

# Loop The Lake for GraceWay



**Congratulations** to all who participated in our first annual **Loop the Lake** at Lake Blackshear 5K and One Mile Fun Walk on Memorial Day weekend. Over 220 runners from all over the southeast competed in a race that benefited three important women's charities: GraceWay Recovery Residence; and the Alpha Center, a crisis pregnancy center at Sherwood Baptist Church, in Albany and Ruth's Cottage/Patticake House, shelter for abused women and children in Tifton, GA.

The Lake Blackshear Resort and Golf Club's 5K course literally looped around the lake and their new marina. Families, friends, resort guests and the GraceWay residents and staff cheered the runners along the scenic route.

Heartfelt thanks to Dr. Ed Hellman for organizing this race, Paula Bacon, race director, and to all the volunteers and runners who helped make it such a resounding success!

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.*

GraceWay is a 501 (C) (3) non-profit, faith-based, long-term substance abuse treatment community for women. GraceWay provides a spiritual home environment that empowers residents to become productive members of their families and society through intensive application of the Twelve-Step methodology.

## Special thanks to the Loop the Lake Corporate Sponsors and Contributors:

GSM – Georgia Sports Medicine and Orthopedic Clinic – Ed Hellman, MD

Tift Regional Medical Center

Lake Blackshear Resort & Golf Club

Work Smart Occupational Health

95.3 The Hook Radio

Albany Bank and Trust

Lora Efaw, M.D., P.C.

Musculoskeletal Associates

TriRunning

Tifton Anesthesia Associates, P.C.

We do not contract with professional solicitors; consequently, 100% of your donation comes to GraceWay Recovery Residence, Inc.

Please use the enclosed envelope to make your Grace in Action Quarterly Pledge today.



A Newsletter for the Friends and Family of GraceWay Recovery Residence

Summer 2006

## “Hey, Y’all!”

*You won't believe what's cookin' in December!*

Mark Your Calendars NOW for the Hottest Holiday Tickets in Town!

She's coming home again to heap triple portions of blessings on GraceWay! Albany's own beloved, Paula Deen, cookbook author and owner of The Lady and Sons Restaurant in Savannah will host three benefits in December.

As a celebrity on Food Network, Paula stars in “Paula's Home Cooking” and is currently filming a new show, “Paula's Cooking Party” at Uncle Bubba's Oyster House in Savannah. Paula has created a stir among loyal fans who are drawn to her humorous style and inspirational appeal. In *Cooking with Paula Deen*, her new magazine, Paula shares the warmth of her kitchen and genuine Southern hospitality.

Susan Greene and Paula Melton, 2006-07 event chairs, are delighted to announce that Paula's husband, Michael Groover and her brother, Bubba, will join Paula this year. Plan now for Christmas gift buys from our amazing Silent Auction. Plans are being made now by our event organizers/GraceWay volunteers and 2006 “A Team.”

Tickets will go on sale soon for these December events. Receipt of your check confirms your event reservations. Plan early to purchase tickets for holiday gift-giving, simple “just show up and have fun” office Christmas party gatherings, Board gift/recognition events, and “girls” and “guys” nights out



“2005 A Team” event organizers and GraceWay volunteers with Paula Deen before last year's first annual event. Pictured from left, bottom row, Carol Marbury, Elizabeth Bridges, Judy Campbell, Paula Melton, co-chair, Paula Deen, Susan Greene, co-chair, Margaret Jo Hogg, ticket chairperson, Joan Shaddock, Paula Brown, Billie Strickland. Top row from left, Vicki Inman, Kay Walden, Betsy Walden and Valerie Rouse.

on the town so you won't miss this fantastic opportunity for evenings of charitable fun for a good cause.

Last year's event was SOLD OUT. As Paula said during her lunch visit with GraceWay residents last December, “Y'all come! It's grace, pure and simple, that makes all these things work together.” Interested business and corporate sponsors and silent auction donors should call 446-4550 for more information. Come join us for triple helpings of “Grace in Action.”

### Director's Message

With your continued support, GraceWay will be able to continue to keep the doors of recovery open for women. God is conducting “soul surgery” and the healing love of the Holy Spirit is touching lives of recovering women in a powerful way here. Families are being restored one day at a time. None of this would have been possible without community prayer and involvement. On behalf of our Board, staff and residents, we thank you for your prayers and Grace in Action pledge!

Debbie Y. Mazur, Director

## Report: \$7 Gain for Every \$1 Spent on Treatment

### Research Summary

A recent study concludes that society earns \$7 in benefits for every \$1 spent on addiction treatment, including savings on medical care, mental-health services, and welfare payments, increased employment, and reductions in criminal activity.

The report, "Benefit-Cost in the California Treatment Outcome Project: Does Substance Abuse Treatment 'Pay for Itself'?", estimated that Outpatient treatment was estimated to have a benefits-to-cost ratio of 11:1, while inpatient treatment had an estimated 6:1 benefits-to-cost ratio.

The study appears in the January 2006 issue of the journal Health Services Research.

## From a recent e-mail after our new Board Orientation ....

... "Thanks for the opportunity to interact with the ladies after our Board meeting last night. I hope we can have a chance to do that a couple of times a year. It's easy to talk about the needs of "the residents" across the road, but to look into their eyes reminded me that the help goes to mothers, daughters, wives and sisters. As a board member it makes it much easier to pray for guidance and ask for help from the community when you remember the look in their eyes."

*Tracy Hatfield, Board Secretary*

## Board Member Spotlight

Susan Greene and Dr. Tim Trulock have been named president and vice-president, respectively, of the 2006-07 Board of Directors of GraceWay Recovery Residence.

Susan Greene is a lifetime Albanian, taught elementary school for 13 years and now works with Gillespie Printers. She is active in the Charity League and is a sustainer in the Junior League of Albany. She and her husband, Phil, have three children and two grandchildren.

Dr. Trulock, a native Albanian, is a graduate of Emory University. He has been in practice with Albany Urology for more than twenty years. He and his wife, Gina, have two teenage sons.



*Susan Greene*



*Dr. Tim Trulock*

## GraceWay Announces 2006-07 Board Members ...

Susan Greene, President, Dr. Tim Trulock, Vice-President, Tracy Hatfield, Secretary, Matt Luke, Treasurer, Patty Bruner, Maureen Jackson, Paula Melton, Valerie Rouse, Joan Shaddock, and Bonnie Sharpe. Past Executive Board President, Blanton Owens and Monroe Abram, Vice-President serve on the GraceWay Advisory Board. Welcome, all!

## Rotary Club Builds Playset

The Rotary Club of Albany volunteers constructed this awesome playset in the backyard of CrossWay - The Firm Foundation at GraceWay. The swingset actually promotes communication between recovering moms and their visiting children, as they play. The playground structure is extremely therapeutic for GraceWay families. Plus, it's fun and the returning visiting children always request to play on it again during subsequent family visits and workshops. We've been blessed! Thank you to Rotary for this Grace in Action!



## Helpful links that complement our services...

### Alcoholics Anonymous (AA)

An international fellowship of men and women who have had a drinking problem; it is nonprofessional, self-supporting, nondenominational, multiracial, apolitical, self-help group open to anyone who wants to do something about their drinking problem.

<http://www.aa.org>

### Adult Children of Alcoholics

A Twelve Step program of women and men who grew up in alcoholic or otherwise dysfunctional homes who meet to find freedom from the past and ways to improve today.

<http://www.adultchildren.org>

### Al-Anon/Alateen

Whether the alcoholic is still drinking or not, Al-Anon offers hope and recovery to all people affected by the alcoholism of a loved one or friend. Support for friends and families.

<http://www.al-anon.alateen.org>

## GraceWay Offers New Resources

The GraceWay Recovery Community is proud to announce the opening of our recovery information resource center.

**Cross Way** - The Firm Foundation at 411 West Tift Avenue

### Services offered:

- Assessments
- Interventions
- Confidential Drug Testing
- Family Counseling
- Family Workshops
- Guest Speakers
- Continuing Education



## Planting Seeds of Recovery

Morning sunlight shines on First United Methodist volunteers shown praying before their Great Day of Service in March. Workers planted grass and flowers, installed pinestraw and landscaped the grounds around the pavilion. Others cleaned and began refurbishing on the last apartment at The Way Transitional Apartments at 416 W. Tift.

Volunteers spread and leveled gravel donated by Oxford Construction Company for the parking lot for the recovery community. Talk about putting hands and feet to your faith...

Eagle Scout candidate, Wil Stephenson, Deerfield student, also professionally landscaped the Apartments to complete his Eagle project. Congrats, Wil. It looks great!

Thanks, everyone for helping GraceWay plant seeds of recovery!

## GraceWay's Vision:

A world-class recovery community where gifted, compassionate people are called to work and to "pass it on".

Residents and families recommend us to others because we strive to exceed their expectations and study the spiritual principles behind the Twelve Steps which results in new hope and ultimately, a new way of life.

Success measured in the growth and recovery of our residents and ourselves.

## The Crave at 411

Oh, what a night! On Saturday, June 10, GraceWay hosted its first free teen night for the Albany area and the community, at large. Atlanta speaker, Tim F. shared his own story and discussed adolescent addictive behaviors, the power of addiction (the Crave) and the freedom of recovery. An open, honest, informative question and answer session with the teen audience followed. Sylvester Christian rock artist, Anthony Johnson and his band performed a free outdoor concert, afterwards.

Perhaps you read the article in The Buzz that ran in the Albany Herald or heard Radio station Q-101.7 as it aired free PSA's to advertise this inaugural fun and educational event. The result... over 100 attendees at the pavilion across from 411 W. Tift Avenue in downtown Albany! Watch our website and newsletter for the next Crave at 411 scheduled for Fall 2006.