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NEW DIRECTIONS
FOR WOMEN

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Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN



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.

Levels of Care

Residential

Primary, Transitional and Extended

Intensive Outpatient Program

Featuring Individual and Conjoint Therapy, Recovery Skills, Relapse Prevention, Family Education and Social Support Groups

Intensive Sober Living Program

Combines transitional sober living with continued treatment services to help residents successfully transition to a sober lifestyle



NEW DIRECTIONS
FOR WOMEN

newdirectionsforwomen.org

Circle of Life Breakfast



(Left to right): Ray Rodeno, Foundation Vice-Chair Karen Lutz, and her father Albert J. Crosson.

This year's "Circle of Life Breakfast" brought 150 guests to Big Canyon Country Club, raising both money, (over \$85,000) and awareness of New Directions' program and its goals.

"What a joy to witness the rainbow of people—community members and supporters, recovery professionals, politicians, staff and alumni—who turned out in support of New Directions," said Becky Flood, Executive Director and CEO. "It was our pleasure to honor Carole Pickup, a woman whose invaluable contributions have made a distinct difference in the lives of many."

It is the type of dedication of women like Carole, along with the support of her family, that prompted the "Circle of Life" concept. The idea started with three phenomenal women—New Directions' founders Pamela Wilder, Muriel Zink, and Marion Schoen. These courageous women, very involved and dynamic about creating their vision, brought their family members into the loop, passing their passion along generational lines.

"The blessing is that although our founders have since passed, their family members are still involved in a variety of capacities," said Becky. "There's been unparalleled generational support for four decades now and the family theme remains strong. The "Circle of Life" continues to touch many who suffer from alcoholism and addiction—a legacy we are particularly proud of."

Carole Pickup Honored

Long time supporter and Foundation Board Chair Carole Pickup was presented with the New Directions Lifetime Achievement Award at the 2nd Annual Circle of Life Breakfast in March.

Dedicated to the mission and purpose of New Directions since its inception, Carole's commitment has been above and beyond the call of duty. Carole, and her family's emotional, financial, and spiritual support, have been vital to the well being of our organization, staff, and patients. Through good times and bad, we knew we could count on her wisdom and expertise to guide us through.

With a truly philanthropic heart for the women and families who suffer from addiction, Carole was one of the first to bring Al-Anon to our campus. She introduced many of her friends and family to New Directions, and has donated her time and talents for the betterment of our organization. Through the years she also donated her professional services to both staff and patients alike, coaching them in color and professional style to best suit each woman.

Thank you Carole, for all that you have done and continue to do.



(Left to right): Devon Martin, Lyn Wilder, Carole Pickup, Todd Pickup, Richard Pickup

spring recipe



From the kitchen of
New Directions Executive
Chef Eyal Avidror

procedure:

1. Heat oil in a large skillet, then add celery, carrots, and onions. Cook on medium heat for 15-20 minutes.
2. Add the zucchini, squash and parsley. Mix well.
3. Season with salt & pepper to taste. Cook for another 10-15 minutes, or until vegetables are almost soft.
4. With a fork separate the Couscous grains and add to the cooked vegetables in the skillet, mix well.
5. Check seasoning. Add more salt & pepper if necessary.

This dish can be served as is, with chicken on top, or even better, with lamb chops.

ingredients:

- 1 box (10 oz.) Couscous cooked
- 1/3 cup olive oil
- 2 large carrots, peeled, cut into rounds
- 1 large onion, diced small
- 2 zucchini, cut into small rounds
- 2 yellow squash, cut into small rounds
- 1 tbsp. fresh parsley, chopped fine
- 1 can garbanzo beans
- Salt & pepper to taste



Vegetable Couscous

save the date

2010 ITCC Conference
April 26-28 | Vero Beach, Florida

2010 UKESAD Conference
May 13-15 | London, UK

NAATP Conference
May 21-23 | San Antonio, Texas

West Coast Symposium of Addictive Disorders
June 3-5 | La Quinta, CA

Alumni Garage Sale
June 5 | 7a.m. to 1 p.m. at NDFW

ongoing events

Circle of Life Tour + Light Lunch
Every 3rd Thursday at 11:30 a.m.

Alumnae Nights
Monthly Alumnae Meeting
1st Thursday of the month at 7 p.m.

Monthly Alumnae Dinner + Panel
4th Thursday at 6 p.m.

Al-Anon Meeting
Every Wednesday from
11:30 a.m. to 1 p.m.

Closed Women's AA Meeting
Every Wednesday at 11:45 a.m.
in Founder's - lunch provided

Repeat Boutique Discount Days
Senior Discount Days
Every Sunday 20% off

Tag Change Sale
Every 4th Thursday

visit us at
REPEAT BOUTIQUE

370 E. 17th Street, Costa Mesa
949.548.9927
www.repeatboutique.org

Hours:
Tues. - Friday, 10 a.m. to 6 p.m.
Saturday, 10 a.m. to 5 p.m.
Sunday, 10 a.m. to 4 p.m.

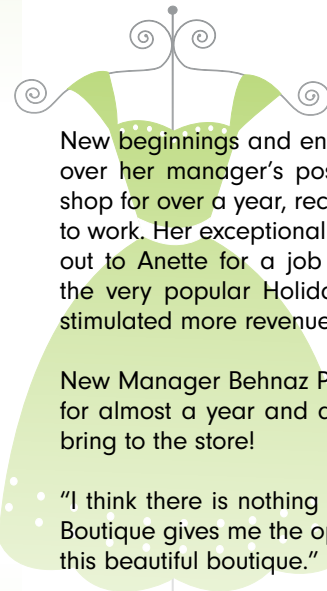


In Memory of Pauline Nelson



Pauline Nelson, staunch supporter, Foundation Board Member and friend of New Directions for Women, passed away this January. We feel extraordinarily blessed that she and her family have chosen to recognize our cause in lieu of flowers. Throughout the years, we've had the chance to get to know Pauline well and we had come to value her friendship, kindness, thoughtfulness, commitment, and dedication.

Her passing will not only leave a void in our lives, but in the hearts of everyone who knew her. Pauline was more than just a friend, colleague, and supporter; she was an amazing person. Pauline was an extremely dedicated board member and we welcomed seeing her at every opportunity—whether she was helping us fund raise at an event, or donating her beautiful jewelry for the betterment of our organization—she was always committed to our mission.



Repeat Boutique

New beginnings and endings are in effect at the store, as Anette Greenberg turned over her manager's position to Behnaz Penahbehagh. Anette, who managed the shop for over a year, recently moved to Colorado, where her husband was relocated to work. Her exceptional contributions are appreciated and a sincere thank you goes out to Anette for a job well done. Her innovative ideas will carry forth, including the very popular Holiday 3-Day Sale, and a revitalized monthly tag change that stimulated more revenue to assist our women and children.

New Manager Behnaz Penahbehagh has already been working at Repeat Boutique for almost a year and a half, and we're very excited to see what new ideas she'll bring to the store!

"I think there is nothing better in this world than helping others," she said. "Repeat Boutique gives me the opportunity to make that happen. I've already put my heart in this beautiful boutique."

On another note, the first annual Repeat Boutique Appreciation Luncheon took place in March to acknowledge the hardworking volunteers and staff of Repeat Boutique. Their important contributions of time and energy are a key factor in raising funds for New Directions for Women Foundation. Over \$200,000 was raised at Repeat Boutique in 2009 alone—providing hundreds of partial scholarships to women and their families suffering from the devastating effects of addiction.

Among those in attendance was Pat Stuart—a long time volunteer who has given of her time, talent, and treasure for over thirty years! Everyone had a wonderful time relating stories of working at the store, and enjoying each other's company at Taste Buds Restaurant. To all of our volunteers who could not join us, please know that all of us at New Directions sincerely appreciate everything that you do for Repeat Boutique, every day.

If you would like to volunteer for Repeat Boutique, send us an email at foundation@newdirectionsforwomen.org, or call the store directly at (949) 548-9927.



Repeat Boutique welcomes new manager, Behnaz Penahbehagh

Acknowledgements

As New Directions for Women continues to grow and flourish, philanthropic support is critical to ensuring our high level of care. We would like to express our sincere appreciation and gratitude to the following people, organizations, and foundations:

Circle of Life Breakfast Co-Sponsors

Benefit Solutions Company
Comprehensive Insurance Services
Elmore Toyota
Faubel Public Affairs
Gibson Dunn and Crutcher
Law Offices of Amir Kahana, P.C.
UniVoip

In Kind Donations

Tanaka Farms
Peltzer Pines
Fountain Bowl
Teen Vogue
Five Crowns Restaurant

Grant Awards

Western Digital Foundation - \$5,000 to assist our Intensive Outpatient Program
Zonta Club of Newport Harbor - \$5,000 to create "Zonta Scholarships" for low-income women

Women, Spirituality and Recovery

What is spirituality? Why is having faith in something so important in recovery? I have encountered these questions more times than I can count during my many years in the field. In my experience women ask these questions more than men primarily because women enter treatment with very different and greater challenges than men. Many women with addictive disease have a history of trauma, which has led them to struggle with their beliefs and trust in a higher power and human beings.



People often assume that religion and spirituality are synonymous. This is not the case. Religion or being religious refers to specific practices and beliefs shared by a group of people that bind them to a deity, e.g., Allah, Buddha, and Jesus Christ. Spirituality or being spiritual refers to a connection to a higher power, the universe, or God, as well as self. Spirituality is an internal force common to all humans whereas religion is a set of standards or practices applied externally to bind one to a particular God.

When I first entered treatment 15 years ago, I struggled with my spiritually identity. I was raised in a very strict conservative church. In retrospect, I now know that I was religious but not spiritual. I believed in God and did everything a 'good religious woman' was expected to do. But I also believed that my Higher Power hated me or was punishing me. I was very empty and did not trust anyone or anything. I turned to alcohol and drugs at a very young age to fill the void and pain I felt inside. I was fortunate that in addition to my treatment and meetings in early recovery, I also had professors in my graduate program at (Duke University Divinity School, Master of Theological Studies and Counseling) who mentored me on my spiritual journey. For many years I studied various cultures, religions, beliefs, and spiritual practices. My journey has allowed me to grow spiritually and emotionally, and it has also given me strength to maintain a happy, sober life. Through daily practices of spiritual disciplines such as prayer, meditation, and fasting I have learned how to trust my higher power, as well as how to establish and maintain healthy relationships. My spiritual journey is one where I am now able to assist other women to grow spiritually and learn to trust. I believe that without faith and trust in a higher power, women in recovery will stay stuck, miserable, and ultimately relapse. I also hope someday to work with children to develop a healthy sense of spirituality, as I am now doing with my three year old daughter.

—Lynn Blanchard, MTS, CAS, Clinical Supervisor

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