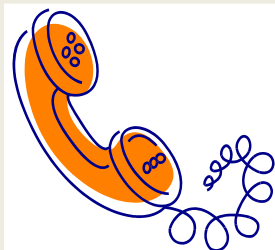


Residential Treatment Services of Alamance
P. O. Box 427
Burlington, NC 27216-0427

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Need a
Speaker?
Give us
a call!

336-227-2994

We can design a program specifically for your organization. We can talk about the agency and the services we provide, the hope which must be instilled in clients before recovery can begin, and how you and your organization can help in building personal recovery programs here in Alamance County.

Give us a call. We will share with you the many miracles we witness and the lives that are changing daily!

Donor Envelopes

Memorial gifts and honorariums can be made to RTSA.

Acknowledgements will be mailed to the family or honoree the same day the donation is received. Enclosed with the newsletter is an envelope which can be filled out in order to make a contribution. Your donations assist those building personal recovery programs.

***"In the presence of
love, miracles happen."***

Robert Schuller

Burlington's Finest Re-sale Boutique!



**Providing recovery programs
through the sale of donated goods**

**Donate - Shop - Volunteer
Help someone in Recovery**

**403 Trollinger Street, Burlington, NC
336-227-8500**

Serenity Profile

A publication of Residential Treatment Services of Alamance, Inc.

June 2020

CoronaVirus reeks havoc on daily operations and scheduled fundraisers!

**From the
Desk of
Ron Osborne**



Wow! Times have changed! Since mid March we have had numerous changes in the way we operate our facilities and work places. At this time (6-08-20) we have not had a resident or employee who has contracted the virus. Our staff have taken extreme precautions in trying to keep all safe. Residents have stayed in the facilities, leaving only for scheduled appointments. All staff and clients are washing hands regularly, wearing facemasks when around others and trying to keep themselves apart when at all possible. Our facilities are checking temperatures of staff and residents regularly. We have reduced the occupancy of our detox/crisis center so no one is sharing a room. Some have been extremely disappointed with the stay at home order, but most realize the importance of keeping all safe, because if one gets it in a facility, there will likely be a huge outbreak in that facility.

We had to cancel our major fundraiser, the Annual Banquet typically held in May. We were receiving sponsorships for the banquet prior to the outbreak of the CoronaVirus but once that became a reality and the stock market tumbled, our donations halted. We knew that with the large gathering we generally have at the Banquet (175-225), that rescheduling before the end of the fiscal year was not probable.

We have contacted all our sponsors and ticket purchasers and all have generously told us to keep the money as a donation to help us operate this fiscal year. Even though our revenues for the banquet were approximately \$20,000 less

than we typically receive, we are extremely thankful for all those who donated their sponsorships and ticket money.

At this time we do not know if our annual jewelry benefit sale will be able to be held in September or the Bid & Boogie which is typically held in November. We hope we will be able to have these events, because they do assist in bringing in much needed revenues in operating our four facilities here in Burlington. Keep us in your prayers.

On another note, The CoronaVirus gave us the time to paint the inside and outside of Trollinger Treasures and refurbish the store with many treasures for our customers. We were closed from March 16 until May 9, 2020. The store looks great and has a good deal of quality items. We had already ordered a new box truck for the store to replace an aging worn out truck prior to the pandemic, but we have just taken possession of the truck and we received a generous gift from the Calvin & Julia B. Howard Family Foundation to wrap the truck. We are extremely pleased with the outcome and hopefully will be able to make lots of pickups in the near future. We even have a lift on the back of the truck making it much easier for the volunteers making pickups!

Even during all this doom and gloom of the pandemic, we can see positive things happening. We continue to serve those in need, and hopefully we will receive all the support we need to continue to do what we do best - changing lives.

Gratefully yours,

A handwritten signature in black ink, appearing to read "Ron".

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

Memorials

Debbie Allred

by Charlie & Carol Allred Cadenhead

by Gary Day

by Wendell & Jill Spohn

by Don Waldron

Kevin Bruce

by Carolyn Carter

Dale Creech

by Vicki Frye

Connie Holt

by L.P. & Doris Holt

Caroline & Iredell Hutton

by Susan Goss

by Henry Hutton

by John Hutton

by Stephen Hutton

Barbara LeGette

by Marie & Olin Campbell

by Gary & Debra Dixon Doss

by Ron & Janine Osborne

Leigha Martinelli

by Mr. & Mrs. R. H. Vickrey

Ralph Meares

by Sam Meares

George Troxler

by Mike & Janet Mayse

Honorariums

Charley Barnes

by Ed & Carolyn Barnes

Mike & Jorjanna Kelley

by Ed & Carolyn Barnes

Josephine Meares

by Sam Meares

Anna Osborne

by John Hutton

Ron Osborne

by Susan Goss

John Hutton

Henry Hutton

Ron Osborne's Birthday

Face Book Challenge

Andy Armstrong

Dean Barrett

Nancy Bishop

Lori Grafton

Ken "Headdoc" Headen

Christine Hitchen

Leesa McBride Holley

Sharon Moss LaRocco

Pamela Lee Lynch

Debra Mason

Jack Miller

Crystal Sharpe O'Neal

Sarah Osborne

Mollissie Peterson

Terri Stevens

Danny Thompson

Suzanne Troxler

Janet Harmon Webb

Donna Siegfried Wood

The Ron Osborne Family

by Susan Goss

Bob & Kelly Stanley

by Ed & Carolyn Barnes

Thank You!

...to the **Calvin & Julia B. Howard Family Foundation** for a gift to purchase a wrap on the Trolling Treasures Truck. This wrap will be a moving billboard for the agency for many years. Thanks for making a dream come true. See article on page 6.

...to **Mary Margaret Harris** for purchasing customized corn hole boards for the agency with the RTSA logo.

...to **Diana & Jerry Cummings** for their donation of new bedspreads for the Crestview Women's Home. The women thank you for their new bedspreads.

...to **Betty Trancetti** for the donation of a turkey and canned vegetables for the Crestview Men's Home.

...to an **anonymous farmer** who visited us and gives us vegetables left over from their weekly farmer's markets. These vegetables assist us in producing the meals for our four facilities offering 24 hour treatment services.

...to **Cardinal Innovations** for 100 Nancan kits to be used in the detoxification Unit and to supply opiate users family with a kit upon discharge.

...to the **Alamance County Emergency Management Team** for the donation of gloves, masks, face shields, shoe covers, gowns and surgical hats for our four 24 hour facilities to help fight the spread of COVID-19.

...to the **Morrow Town Task Force** for donating food to the Mebane Street Recovery Home.

Wish List

Basketball Goal

We have a new resident who likes basketball and would love spending time shooting hoops at the Crestview Group Homes.

Toiletries

soap, shampoo, conditioner, deodorant, shaving cream, disposable razors, sanitary napkins, toothpaste, toothbrushes, and dental floss.

Serving approximately 500 people a year, we use a lot of toiletries!

Linens

We use a lot of linens. We are always in need of **Bath towels, hand towels and washcloths**. We have **43 beds** so we would love to have a surplus of **twin sheets, pillowcases, pillow protectors, mattress pads, blankets and bedspreads** so we have at least two sets per bed.

Carpentry & Supervision Skills

The outside of our Administrative Office needs repair and, in addition we would love to add vinyl siding to the building to cut down on long term maintenance.

The house next to Trolling Treasures needs a lot of attention.

We would like to tear off the front and back porches, and replace the front porch and outside clapboards. We would also like to have some inside walls removed and stable flooring put down in order to better serve us as storage for furniture for Trolling Treasures. We have several guys who would like to learn some carpentry skills, we just need a supervisor and instructor.

Storage Building

The Crestview Group Home for Women would love to have a storage building to store seasonal clothing and supplies. A Group could build one or purchase one for the Women of Crestview.

.LOTS of DREAMS to make life better at RTSA!

continued from page 5.

Interviewer: How does your living environment support your recovery and help you to manage your medical status?

Nancy: Having a safe place to recover for almost 10 years is more than I could ever imagine. RTSA's consent to allow me to stay during this period in my life has been a God-send decision. I have been able to have my chemotherapy and radiation treatments as scheduled while staff and my House sisters monitor my actions. They do not hesitate to report me to the House Director if I am lax in any way or need extra consideration for a task...gotta love 'em!

Interviewer: What's your current medical status?

Nancy: My doctors reviewed all of my medications and made necessary adjustments. As a result, I feel more energized than I have in months. There may be occasional body aches but nothing that raises concern. At this point in my treatments, I am scheduled for a CT scan for my doctor to assess the effectiveness of my past 5 radiation sessions and 12 chemotherapy sessions. To my doctor's amazement, most of my visible lumps have either disappeared or have been reduced in size. I am truly grateful for this miracle.

Interviewer: What are your goals for the next 6 months?

Nancy: I am planning on spreading my wings by moving in with my "baby sister" who is very excited to have her favorite sister with her. Since she is also an LPN, I'm sure she will be able to help me continue to manage my medical issues. Although it will be emotionally difficult to leave Mebane Street, I am so honored and blessed to have lived in this house of miracles and dreams. My aunt was a former RTSA Administrator and Mental Health service provider who would be proud of my accomplishments.

Interviewer: What brings you joy and gratitude?

Nancy: My joy is in seeing Ladies spread their wings to become productive members of society. My gratitude lies in knowing I had a significant part to play in that process. Many women enter Mebane Street homeless and destitute with just enough hope to not immediately run out the back door. Bearing witness to some women getting their families back, securing employment and building a firm foundation in recovery is really something to behold.

Interviewer: What are your 3 most favorite recovery slogans for your life today?

Nancy: Keep It Simple! First Things First! Live Life on Life's Terms!

Nancy will be greatly missed by all of her House sisters both past and present. We wish her well with managing her life and spreading the word. Don't be a stranger because there will always be a seat on the sofa for you and a hot cup of coffee.

Employment & Volunteer Opportunities

EMPLOYMENT - Registered Nurses & Health Care Technicians - We are presently looking for part-time Registered Nurses and Health Care Technicians to fill in a couple of days a week and to be available for those taking personal time off. If you have an interest in a part-time position, please give us a call. We would love to talk with you.

VOLUNTEER - Jewelry Assistants - Looking for those interested in jewelry who are willing to clean, repair, tag, organize, display and help with working the sale at the "Women Helping Women Jewelry Benefit Sale."

Call us at 336-227-2994 and send a resume and letter of interest to lvaughn@rtsalamance.org or mail to P. O. Box 427, Burlington, NC 27216-0427.



Trollinger Treasures gets new truck!

After many years of service to **Trollinger Treasures**, our truck has been replaced. We were asked constantly during repairs, have you thought of replacing this truck? It's going to die on you in the near future. So we started looking and decided to get a new truck which would also have a lift gate to make pick-ups for our volunteers much easier. We also got a backup camera to assist the driver in maneuvering the vehicle when backing up.

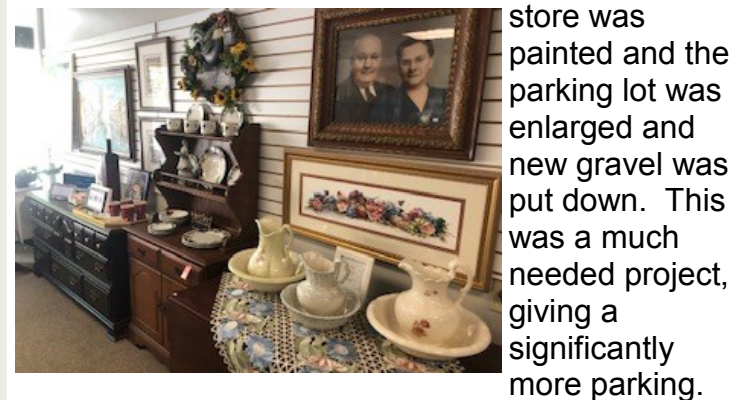


We had a dream of being able to wrap the truck so that during trips, we could advertise the store and the agency. During that time a donor, Julia Howard called and wanted to help us out. We told her of our dreams and she made our dreams come true by donating the money to have the truck wrapped. Thanks to a wonderful donor, our dream became a reality. Check out the old truck and the new truck, what a difference. We plan to keep the old truck for as long as it lives to make trips to the dump, and using the new one for pick ups. Check out the two trucks, what a difference. Doesn't the wrap do a good job of advertising for us?



Trollinger Treasures gets new facelift!

We closed the store on March 16 due to the CoronaVirus and reopened on May 9, 2020. The employees continued to work during the closing while they repainted the entire store, cleaned carpets and reorganized the store.



Old merchandise was discarded and the store looks great.

Come by and check it out, **Trollinger Treasures** is definitely Burlington's finest re-sale boutique. Since reopening the store, we have had good days and the quality of donations has



increased so the merchandise has greatly improved. Check out the pictures of the store. You'll definitely want to come shop and donate more merchandise.

We weren't able to have a banquet, but we still have awards!

Due to the CoronaVirus we were unable to have our banquet this year, but we still are recognizing our Employee and Volunteer of the Year. The 2020 Employee of the Year was nominated by his peers and selected for his fine work ethic, patient care, dedication to the mission of the agency and his positive attitude and willingness to always make things better either for both our residents and his fellow staff. The **Employee of the Year is Robert Phipps, Registered Nurse**. Robert has been with the agency since 2015 working in our Detoxification and Crisis Center providing care and direction to his co-workers keeping the services offered in the unit professional, caring and always ethical in his delivery of care. Robert generally works first shift and oversees the unit while dealing with many referring agencies, families and residents. We are lucky to have Robert on staff and cherish his commitment to quality care. Robert is married and resides in Greensboro, where he is active in the Episcopal Church. Thank you Robert for all you do and the leadership you give to others in your daily presence in the facility. You play a huge role in changing lives at RTSA.



Robert Phipps

Since 2018 our **Volunteer of the Year, Tom Whitaker**, has served on our board of Directors and has been a regular volunteer at Trollinger Treasures unpacking, sorting, cleaning, fixing, repairing furniture, going on pickups, displaying items in the store and being the person who will often research an unusual item donated to the store. Tom also serves as Vice President of The Board of Directors where he is our go to person with employment issues. Having retired from the NC Employment Security Commission, he is of great benefit as a go to person when we have a challenging employment issue. Tom is known for his quick wit, and always has a pleasant disposition. If anything ever ruffles his feathers, he hides it extremely well. We are fortunate to have Tom on our Board where he is an excellent role model for other Board Members and staff as well. Tom is married to Vicki Whitaker and they reside in Burlington where he attends First Presbyterian Church and serves as an Elder on the Session.



Tom Whitaker

Thank you Tom for all you do with this agency. Your time spent with the agency is invaluable. Thanks for your calm and caring personality and your commitment to the agency. You too help us change lives!

Time to clean out your jewelry box!

Help a woman in recovery!

Donate those pieces you no longer wear to help women recover from alcoholism and drug addiction. RTSA has it's Annual "Women Helping Women" Jewelry Sale in September to benefit the Mebane Street Recovery Home.

Would you consider spearheading a drive with your Church, circle of friends or civic group in having a jewelry collection drive for our jewelry benefit sale? Call us and we would be glad to talk with your group about the sale and the women's program it benefits.

You may donate jewelry at our Administrative Offices, 125 Glendale Avenue, Burlington, NC or our thrift store, Trollinger Treasures, 403 Trollinger Street, Burlington, NC.

All jewelry donated is used for the jewelry benefit sale. Once the sale is over, any remaining jewelry is sold at Trollinger Treasures.

Call 336-227-2994 to volunteer or ask questions.



Living My Best Life Yet

“Living my best life yet” has never had as much meaning to me as it does today. God has blessed me with the opportunity to get my life in order. I was in a hopeless state when I walked through the doors of RTSA. When I got here I never thought I would want to stay any longer than 6 months. Today, after 13 months, I not only have hope, but I am seeing my dreams come true.

In this program, I have been given the opportunity to complete service work at RTSA, in the rooms and at school. I am secretary for resident council. I chair 2-3 meetings a week and I have a home group. At ACC, I am secretary of the history club. I have spoken at CIT trainings and I was also able to introduce Supreme Court Justice Paul Newby at the college.

I am currently in my 3rd semester as a full-time student at Alamance Community College. I have gotten straight A’s while in the transfer program at ACC. This is my last semester before I transfer to UNC-G. I have been accepted into UNC-G and I already have my class schedule for this fall. I am going to UNC-G in order to get my undergraduate degree in social work. I ultimately want to go into substance abuse counseling.

I have so many dreams today. Not only do I have dreams, but I have been given the opportunity to live out those dreams. This program has given me more than I could ever repay. The way I show my gratitude is by doing great things with my life, by helping others, any by being the best man that I can be. Because of the positive things that are happening in my life, I continue to want more. It is very simple for me, it is life or death! Today, I choose to live with a purpose and with the help I have gotten here, I am able to live out my dreams.

Thank you,
Todd P.



The following businesses and individuals made donations to RTSA as a sponsor or donor for our Annual Banquet and all of these businesses chose to give their donation to RTSA for it’s daily operation expenses once we realized we could not have the banquet.

Diamond Sponsors
LabCorp

Platinum Sponsors
**Alamance Community Foundation
Glen Raven
Calvin W. & Julia B. Howard
Family Foundation**

Gold Sponsors
**Dick & Linda Fisher
Tom & Vicki Whitaker
Harry & Helen LeGette
Dick & Linda Fisher
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Dale Stearns
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Silver Sponsors
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Jerry & Diana Cummings**

Friends of RTSA
**Virgil L. Stadler, Pittman & Steele PLLC, Sarah Moore,
James Rodgers, Dwight S. Leadbetter, Macedonia Lutheran
Church-Men’s Sunday School Class, Nan Perkins & Bruce
Sheilds, Carolyn & Joseph Wood, First UMC Gordon Painter
Class, Sandra B. Carter, Jenna Johnson & Anonymous Donors**

Nancy: Living Life on Life’s Terms in Recovery

Health and wellness in addiction recovery are more than just concepts for discussion with a friend or professional. They represent matters that cannot be taken for granted since our very being is dependent on our ability to manage our body and mind appropriately. Just when you think you have a program in place to address your “issues”, a surprise diagnosis rears its ugly head! Such was the case for Nancy, who has been with RTSA – Mebane Street Women’s Supportive Housing Program for 9 years and was in the midst of planning her transition for discharge. She states, “I knew I hadn’t been feeling well for a while but I just thought it was a combination of my mental health or medical disorders flaring up.” This general feeling of malaise continued for a few months while Nancy didn’t waver to perform her duties at work and recovery activities. In December 2019, Nancy was diagnosed with Stage 4 metastatic carcinoma.

Nancy’s condition gave us an opportunity to examine our own mortality and review our compliance with addressing medical, spiritual, and emotional issues. Having raised our consciousness, we soon accepted the task of Mebane Street adopting and adhering to new policies and practices that would ensure the medical safety of Nancy continuing to reside in our program. After all, this is her home. We interviewed Nancy to get her perspective of dealing with significant medical issues while in addiction recovery. Here’s what she had to say.

Interviewer: What were your thoughts upon first learning about your medical condition?

Nancy: As expected, it was devastating to be told I could have cancer which was soon confirmed by my doctors. I quickly wondered why God had brought me through 25 years of addiction followed by nearly 10 years of sobriety just to let me down. I knew it wouldn’t be good for me to commiserate about the past since I was about to begin a schedule of chemotherapy. Changes were happening fast in my life and decisions needed to be made about my general welfare. I was reminded of a slogan, “First things first.”

Interviewer: How did AA/NA help with getting through that time?

Nancy: Luckily, my acceptance in addiction recovery was grounded in sound principles and practices which helped me find acceptance for this as well. Of course, things had to slow down, making it necessary for me to retire from my job in order to attend to myself. My structure in 12 Step activities included working with a sponsor and attending 5 meetings each week. I was the Chairperson for my home group and also functioned as the treasurer. Although these things had to be put on hold, my House sisters made sure I reviewed literature and participated in recovery discussions. They also held me accountable to holding regular devotional meetings as the House Chaplain. I firmly believe that AA/NA is a design for living and a blueprint for my life.

Interviewer: What recovery activities help you get through each day?

Nancy: I was really looking forward to rejoining my outside recovery community activities so I could thank people for their continued thoughts and prayers for me but then, COVID-19 struck us. We were glad to have been so conscientious about keeping our home sanitized as well as limiting and/or suspending visitors. Kicking things up a notch was no big deal. We continued our daily devotions and other recovery discussions and respectively learned how to use ZOOM for online AA/NA meetings and clinical sessions.

Interviewer: Describe your community and family support system.

Nancy: I have a strong support from the community and my family. First and foremost, I have 3 beautiful sisters who have loved me and supported me from day 1. My interactions with them is priceless. They made sure I attended my medical needs by transporting me to my appointments and conferring with medical professionals about my status. They remained in contact with my House Director for updates about my care, collaborating about next steps to take. My sisters designated a room in one of their homes for me to live once I leave Mebane Street. Friends and associates continued to call or send cards with their well wishes and words of encouragement. I truly love them all.

continued on page 7.