those items to RTSA. Furnishings are also donated with household goods. We are also able to clothe many of our residents who often come to us with just the clothes on their back.

Trollinger Treasures has reached a new level of sales, with lots of donations to assist us in providing funds for our programs. Our space is limited and we need to acquire more room for additional working area. To meet this need, we are starting a campaign to raise funds to build a building out back with approximately 1200 square feet. Our basement is small and overflowing and is difficult to have room to sort through boxes and prepare items to go upstairs to the sales floor. This major project will give us additional storage with ample room for growth of the business, making even more monies available for the agency.

I'm a firm believer that an agency that is meeting the needs of those in need will have these angels surface with donations helping us to accomplish our mission. Thanks to all of you who have been a significant part of our work, and if you are able to assist the agency, please do what you can.

Gratefully yours,



RTSA
Changing Lives

If you are receiving duplicates of our newsletter, please contact us at 336-227-2994 so we can correct our mailing list.

In need of Detoxification?
Give us a call for a pre-screening.

336-227-7417



RTSA
Changing Lives
24 Hour Mental Health &
Substance Abuse Treatment

Monday - Friday 10-6, Saturday 9-4

Providing recovery programs
through the sale of donated goods

336-227-8500

403 Trollinger St • Burlington, NC



**Need a
Speaker?
Give Us a Call!**

336-227-2994

We will share with your group the fine work the staff is doing and share the many miracles we witness and the lives that are changing daily!

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

Memorials

Mike & Patty Allen
by Lorraine M. Allen

Dennis & Jamie Baker
by Rhonda Baker

Dick & Becky Bell
by Medford Burchett

Mayor Buddy Boggs
by James Shropshire

Harry Cohen
by Steve & Denise Martinelli & Family

W. S. Gardner
by M.J. Abernethy
by Alamance Eye Center
by L. R. Lane
by Joe & Carolyn Wood

Mary W. Holder
by Eleanor Borst

Tatum Elyse Holt
by Tatum & Margaret Boulware
by Frederick Gehrke
by Steve & Denise Martinelli & Family
by Ron & Janine Osborne

Charlie Lestition
by William & Kathleen Laufer, Jr.

Harry LeGette
by Salley S. Bradford
by Cindy Brady
by Rett & Jan Davis
by John & Angela Golden
by Chuck & Belinda Grady
by Steve Graves
by Pauline King
by Danny & Emma Lawson
by Helen R. LeGette
by Tim & Natalie Miles
by Carol Wooten

Leigha Martinelli
by Steve & Denise Martinelli & Family
by Mr. & Mrs. Hoyle Vickery

Jesse & B. Sylvester McKinney
by Sherrie Waddell

Saunders Moore
by Sarah Moore

Lisa Rhyné
by Jacob & Judy Mauney

James W. (Bill) Rodgers
by Judith Rodgers

Bill Sizemore
by John & Jean Coleman

Roy Daniel Sonovick
by Charles & Jacquelyn Betts
by Pam & John Burke
by Del & Janet Faucette
by Vicki Harrington
by His Poker Club Friends
by Keith & Beverly McAdams
by Ron & Janine Osborne
by Wendell & Susan Osborne
by Deva & Nancy Reece
by Connie Windham
by Womack Family Charitable
Foundation

Virgil Lane Stadler
by Grace Parker

Betty M. Staley
by John & Jean Coleman

Grady Webb
by Polly Webb

Joe Webb
by Pauline King

Rev. Norman Whitney
by Peggy E. Cheshire
by Rett & Jan Davis
by Chester & Ann Honeycutt
by Cicely Steffen

Jane J. Young
by Charles Young
by Garland Young
by Tina Young

Honorariums

Chris Bagley
by Helen & Bill Brown

Elizabeth Fitzgerald
by Judy Mangialetti

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

Employees & Volunteers
by Chuck & Jan Harris

Ron Osborne
by Shirlee Baxter
by Jean Payne

Chuck Pierce
by Marion P. Whittemore

Mattie Pierce
by Marion P. Whittemore

Dr. Jim Ryan
by Gary L. Ander

Steve & Jane Teague
by Dick & Fay Gibson

Jeff & Fran Smith
by Dick & Fay Gibson

Robert M. Ward
by Judy W. Blake

Ida Whitney
by Rett & Jan Davis



Trollinger Treasures has a new Manager

Reneé Goforth has been hired as our new manager at Trollinger Treasures. Reneé comes to us with years of retail experience, having been the manager of a thrift store for more than five years. If you haven't already met Reneé, come by and meet her. She has a positive attitude, loves the work, and knows the business. We are fortunate to have her on our team. Since joining us, we have had numerous comments about the friendly staff and how good the store's new layout accommodates a happy shopping experience. During January 2022, Reneé's first month with us, she surpassed all our past January's in sales. She was a good find!

We wish Rhonda Ivey well in her new endeavors as a driver for Amazon and continuing her education at Alamance Community College.

Need Jewelry Donations Now!

September will be here before you know it! That's when we have our annual Jewelry Sale,



benefitting the Women's Recovery Home. We need Jewelry! Donations are coming in slowly and our volunteers haven't had much work to do - they want to be busy cleaning, organizing and getting the jewelry ready for the sale. Please go through your jewelry boxes and clean out that jewelry you haven't worn in years and that you will never wear again - donate it to RTSA to help with our sale. Talk with other women, tell them about our project and get womens groups pooling their resources together and having a jewelry drive to help women in recovery programs. You too can help make a difference in changing lives! Bring donations to our Administrative Offices at 125 Glendale Avenue, Burlington or drop them off at Trollinger Treasures, the staff and volunteers know any jewelry donated to the store goes to the Benefit Sale. Jewelry sold at the store has already been through last year's Annual Jewelry Benefit Sale.

Volunteer Opportunities

Residential Treatment Services of Alamance has several opportunities for volunteers. Volunteers are the backbone of the organization. Our Board of Directors consists of 15 volunteers. Trollinger Treasures has many volunteers, some come in and do particular tasks. We have a couple who organizes and fills the shelves with books, another comes in and displays jewelry, another comes in and organizes items to be sold, by categories. It may be games one day, holiday decorations the next, linens another day and etc. We are blessed with lots of donations for the thrift store, but they all need to be cleaned, organized and displayed in a manner for sale. We recently received a note from a 92 year old woman who said she didn't have money to donate, but she had a talent as a seamstress and she could hem pants or dresses for those that were needed. There is a spot for all who want to volunteer, and in many instances, you set the hours! Call us to volunteer at 336-227-2994 or Trollinger Treasures at 336-227-8500, you will be glad you did!

VOLUNTEER
all that's missing is U!



Dedicated to improving the lives of adults with alcoholism, addiction and/or mental illness by providing the resources, counseling, support and encouragement needed to build strong programs of recovery.





May 26, 1929 - September 16, 2021


Jo Watts Williams was a special friend to all who met her. We all could use her advice, and the world would become a better place.

Be nice to everyone, even when they're not nice to you.
Don't complain unless you have a solution to the problem.
Keep your mouth shut, and karma will take care of it later.

Jo Watts Williams

RTSA Receives Grant Written by Elon Students

During the Fall semester, a class of Elon University Human Services students participated in the Learning by Giving Foundation's non-profit grant proposal project. Through this course, students were given the opportunity to serve as student grant makers, creating and awarding monetary grants to local social service agencies of their choosing.



The students decided on four community organizations to work with in creating the grant proposal, one of which was RTSA. While each of these programs had different objectives and served different populations, they shared the common goal of bettering the lives of individuals in their communities. For the duration of the semester, students working to receive the \$2,000 grant for RTSA conducted research on the disease of addiction and all its tragic consequences on individuals as well as their families. Additionally, students worked alongside RTSA staff to gain an in-depth understanding of our program's daily functions, as well as our overall mission of improving the lives of adults with alcoholism, addiction and/or mental illness by providing the resources, counseling, support and encouragement they need to build strong programs of recovery. At the end of the course, students from every group came together to decide on which organization would receive the grant.

After careful consideration and debate, the students came to a consensus that due to RTSA's special program, important mission, and the critical need for funding for medical supplies, RTSA would be the well-deserved recipient of the \$2,000 grant. Using this generous donation from Elon University and the Learning by Giving Foundation, RTSA was able to purchase much needed COVID-19 tests. RTSA is incredibly grateful for our partnership with Elon, which has provided us with excellent interns from their Human Services program!

learning by giving

Mebane Street Women's Recovery Journey

Things are happening almost every day for someone at Mebane Street. Each woman entered this program with only her history of clean time and clinical interventions that helped to formulate a set of goals and objectives to accomplish. They chose to work on themselves and their recovery during today's challenging times rather than continue suffering with addiction and/or mental health related issues. Their results have been astounding to witness.

BB completed her community service & restitution requirements, resulting in her charges being dismissed. Probation was completed, with smiles and applause from the presiding Judge and other court personnel, besides completing IOP and getting gainful employment.

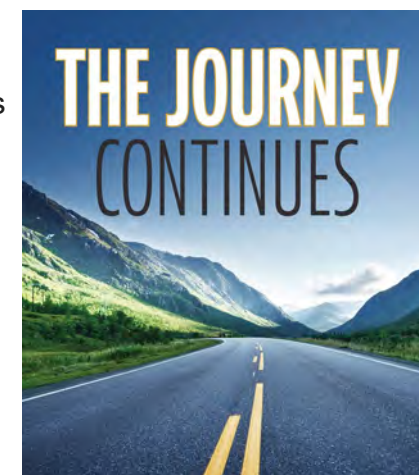
LC managed to be approved for supervised visitations with her daughter and has since had her legal cases dismissed with unsupervised probation.

Debilitating medical issues plagued LO which led to recent major cardiac surgery. Thankfully, it went well, and she has resumed her daily recovery routines.

HB and DV are making incredible improvements with significant family members that were once strained. Being able to visit family and share intimate moments have been healing to their souls.

SG, our newest recruit, hopes to grow from the examples set by her House Sisters as they embrace RECOVERY with a vengeance.

All have gotten AA/NA sponsors and learning RECOVERY IS A JOURNEY...NOT A DESTINATION!



Group Home of Many Chances!

My name is Jasmine and this group home placement has been a group home of many chances! In this story I'm about to tell you is all the things I've been through.

I had some hard times and some easy times. I've suffered, worried and been through pain. My times have been hard and I've gone through stuff. I saw this deep dark hole and in it I tripped and fell not knowing how to get out. I chose not to ask for help. I had tried to find my way out, but I was stuck. When I screamed and shouted, I just felt like no one would hear me. In that dark hole I started to lose myself. People would say it was depression, and it just lowered me deep down in my soul.



Staff here at the group home are doing all they can to help me. But I don't always do what I should. Now my eyes are beginning to open, and I've truly starting to see that I wasn't the same old person I used to be. I still have my moments, but now I know that only me can fix me, no one else can. Now I'm starting to see the light that led me in the right direction. Now to this very day when I'm asked to do something, I try to do it whenever I can.

I just want to say to the staff and RTSA members - thank you all for being here for me.

Santa's Elves

Santa's Elves were very efficient on Thursday, December 16 when they gathered in Stafford Hall of the First United Methodist Church in Graham to wrap Christmas gifts for Residential Treatment Services of Alamance (RTSA). Many bags full of gifts were delivered on Wednesday, December 15 when Fran & Bill Bryant, Jerry & Kay Ferguson, and Ed & Carolyn Barnes were setting up the project. Gifts were wrapped for all four of the RTSA 24-hour facilities. Never underestimate the ability of a group of women! They wrapped and packed up all the gifts for the different facilities and packed up wrapping paper and other supplies to save for 2022. Then they cleaned up Stafford Hall, wrapping and cleaning, all in less than three hours! Amazing!

The Elves are (in addition to those already mentioned) Susan Barnes, Gayle Cheek, Barbara Crissman, Debbie Dorsett, Linda Fogleman, Ruth Hight, Jane Hores, Pam Hurt, Carol Ingold, Cathy Johnson, Rheta Kirk, Marcy Lloyd, Mickey McCoy, Cheryl Merces, Kathy Moore, Kory & Alexandra Nelson-Tomlinson, Karen Noble, Vicki Oakley, Marilyn Perkey, Debbie Ratliff, Susan Rayle, Camille Staton, Carol Steele, Doris Suggs, and Mary Ann Van Pelt. These women made Santa's Workshop look easy, fun and they all enjoyed the fellowship of one another! Many thanks to all for their time and efforts in making Christmas a special day for all in treatment during Christmas! They have already set a date for next year, December 20, 2022, when Santa's Elves will work their magic again next year!



A New Day

I recently went on my first pass to visit my family. I miss my daughter. The serenity prayer says it best "God grant me the serenity to accept the things I cannot change, the courage to change the things that I can and the wisdom to know the difference, just for today." I for one have come to love and understand these terms that are set forth for me in my days of recovery.

On the night I returned to the apartment complex where I was getting my fix through drugs, my experience there was different. It was scary at first, because I can still remember who that strung out person was. Even though I have been in recovery for about four months now, I know that if I don't continue to go to meetings and do my step work, sobriety could all be over. However, when I returned from my pass, I returned clean and sober. I am lucky that there is a community such as RTSA that can help restore me to my once sober self. For me, the process of starting up is hard but because of RTSA, the knowledge was there for the taking. I just had to change my way of thinking. This process for me started by replacing old triggering habits, with my new more spiritual ones. These habits include but are not limited to learning responsibility through chores, speaking in front of a group by going to meetings, and cleaning up behind myself by having constant room inspections. I have come to value settings goals and learning what steps I have to take to achieve them. After being in active addiction for so long, I began to forget how to live without drugs. If it wasn't for the basics that RTSA has helped me re-claim, I would have returned to the habits of a suicidal, depressed and drug abused state of living. Now, I feel like I have hope, and a chance for a better life through recovery.

Serenity

TJW

Thank You!

...to **Marjorie Clark** for gift baskets of kitchen gadgets to be given to women graduating from the Mebane Street Recovery Home.

...to the following who designated **donations** to assist us in giving Christmas gifts for the residents of all our 24 hour programs. **Denese Byrd, Circle #2 - FUMC, Graham, Michael & Patricia Gumula, Martin & Susan Rayle, Harold & Rita Rogers, David & Carol Steele, Mattie Pierce**

...to **Santa's Elves** for wrapping the gifts for the residents of our four facilities. (see page 4)

...to the **men of Hall Avenue** who maintain the yards at Hall Avenue, Mebane Street and our Administrative Offices.

...to **First Presbyterian Church** for donating \$500 to go toward the purchase of the generator being installed at the Hall Avenue facility.

...to **Tim Miles** and **Marshall Kidd** for your service on the RTSA Board of Directors.

...to **Youth Friends Association** for a gift of \$5,000 to assist with the operation of our programs.

...to the **Womack Family Charitable Foundation** for a significant gift to RTSA, these monies will be used to assist us in building a storage building for Trollinger Treasures.

...to the **Alamance Women's Community, Inc.** who provided each of the Women at the Mebane Street House with a gift bag of goodies for Christmas.

...to the many **donors from facebook** who selected RTSA to be the recipient of monies donated in honor of their birthday to our organization.

...to the **First Baptist Church of Graham** for a large donation of left over clothing which had been collected for the Ember's Motel residents who were displaced by a fire.

Class of 2024 Elected

Charles H. Harris of Burlington has been elected as the newest Board Member for RTSA. He is married to Sylvia and they reside on Circle Drive, Burlington. He will serve a three year term (Class of 2024) along with the following Board Members who have agreed to serve another term, they are **Duffie McKee, Mary Margaret Harris, Sharon Milam and James Strickland**. Officers elected at the January Board Meeting for 2022 are **Tom Whitaker, President; Duffie McKee, Vice President; Mary Margaret Harris, Secretary; and Linda Moore, Treasurer**.

Tim Miles rotates off Board

Tim Miles served the agency for many years as our Insurance Agent with Haywood Simpson Insurance, once retired from there, he became a Board Member in 2006, serving on the Board of Directors for 16 years. Tim had originally planned to go off the Board at the end of 2020, but was talked into filling the unexpired term of a past Board Member who had resigned from the Board. Tim was a true asset by assisting us in exploring insurance benefits for the agency, he knew the right questions to ask, and assisted in decisions about property, liability and even recently cyber insurance. Tim will definitely be missed on the Board of Directors as he spends more time in the mountains and traveling with his wife Natalie. Thanks Tim for all you have done for the agency and we look forward to seeing you at agency functions.