

From the Executive Director | Ralph Edgington

Strength For The Future

As many of you know, OAR has recently launched its "Strength for the Future" Endowment Campaign. Before we began working on the campaign I really hadn't spent much time thinking about the concept of "endowment" and its importance in sustaining something "good" forever. I tend to get so wrapped up in attending to the day to day challenges of operating our organization that I lose sight of the fact that OAR existed BR (before Ralph) and needs to exist for our community AR. An endowment is a wonderful way to ensure that OAR continues its work not only for our children and grandchildren but also for the future board and staff who will have the opportunity to serve the generations yet to come.

The great part about an endowment is that it's self-sustaining. The fund earns income that can be used to support service delivery and a part of that earned income is reinvested back into the fund. Over time, the fund continues to grow and provides even greater levels of support to carry out the agency mission.

The other way an endowment grows is by ongoing gifts from community members... people who understand and value the work being done. In addition to cash gifts, there are many other creative ways to give to an endowment with various tax benefits to the donor including...appreciated stock, bequests, various trust arrangements and other property. But why would I want to make a gift to OAR's endowment campaign?

For years I've touted the unbelievable humanitarian and economic benefits of addictions education and treatment to individuals, their families and to the entire community. **What kind of value can you put on saved lives, restored family relationships, reduced crime, increased productivity and improved physical, emotional and spiritual health.** Statistically, one in three people have experienced addiction in their family or know someone who has. Addictions affect all of us and OAR exists to serve you, your family and your community today...**and** those who follow us for generations to come.

We have recently created a short DVD which provides a great picture of OAR's growth and services from its early history right up to today. If you would like a copy, simply contact Melinda at our Holland office (616-396-5284).

I urge you to prayerfully consider a generous gift to our "Strength for the Future" campaign if you've not done so already. If you have questions about making a "planned gift" please give us a call. Your gift will truly be **a gift that keeps on giving.**

Please note: This article was written prior to the current economic down-turn. While OAR's need for your continued long-term support remains paramount, our Board of Directors has decided to temporarily postpone actively soliciting funds for our Endowment Campaign. We ask for your continued financial support and prayers as our nation deals with this financial crisis.



Ralph E. Edgington

Where Recovery Becomes Reality

Meet Our New Staff



Linda Harding
Grand Haven Office
Client Coordinator

Linda is the most recent addition to OAR's staff and works as a Client Coordinator primarily in our Grand Haven Office. She has spent many years serving the public in both the nonprofit and for profit arena.

Linda lives in Grand Haven, has 4 grown children and 9 "awesome" grandchildren.

Besides her family, she loves bike riding, computers, reading and is attempting to write a book about her grandchildren's adventures.

Welcome aboard, Linda!



Curtis Wills
Chester A Ray Center
House Manager

OAR is pleased to introduce our new men's residential house manager, Curtis Wills.

Curtis was born and raised in South Bend, Indiana. He has 13 siblings. After graduating from High School he attended Indiana University for one year before enlisting in the military as a medical specialist. After his 10 year military tour, Curtis was employed in the construction field, factory setting and is a licensed Real Estate broker. He moved to Holland in 2001 and has 3 sons that keep him busy.

Besides his family, Curtis enjoys hunting, fishing and just being outdoors.

Curtis has been at OAR's men's residential center, The Chester A. Ray Center, for a couple of months and is doing a fantastic job! Welcome, Curtis!



Heidi Walters
Harbor House
House Manager

OAR is pleased to welcome Heidi as the House Manager at Harbor House, OAR's residential treatment center for women.

Heidi grew up in Hudsonville and currently lives in Jenison with her older sister. She is the youngest of five children and has 6 nephews and 1 niece that she adores. Heidi graduated with a Bachelors of Social Work degree from Grand Valley State University in 2007. While attending college she worked as a direct care provider for adults with developmental disabilities.

Most recently she worked in case management at Hope Network for adults with developmental disabilities. She is engaged to her fiancé, Aaron Nienhuis, and planning a wedding for April 3, 2009. Her hobbies include being outdoors, playing tennis, going fishing and spending time with her family.

Where Recovery Becomes Reality

One Day At A Time

You'll often hear the phrase "a day at a time" being spoken among the recovering community to fend off two of the addicts greatest enemies – worry and remorse.

One Day At A Time

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of the two days is YESTERDAY, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is TOMORROW, with its possible adversities, its burden, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds—but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day...TODAY... anyone can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities... yesterday and tomorrow...that we break down.

It is not the experience of today that drives us mad...it is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us, therefore, live but one day at a time.

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The Story of Two Wolves

The following old parable illustrates the importance of staying in the "solution" (recovery) rather than focusing too strongly on the "problem" (addiction).

An older Cherokee man is teaching his grandson about life. "A fight is going on inside me," he says to the boy. "It is a terrible fight and it is between two wolves.

One is evil. He is anger, envy, sorrow, regret, greed, selfishness, arrogance, self pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. He is love, joy, peace, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

This same fight is going on inside you and inside every other person." The grandson thinks about it for a minute and the asks his grandfather, "Which wolf will win?"

The old Cherokee replies, "The one you feed."

WHERE RECOVERY BECOMES REALITY

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Holland, MI 49424
Ph. (616) 396-5284
Fax (616) 396-8387

Grand Haven Office

1310 Wisconsin, Suite 303
Grand Haven, MI 49417
Ph. (616) 842-6710
Fax (616) 842-1103

Allegan Office

108 Chestnut
Allegan, MI 49010
Ph. (269) 686-9810
Fax (269) 686-8133

Harbor House

377 Lincoln Avenue
Holland, MI 49423
Ph. (616) 355-7095

Chester A. Ray Center

231 Washington Blvd.
Holland, MI 49423
Ph. (616) 396-6872



Where Recovery Becomes Reality

We Remember: Dave Guikema



Dave Guikema

As many of you know, Dave Guikema died this past July after a long battle with cancer. Dave was a active member of the OAR Board of Directors for six years prior to his death. Dave had retired as Captain of the Holland Police Department where he faithfully served his community for many years.

Dave truly cared about OAR and the people we serve because he knew from his HPD experience just how destructive addictions can be. In addition to his heart for OAR's mission, we all valued his assertive, decisive manner, his positive attitude and his great sense of humor. Dave was a man whose love extended beyond God and family to touch many of us in the greater community. He will truly be missed by all of us at OAR.

In Kind Donations List

Chester A Ray Center

Twin Bedding (Sheets, blankets & comforters)
Bath Towels & washcloths

Harbor House

Feminine hygiene products
Deodorant

Shampoo/conditioner
Toothpaste
Toothbrushes
Combs
Body lotion/hand cream
Body wash
Twin Bedding (Sheets, blankets & comforters)
Pillows
Construction paper
Markers
Colored pencils

Outpatient Sites

Spiral Notebooks
3 Ring Binders
Paper towels
Binder Clips

Its easy to donate to OAR! Call Melinda Jurries at 616-396-5284 today to find out how you can help!

Where Recovery Becomes Reality

Renovation & Restoration



OAR's Community & Family Program continues to move forward with the recent renovation of a large room in OAR's annex building. The room has been transformed into a multi-purpose training/therapy room featuring creative educational displays and therapeutic tools, artwork highlighting the journey into recovery, and fixed LCD and internet projection. The room was renovated by volunteers from our community for the purpose of serving the people of our community.

The most common response of families when they first enter the room has been a consistent, "WOW!" The room features 6 illuminated display areas that help people understand how families are impacted by addiction, how addiction operates as a brain disease, and the process families go through as they move into recovery. One entire wall is dedicated to allowing

families the opportunity to create representative sculptures of their family in order to gain insight and understanding as to how addiction has touched them. Many of the artwork pieces featured in the room were created by people when they were early in their recovery journey.

"The purpose of the renovation was to create a dynamic tool to aid in the restoration of families struggling with addiction." according to Rich Campbell, a family therapist with OAR's Community and Family Program. OAR will be hosting an open house viewing of the room, located in the OAR Annex Building (493 Century Lane) on Monday, November 3rd from 5:00 - 7:00pm followed by the presentation, Family and Addiction—Understanding More, which will begin at 7:00pm.

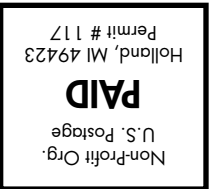


483 Century Lane
Holland, MI 49423
RETURN SERVICE REQUESTED

- I think C.A.R.C. is by far the best experience I've had and I think that I have come away with a lot of good information.
- Everything was great and I learned a lot at C.A.R.C. It has really been a life changing experience.
- I really liked that I was treated like a woman in recovery, rather than just a person to fill a bed. The care and compassion I received were beyond my expectations. I am truly grateful for my experience at Harbor House and for the foundation that provided the funding for my sobriety.
- My therapist was awesome and I am going to miss her very much!
- H.H. is wonderful and has saved my life. My therapist there helped me through a lot of hard times and actually showed much care and concern for us. She was good at keeping things in order, so everyone was stable. Better words would be, she helped "ME" to become stable. She is a really wonderful woman. They really take the time out to get to know us and to show compassion. I don't know how it would have been without them. Overall the staff was wonderful and its and excellent program. I'm truly grateful to have a second chance here, you've saved my life. Thank you.
- Before treatment at Chester Kay I was lost and now afterwards I'm found and I'm happier than I've ever been. Thank God for C.A.R.C.
- Harbor House was a great place, it changed my life.
- C.A.R.C. is a great program, a life saver. Thank you!

Consumer Comments

- No words could adequately describe the profound difference in my life before and after treatment. My quality of life has improved dramatically and I have been able to maintain sobriety for the first time in my life. I have been sober for 8 months now and do not view relapse as an option to any of the problems I have in my life today. I am not consumed with thoughts of using or allow myself to practice self-destructive behavior. While AA has taught me so much about alcoholism, I needed the help and structure of Harbor House most of all. I will forever be grateful to the ladies there for encouraging me to be the woman they believed I could be.
- My experience at OAR was great. The staff were all very kind and caring people, I always felt very welcome and I was very moved and impressed by the level of care that I was provided by my primary therapist in GH. After working with him in my first couple of weeks of treatment I got the sense that he was genuinely concerned about my health and well being. He has a true passion for helping his clients get well and that had a strong influence on my sobriety. To sum it all up, I had a very pleasant experience at OAR. The facility was clean, warm and welcoming. The whole entire staff were wonderful people and extremely helpful. I would recommend OAR to any friend, family or stranger interested in recovery. Thank you for providing such great services and a spectacular new life.
- No program I have ever attended was as in depth as OAR was. I also have never had a teaching counselor such as the one I had in Holland. She explains things so well and if you don't understand she will be very happy to explain it until you do. What a nice system you guys have and thank you so very much for caring about me until I could care about myself.



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