



Valley Hope
ADDICTION TREATMENT AND RECOVERY

“Summer afternoon — summer afternoon; to me those have always been the two most beautiful words in the English language.”

//// Henry James



» SUCCESS STORIES

Valley Hope is a place of true healing and understanding. My loved one felt safe there and the staff was so kind and accommodating. If you or a loved one need help, reach out to them; it'll be the best decision you ever made.

- Stacy, FAMILY ALUMNUS

SUMMER RENEWAL

Have you experienced a Valley Hope Renewal Day?

Renewal Days celebrate YOU!

Each **third Friday of the month**, come hang out with us on campus for an experience dedicated to strengthening your recovery, empowering current patients, and celebrating sobriety.

Renewal Days are customized to provide opportunities for you to reconnect with staff and fellow alumni, build your recovery community and help others new to treatment and recovery by sharing experiences.

Beyond Renewal Days, checkout [ValleyHope.org/Events](https://www.valleyhope.org/events) to find more Alumni Events near you, which can include local chapter meetings, summer fun such as cookouts, poker runs, golf outings, bowling nights, baseball games, and much more.

See you this summer! ~ Your Valley Hope Family





**ALL RENEWAL DAYS:
THIRD FRIDAY
OF EVERY MONTH**

MARK YOUR CALENDAR:

**June 16
July 21
August 18**



**FIND MORE SUMMER
ALUMNI EVENTS AT
VALLEYHOPE.ORG**



The Ultimate Sober Summer Guide

Whether you are new to recovery or firmly in long-term sobriety, engage in the best that summer has to offer and improve your overall health and wellness.

Dive into Recovery

The recovery community hosts a lot of events during the summer months, including 12 Step conventions and cookouts. Create some new summer traditions for yourself, friends and family like a day with sober friends at a pool or waterpark.



Focus on Fitness

Start with a healthy eating and nutrition plan that will fuel your fitness – and recovery – success. Frequently, sober organizations plan 5Ks and other fitness challenges during the summer. You can help raise money for treatment and recovery while getting fit.

Simplify Your Space

Clearing the clutter has become fun and fashionable. Stay out of the heat and get organized. Make a manageable schedule for the summer and stick to scheduled days and times for washing the car, yardwork, cleaning out the garage and organizing your closets.

Explore Your Community

Make a list of area attractions and festivals to attend during the summer months. Art fairs, craft shows, even culinary experiences like ice cream festivals and farmer's markets bring people together to learn and connect over culture and community.

Expand Your Skills

Many educational institutions and community organizations offer summer courses to anyone seeking to learn a new skill or perfect a hobby. Some even offer quick courses in real estate, CPR, photography and website coding.

Play Ball

Join a sober sports team like softball, volleyball or pickleball or participate in a golf tournament to raise money for treatment or recovery organizations. Sail or kayak around your local lake, strengthen your swimming skills, ride your bike or go for a long hike.

Practice Peace

Begin your day in gratitude. Reserve five minutes each morning to offer appreciation. Keep it simple or more profound, but make sure to start each morning in thankfulness and set the tone for the day.

Remember that recovery provides the opportunity to enhance your summer experience in entertaining, powerful and hopeful ways. Make every effort to leverage your ongoing support community and recovery plan. It will empower you to have some sober summer fun while staying focused on your recovery journey.

RECOVERY SPOTLIGHT

BART W.

“It’s difficult to express how much better my life is now...”

How has sobriety improved your life? What does your recovery mean to you?

It’s difficult to express how much better my life is now. All areas of my life: physical, mental, emotional are drastically improved. Sobriety means being present in my life and the lives of those that I love and care about. It means a relationship with my higher power that has become the most important relationship that I have.

What is something you found surprising in recovery that you never knew before getting sober? The most surprising thing to me was that you can have fun without alcohol and drugs. When I went to treatment, I was 33 years old, and I just assumed that I had used up all the fun that I was allowed and that the next 30-40 years or however much time I had left was going to be miserable. I couldn’t have been more wrong! I have more fun now than I ever did. It’s a different kind of fun and much better.

What is the most important thing you learned from Valley Hope?

I learned to listen. I learned to ask questions. I learned that alcoholism is not just a lack of willpower, but a disease that is treatable. For what seems like the first time in my life I heard what was being said and took it to heart.

I thank God for Alcoholics Anonymous and I thank Alcoholics Anonymous for a God of my understanding. I’m not sure I would have either without Valley Hope.



JESSICA W.

“I have peace and purpose. Before, I was angry and suicidal...”

How has sobriety improved your life? What does your recovery mean to you?

Acceptance. Not only accepting my addiction but accepting life on life’s terms. Releasing control and focusing inward. Working the steps and finding myself in the Big Book. I’m not angry or hostile anymore. I put thoughts before my words. I’m able to see others as flawed humans on their own journey, just as I am. I have peace and purpose. Before, I was angry and suicidal.

What is something you found surprising in recovery that you never knew before getting sober? Community. Our addictions groom us to fear people and build walls. Recovery teaches us to put our hand out and help the next person get to where we are.

What is the most important thing you learned from Valley Hope? We do recover. We are grateful for it. And we come back to show you it works if you work it.



BUILDING HOPE

A \$50,000 matching gift

launched the spring appeal, "SEEDS OF HOPE." John and Karen Miller, from Lincoln, Nebraska, will match the first \$50,000 in contributions, dollar for dollar. John is an alum and board member celebrating his 50th year of recovery. Countless people have found their way to Valley Hope in Norton, Kansas, and O'Neill, Nebraska, because of John's encouragement.



GEM Members Shine – GEM (Give Every Month) Members are donors working together towards one goal: ensuring financial assistance is available to patients. Currently, there are 109 GEM Members. Since the program's launch in June 2020, recurring gifts have generated \$92,500 to help our patients.



Special Thanks to Golden Triangle Construction, our Premier Sponsor for the Colorado Golf Tournament - and our Prize Sponsors: MEP Engineering, Inc. and NewFields. The 6th Annual tournament was a great success with more than 70 golfers participating at Black Bear Golf Club in Parker. Proceeds from the event support the BUILDING HOPE Parker Project expansion and renovation.

Administrative Expense Report - A non-profit benchmark of efficiency is administrative expenses less than 35% of the contributions received.* Expenses include salaries, benefits, printing, postage, promotion, office supplies, and travel. Valley Hope Foundation's administrative expenses were 24% in fiscal year ending June 30, 2022, and this fiscal year, our expenses are 23%. As the supporting arm of Valley Hope, the Foundation continues to be great stewards of contributions and operating efficiently.

* Better Business Bureau and Charities Review Council

Zack's Message to Valley Hope Nurses - I came into treatment in very rough shape but was immediately taken into the hands of a caring, compassionate, professional, and driven team of nurses. I never felt judged or belittled or overlooked. At times I felt inadequate, weak, and overwhelmed but I was lifted and given strength by the nursing staff. I gained tools to cope with my emotions without the use of drugs. I know nurses are all human and have their own problems, stress, and baggage, but you don't bring it to work, and I really admire that. They play a monumental role in a patient's health, self-improvement and growth.

With gratitude for your support,

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