

## FEBRUARY

### INTRODUCTION

#### A MONTH OF LOVE & MUCH MORE

February 2024 at ACW included Alumni interviews, an awesome Valentine's Day Celebration, our first Book Club meeting celebrating Black History Month, harvesting our winter crop, and providing life-saving, life-changing services through our Residential, Outpatient, and Enhanced Care Management programs. We had a jam-packed month!



Special thanks to Ms. Carolyn Weathers for helping us kick off ACW's oral history project. Carolyn shared photos and stories of how ACW started and what took place in the first few years of ACW's operations. Check out our social media for clips from her interview. Links on the last page.



## ALUMNI/PAST

### STAFF

#### SPOTLIGHT - PART ONE

#### INTERVIEWS WITH ACW ALUMNI

Calling ACW Alumni! In February 2024, we asked Alumni to meet with us to share their experiences and lessons learned from when they were at ACW in one of our programs.

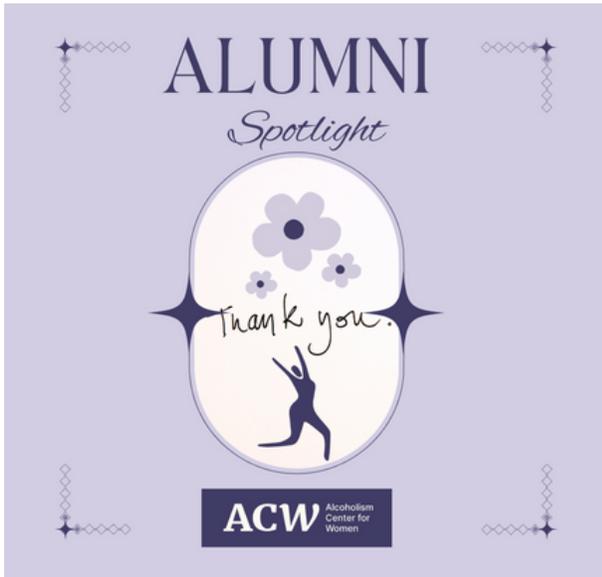
So far, we have met with fifteen alumni whose graduation dates range from 1976 to 2020. The goal is to put together a recording for ACW's 50th Golden Anniversary Event and share their wisdom and encouragement.

We are building a sense of community and inspiring others to start or continue their recovery journey.

We are eternally grateful to our alumni for their time, assistance, and encouragement.

You can find snippets of these interviews on our social media. They are amazing!





Dear Alumni,

We want to express our deep and profound admiration for each and everyone of you who have participated thus far.

Thank you for taking the time to share with us. You all have embarked on your recovery journeys with incredible strength, resilience, and commitment. Your stories inspire and uplift us. Know that your honesty helps foster and encourage other to feel comfortable sharing their stories.

You all are beacons of light and the living embodiment of hope and possibility. We are immensely proud of you and proud to call you a part of our alumni family.

Thank you for entrusting us with your stories

With much love,  
ACW Board of Directors, Staff, Clients,  
Alumni and Family Memebers

# Class of

**Nadia**

1998

**Leon**

1998

**Robyn**

2020

**Sunshine**

1984

**Sol**

2021

**Amelia**

1992

**Barbara**

2019

**Rose**

1976 CLIENT - 90S BOARD MEMBER

**Desiree**

2019

**Elizabeth**

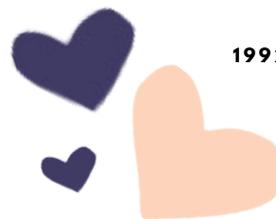
84' CLIENT - 92'-95' - FINANCE DIRECTOR

**Regina**

1992

**Susan**

1992-1997 EXECUTIVE DIRECTOR



## VALENTINE WILL YOU BE MY PLUS ONE?

### ACW VALENTINE DINNER

The love at ACW was palpable days before Valentine's Day. Clients organized a beautiful "plus one" dinner. They decorated the McMillen Family Foundation Snyder House and created an oldies music playlist (clean lyrics!). They danced, took photos, and ate chicken mole, rice, and beans, a delicious salad, and homemade festive cupcakes and cookies.

Everyone had the opportunity to reflect on the amazing bonds they share with the people who showed up for them and continue to show up. It was a celebration of love and appreciation for themselves, their loved ones and their incredible counselors.



ACW STAFF



Residents



Residents with family



Counselor Ms. Jennifer and Resident

## BOOK CLUB

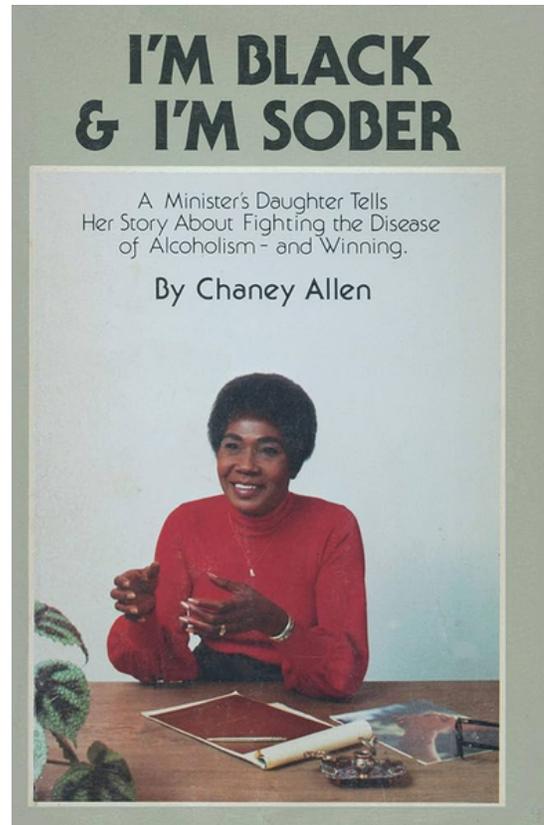
### BLACK HISTORY MONTH

#### CHANEY ALLEN

ACW Celebrated Black History Month by hosting our very first Book Club! As we reflect upon the incredible contributions of Black individuals through history, we wanted to highlight Chaney Allen.

Chaney Allen was the first black woman to publish an autobiography about her recovery journey. Her book is titled *I'm Black, and I'm Sober: A Minister's Daughter Tells Her Story about Fighting the Disease of Alcoholism And Winning*.

Allen's book is divided into five parts, each containing subsections that outline different aspects of her life. In an interview published in the American Archive of Public Broadcasting, Allen recalls the first version of her book, *I'm Black and I'm Drunk*. She says this first version was not edited, "but I published it myself; I saved my drinking money and put the book out." Significantly, Allen discusses overcoming the challenges and struggles of recovering from alcoholism and being a Black woman in America. Her courage to share her story will continue to empower readers and dismantle barriers. Allen helps us understand the importance of access to resources and the need to remove stigma from the disease of substance abuse. She knew the importance of being unafraid and letting people know they were not alone in their struggle.



During our three-day-long Book Club Event, we discussed all five parts of her book.

Allen weaves her story beautifully and speaks honestly about her thoughts. We want to thank you for joining us for three days for Book Club.

"I did not really know what to expect because there is a lot of stigma around addiction today so I imagine it was ten or a hundred times more during Chaney Allen's time. But she speaks so openly and I think she wrote down every last details she could recall with the purpose of reaching as many people as possible. I am eternally grateful to her for her bravery and dedication to sharing such a powerful story. Her testimony is life-changing."

- Amber

"Thank you for finding this gem! And thank you Chaney Allen for sharing your love and wisdom." - Carol

## ACW GARDEN NEVERENDING FRESHNESS YUMMY

Radish the joy of another amazing ACW garden update! Yes, that was our first veggie joke of the year! We are just too excited to share the beauty that grows at ACW.

We love growing some of our own vegetables. It is enriching for our residents and staff to cultivate such beautiful and delicious cabbage, cauliflower, and radish, and when the seasons change, new fruits and veggies.

This is a sustainable practice we hope to expand in the future! Can you imagine growing all our fruits and veggies at ACW?! We can! Next month we will share some of the awesome techniques we use to produce such freshness.



Ms. Dottie, ACW chef, modeling our delicious radish.



If you are wondering: what am I looking at below? Don't worry, we wondered the same thing before we had amazing master gardeners educating us. Below is the new growth on our lemon tree. This growth was made possible by the professional and careful pruning of our lemon trees.

More magical garden updates on our next newsletter and social media! Stay tuned.



## SPOTLIGHT

### C. OLIVER TACTO ACW BOARD MEMEBER

Oliver has been an ACW Board member for over 2 years assisting with ACW's social media, strategic planning, Bring Hope Home events and a myriad of other high-level thought-provoking discussions.

We are proud to share that Oliver 's collaborative scholarly book, "Advancing Wellbeing through a Systems Approach: The Power of Universities as Agents of Change to Promote Human and Planetary Health," will soon be published by the prestigious University of Toronto Press. The project has been a synthesis of dedicated research, innovative thinking, and a shared passion for making a significant impact in educational leadership for well-being. Twenty-five distinguished professors authored different chapters of the book. Oliver's chapter is Wellbeing by Design: Creating a University Built Environment to Advance Wellbeing and Sustainable Outcomes.

Congratulations Oliver! We are fortunate to have Oliver part of our board of directors and ACW family.



C. Oliver Tacto, DSW, MPH, CHES, ACW Board Member  
Dean of Student Wellness at Maryville University of Saint Louis

## CELEBRATION

### LYDIA BANKS 20 YEARS OF SERVICE

This month, we are celebrating Ms. Lydia Banks. She has been at ACW for 20 years, starting her journey with us in 2004. She has been the cornerstone of our team for the longest period at ACW. Ms. Lydia is our residential overnight counselor.

We celebrate this milestone with great admiration and gratitude!

Ms. Lydia has made a significant impact on our organization and all of the people in it. Her two decades of service are a testament to her dedication and compassion toward clients.

Ms. Lydia is loved, and her contributions are deeply appreciated. We look forward to continuing to work with her.

Thank you, Ms. Lydia, for being an essential part of our team!

"It's a surprise how time moves so fast!! I am happy to be apart of ACW!! I hope I am an example that there is enjoyment working with others!!" Ms. Lydia.



## Support ACW!

### WAYS TO SUPPORT ACW

#### ONLINE MONETARY DONATION VIA PAYPAL:

<https://www.acwla.com/support/>

#### BUY A BRICK:

<https://www.bricksrus.com/order/acw/>

#### VENMO A DONATION:

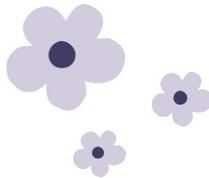
@ACWLA

#### MAIL A CHECK:

To ACW Donations

#### Donation Request

- Games
- Art supplies
- Gardening materials
- Personal care items
- Exercise equipment



## YOUR CONTRIBUTION

We are proud to say we are where we are today due to kind contributions from people, organizations and business who believe in our mission and care as deeply as we do for the community we serve.

Thank you!



## What does your support mean to us?

In one word, EVERYTHING.

You can be a stepping stone in the transformation of the women we serve by purchasing a Commemorative ACW brick. We mean that from the bottom of our hearts! Your brick will live as a part of ACW's McMillen Family Foundation Miracle House.

Our mission at ACW is to help empower women to make new choices for positive futures. Therefore, we strive to funnel as much as we can directly to resources.

## NEED HELP?

For Alcohol/Drug Assistance

- Call ACW 213.381.8500
- Email: [info@acwla.org](mailto:info@acwla.org)

988 Suicide & Crisis Lifeline

- Call or Text: 988
- Go to [988lifeline.org](https://988lifeline.org) for a chat option online.

National Domestic Violence Hotline

- Call 1.800.799.SAFE (7233)
- Text "START" to 88788
- Go to [thehotline.org](https://thehotline.org) for a chat option online.

Los Angeles Housing Services Authority

- 24/7 Hotline - 888.539.2373 / (811) KEY-2-FREE
- [lahsa.org](https://lahsa.org)



## EVENTS

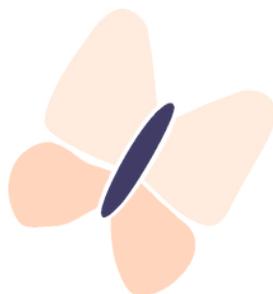
### MONTH OF MARCH

ACW is preparing another amazing Recovery Under the Stars Viewing on March 30th. Please save the date. We hope to see you there! Check out our social media for updates.



**“Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then.”**

**Diana Ross**



## JOIN US



**Do you love ACW? Are you an ACW Alumni?**

If you would like to participate in Our Oral History Project please reach out. We would love to hear from you.

info@acwla.org or  
amorenogarcia@acwla.org  
213.381.8500 x 342

## Connect With Us

Another way to find us:

### Instagram:

@alcoholismcenterforwomen  
<https://www.instagram.com/acw.la/>

### Facebook:

<https://www.facebook.com/acwla>

### LinkedIn:

<https://www.linkedin.com/in/acwla/>

### TikTok:

[https://www.tiktok.com/@acw.la?](https://www.tiktok.com/@acw.la?lang=en)  
lang=en

### Twitter:

<https://twitter.com/ACWLA1974>



TikTok



facebook



instagram



Twitter



acwla.org



Linked in

