



NEW DIRECTIONS
FOR WOMEN

The Butterfly Bulletin

WINTER 2008

Volume 3, Issue 1

Moving Ahead

Our Mission

New Directions for Women is a safe, caring and sensitive residential treatment facility. By providing exceptional, gender-specific addiction treatment services that are grounded in 12-step principles, New Directions assists women, their families and their children to achieve sustained responsible recovery.

Our Services

Individual Therapy
Group Therapy
Challenge
Adventure
Equine Therapy
Trauma Therapy
Exercise
Children Services
Family Treatment
Psychodrama
Spirituality
Meditation
Spa Services
Aftercare and Follow up

Member of



national association of addiction treatment providers

New Directions
800-93-WOMEN(96636)
www.newdirectionsfor-women.org



Laurie Kreis, Julio Rodriguez, Maurice Wilson and Sandy Peffer are some of the movers and shakers New Directions is proud to have on the team.

New Directions for Women is expanding as three family members grow into new roles and welcomes one new member.

Maurice Wilson, Ph.D., has been promoted to Chief Operating Officer after serving as the Quality Improvement Officer. Former positions include psychologist, tenured college professor, CADAC counselor, and retired senior pastor. Commenting on his new role, Maurice says "...it is another part of my ministry, going from pulpit ministry to academic ministry to helping women and children". He will be at the helm of clinical services for New Directions.

Sandy Peffer has been hired as the new Development Director. Prior to her hiring, she held the same position at Mariners Christian School in Costa Mesa. Sandy can relate to the recovery process as she is a recovering family member herself. She says being "...a catalyst for change is very motivating-being a conduit for women who want to transform their lives-and the impact it has on their children and family".

Laurie Kreis is the new Admissions

Manager, after being promoted from Care Coordinator. In the spirit of New Directions for Women, Laurie decided to make a mid-life career change. Laurie was inspired to change careers through the encouragement and inspiration of her husband who has been in recovery for 20 years. New Directions for Women was pleased to promote Laurie from within the organization.

Julio Rodriguez is the new Assistant Development Director, after being promoted from Development Assistant. With his degree in nonprofit management, Julio was previously Operations Director of a nonprofit agency in Florida that provided permanent housing for homeless families. Julio is the most excited "for the opportunity to use my creativity to benefit the community for a genuine cause".

New Directions for Women is proud of all their staff and the work they do daily in their careers to help women, families, and their children one day at a time.

New Directions

State-of-the-Art Gourmet Kitchen



Did you know New Direction's brand new kitchen should be completed February 8th after a month of renovations? Upon completion, our facility will have a state-of-the-art gourmet kitchen featuring professional grade appliances, upgraded plumbing and electrical wiring and new flooring. Thanks to the generosity of an anonymous investor who made this improvement possible.



Get Informed - Save a Life!
Help a loved one who is addicted by attending this workshop. Interventionist Ken Seeley from A&E's "Intervention" leads an open workshop on how to help your loved ones suffering from addiction that do not want help.
RSVP to Laurie Kreis at LKreis@newdirectionsforwomen.org

Patient's Corner

I'm Maurine B. I was lost before I came to New Directions. Now I've been sober for 9 months. I have a three-month-old baby boy who was born while at New Directions and a great family life. I could never give back to New Directions what they've given to me.

BREAKING NEWS:

Kim Cartwright has been hired as the new Marketing Manager!

Kim Cartwright joined New Directions last year as a member of the Foundation Board and now as the Marketing Manager after holding marketing positions in Experian and Lexis Nexis. She has been a resident of Costa Mesa for over ten years and has been involved with various private and county recovery programs for over 20 years. New Directions will benefit from her experience and enthusiasm in her new position".



Help Us Save the Environment

If you would like to receive this newsletter electronically, please submit your email address to:
jrodriguez@newdirectionsforwomen.org

Board of Directors

Amir M. Kahana, Esq.,
President & Chairperson

Sally Frei
Vice-Chair

Jim Sabovich, Esq.
Treasurer

Elizabeth Ward
Secretary

Dana Binford

Dan Carracino

Brian Cwik

Gianna Drake-Kerrison

Douglas B. Kerr, Esq.

Tara Micalizzi

Darlene Quinn

Dorothy Rausa

Gina Smith, Esq.

Gordon St. Mary, Psy.D

Samuel Vidaurreta

Foundation Board of Directors

Carole Pickup
President & Chairperson

Jim Wilder, III
Treasurer

Brenda Ives
Secretary

Dan Carracino

Mary Crosson

Amir Kahana, Esq.

Bonnie McClellan

John Moody

Pauline Nelson

Sonny Reser

Faith Strong

Barry Weiner

Heating and Cooling Systems

New heating and cooling systems have already been installed in Faith House and new systems will be installed in Pfister and Elliott House. These new improvements will allow us to continue our commitment to continually enhancing the quality of services the organization provides to our patients.

Save The Date

Spring Sale - March 7-8; will have a Mardi Gras theme celebrating new spring looks. The sale will be kicked off with a fashion show at Repeat Boutique.

Ropes Course Team Building Activities for NDFW staff - March 7-14

Alumni Spring Events - March 15-16 featuring Sunday Easter dinner

Employee Recognition Luncheon --March 25 at 12pm

Employee Recognition Party - April 22 at 3pm

Operating Board Meeting - April 21 at 5:30pm

Circle of Life Tours - 3rd Friday of every month at 11am; Fund-raising event designed for donor cultivation

Alumni Night - 1st Thursday of every month at 7:00 pm

Intervention Workshops-- 4th Saturday of the month at 10:00 am; Host of A&E's top-rated show Intervention, Ken Seeley, will visit the New Directions for Women campus for a series of free community workshops on how to help loved ones suffering from addiction that do not want help.

For more information about upcoming events, please contact Virginia Mendiola at (949) 548-5546 ext. 604



Repeat Boutique Spring Sale

March 7-8 with a Mardi Gras theme including a fashion show on March 7th in the
REPEAT BOUTIQUE,
370 E. 17th Street, Suite F.
Costa Mesa



STAMP

2607 Willo Ln.
Costa Mesa, CA 92627



New Directions in Cooking *With Chef Eyal Avidror*

Eyal Avidror is the Executive Chef at New Directions for Women.
He earned his Grand Diploma from the French Culinary Institute in 1986.

Eggplant Caponata

Ingredients:

For 6 Servings

2 large eggplants (about 1 1/2 lbs. each)
Extra virgin olive oil
1-2 tsp balsamic vinegar
1-2 cloves garlic, minced well into a paste
1-2 scallions (white part, thinly sliced)
2 tsp chopped fresh cilantro
2 tsp chopped fresh mint leaves
1 tsp fresh basil, finely chopped
4 roma tomatoes (seeded, cut into very small cubes)
Black olives (pitted and finely chopped)

Procedure:

- 1) Cut eggplant into 1/2 inch "rounds"; do not peel eggplant.
- 2) Lightly brush baking sheet with oil. Arrange sliced eggplant on baking sheet and brush top with olive oil. Bake in 350F pre-heated oven for 20 minutes. Turn eggplant rounds and continue baking until both sides are golden brown. Remove from oven and set aside to cool.
- 3) In a bowl, combine scallions, cilantro, mint, basil, tomatoes, olives and garlic, and mix well. Add balsamic vinegar. Cover with plastic wrap and let marinade for 1 hour.
- 4) Arrange eggplant on serving dish, spoon marinade mixture on baked eggplant. Let sit for 1 hour before serving so eggplant will soak the juices.



Eyal's Eggplant Caponata is a perfect hors d'oeuvre.