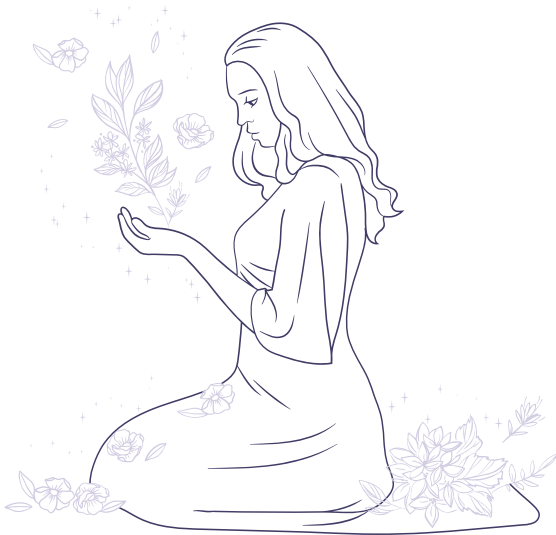


## MARCH

### INTRODUCTION

#### CELEBRATING WOMEN'S HISTORY

Spring is the time to say goodbye to Winter's chill. And a time for transformation. This month, we celebrated women's history in the ACW way. We planned a Recovery Under the Stars screening of Demi Lovato's docuseries *Dancing with the Devil*. We interviewed USC graduate Lindsay Mulcahy learning about her thesis on ACW's history! We embarked on a journey to provide a collection of resources bimonthly to women, and residents excitedly donated food and goodies to the unhoused on Easter Day to close the month.



WOMEN'S HISTORY  
MONTH



## DOCUSERIES

### RECOVERY UNDER THE STARS

#### DANCING WITH THE DEVIL BY DEMI LOVATO

We screened Demi Lovato's incredible recovery docuseries for our third Recovery Under the Stars event. *Dancing with the Devil* is broken down into four parts to show Demi Lovato's relapse after six years of sobriety and how that led to her overdose.

Demi Lovato discusses the details leading up to her overdose. She tells with complete honesty and transparency how it was a matter of time before her addiction got out of hand, and she ended up in the hospital fighting for her life. She doesn't make excuses and recognizes that her recovery journey post-overdose is a day-to-day battle.

Our McMillen Family Foundation Snyder House residents gathered in our cozy event room as the weather forced us to shelter indoors. Despite that, the atmosphere was movie-like, allowing the women of our Miracle House to be completely immersed in the experience and fully appreciate every moment.

The event was also open to the public virtually, and our online guests were just as enthusiastic, sharing virtual gasps and laughter in a chorus with our residents.





Our residents were moved and shocked by the retelling of the consequences of Demi's overdose. The women reflected on the importance of their recovery and the prevalence with which overdoses happen. They recognized that it does not matter if you have access to luxurious recovery centers.

And they recognized you have to work hard at your recovery and you have reach out to the right people and ask for help at any step in your journey

One of our online participants, Stephanie, said, "You hear of the dangers of fentanyl. But you don't think it can happen to you. This documentary really opened my eyes and made me think. But why wouldn't it happen to me?"

The night ended with the women finishing their delicious popcorn and Twizzlers, and a beautiful conversation about their experience. We invite you to stay tuned for our next amazing event!

**ACW** Alcoholism Center for Women

Recovery Under the Stars  
Demi Lovato: Dancing with the Devil

**SCHEDULE**

06:00PM	DOORS OPEN + SNACKS
07:00PM	Welcome + Intro
07:15PM	Part 1 - Losing Control
07:40PM	Part 2 - 5 min from Death
08:00PM	Part 3 - Reclaiming Power
08:25PM	Part 4 - Rebirthing
08:50PM	Overdose Prevention
08:55PM	Discussion
09:30PM	Closing Remarks

ALCOHOLISM CENTER FOR WOMEN  
acwla.org

# YOU ARE NOT ALONE

## PLEASE REACH OUT

**In times of struggle it's easy to feel like you're fighting your battles alone. But the truth is you are not alone. We want to remind you we are here to help, and healing is possible.**

**Reach out to us and learn more about our personalized treatment programs and how we can help you start your journey.**  
**info@acwla.org -- 213.381.8500**

# ACW HISTORY

LINDSAY MULCAHY  
CELEBRATING OUR HISTORY



Lindsay Mulcahy is a USC graduate currently working with the Los Angeles Conservancy. She holds dual master's in Heritage Conservation and Urban Planning.

Lindsay is connected to ACW in a very special way. As part of her work to complete her master's in Heritage conservation, she wrote her thesis on the history of our McMillen Family Foundation Snyder House and Miracle House. Her work is titled, *Conservation 'On the Natch' Maintenance and Remembrance at the Alcoholism Center for Women.*



She delves into the history of ACW and offers insight into the history of healing that existed “long before the arrival of Brenda Weathers.” Lindsay writes, “In 1938, the ten-bedroom Tudor Revival style home at 1147 S. Alvarado was converted into a “rest home” and by 1942 it was known as the Chappell Sanitarium.” It was described in a Los Angeles Times article written in the 1940s as “aged & convalescent, complete 24-hour nursing service, beautiful gardens, Ethical & refined atmosphere.”

During our interview with Carolyn Weathers, one of ACW's first staff and sister of our founder, Brenda Weathers, she described the center as a place that would finally be run by women and dedicated entirely to women's care. This sentiment was shared by all the women who, alongside Brenda Weather, helped make this dream a reality.

Significantly, Lindsay's interview with Brenda Underhill, a past ACW Executive Director, speaks of their mission of including participants in program development because it “not only created a more attuned recovery process but was also integral to ACW's mission of demonstrating to women their value and agency over their lives.”

Our Executive Director, Lorette Herman, agrees, “Since ACW started, those served have been integral in projects, events, and treatment decisions. As the first staff and board fixed the buildings, a woman almost drove her car into the front steps. She stated she needed help right away. The staff told her we were not open yet. She said, “Pass me a paintbrush. I will paint, and you will counsel me”. It has been the same ever since.”



## ACW HISTORY

LINDSAY MULCAHY  
CELEBRATING OUR HISTORY



McMillen Family Foundation Miracle House before



McMillen Family Foundation Miracle House now

The participants and staff helped pick the current period-appropriate colors for the buildings.

Lindsay writes about our Executive Director who with the staff and residents put on their painting gear in 2008 when the health department issued a violation, and the center had no money to pay for the painting. Fortunately, in 2014, ACW secured funding to work with an architectural historian to pick “period-appropriate colors” for the outside of our buildings. The architectural historian was appalled by the blue paint who said, “that color would never have been on any buildings at that time.” Lorette then asked the residents and staff to vote on the options. Lindsay writes, “The act of caring for the buildings was a reciprocal process of transformation of material and mind.”



McMillen Family Foundation Snyder House now





## EASTER GIVING GIFTS FOR THE UNHOUSED

### RESIDENTS IN ACTION

ACW Residents enjoyed a delicious feast on Easter Sunday. Ms. Dottie prepared her famous macaroni and cheese and ham. The women gathered and were grateful for their special ACW Easter gift bags.

However, their favorite part of Sunday's celebration was going out in the community to pay it forward.

Our Executive Director Lorette Herman writes, ACW Miracle House Residents gave out ACW Miracle bags on Easter to the homeless today. Residents gave out ACW bags filled with a sandwich, water bottle, t-shirts, personal care items, ACW brochures, pens and chap stick. The people we gave the bags to were grateful and our residents were sad when we gave the last bag out. T..... said, "It feels so good to help others. I know what it is like to live on the streets. I am so grateful I can now help someone else."



## WOMENS HISTORY

### SPECIAL PROJECT EMPOWERING WOMEN

For this month's special project we want to add this special section to our Newsletter. It is a place where we share resources, and build community by participating in fun virtual events.

Our RECOVERY AND COMMUNITY will include:

- Book Club
  - Monthly Book Clubs - sometimes with live meetings, but always with sharing via writing.
- Virtual Workshops
- Online Resource Hub
  - Links to essays, videos and podcasts related to women and recovery
- Collaborative Projects
  - We will create stories, poems or artwork celebrating recovery
- Community Events
  - Recovery under the Stars
  - Panel Discussions
  - Film Screenings
  - Poetry Slams
- Social Media
  - We will be sharing all news on all our social media platforms! Follow us to participate and learn more.



Sign me up to receive notifications about events or special news.  
I want to participate and help empower other women!



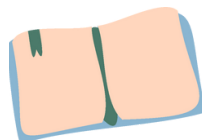
## SPECIAL VISIT SAPC BILLING TEAM BATTLE OF THE NUMBERS

The SAPC billing team chose ACW—out of all the programs in LA County—to visit a residential and outpatient program. What a great honor!

They sat in on Residential's Grief and Loss group and Art Therapy Group. Ms. Charlene gave them a homework assignment, and they did not want to leave without their "wish box" that they painted in Art Therapy.

They toured the facility and were overwhelmed by the clients' statements about how ACW saved their lives and is helping them restore and transform their lives.

They met with ACW's outstanding billing team (Andrea, Alexa, Adriana, and Desi) for over an hour to discuss challenges and the County's new electronic health record system. ACW and County staff felt it was a great opportunity to share information.





## ACW GARDEN SAVING THE BEETS AND HENRY THE SQUIRREL A STORY OF LOVE AND FRIENDSHIP

Beets, beets, beets! At ACW, we grow it all, and we just relocated some beets, which will be ripe for a delicious beet salad.

What's great about beets is that they are versatile root vegetables that can be grown for their edible roots and their nutritious greens. Although, you are probably used to seeing their red color. Beets also come in golden and some striped varieties. They are fast germinators which means they sprout about 5-10 days after planting! Amazing, we know! This is great for us because our beet salad is in high demand. They are also heroes in their own way as they can serve as a trap crop for pests and divert them from more valuable plants, although we would never use them as such. We treasure our delicious beets.



"Nice to meet you," Henry says with the friendly glance he gives passersby. We believe Henry has cached his nuts and seeds all around ACW, and that's why he stays around. Also, no matter the season, ACW is always warm. The drawing below was created by one of our residents. As you can see, Henry made the drawing.



## SPOTLIGHT

SUZANNA

**BANDZHARDZHIAN  
SUPER SHEROE**

This month, we want to recognize our fantastic Outpatient Supervisor, Suzanna.

We are so grateful for her exceptional commitment to ACW's mission and the remarkable effort she pours into her work.

Her dedication and hard work are significant contributions that positively impact our team's success.

Under Suzanna's leadership, ACW's Outpatient program participants have doubled in size. Wow! We now serve 60 women in our outpatient programs.

Not only does she excel in her individual responsibilities, but she also brings a spirit of collaboration and support to our team. She is always willing to lend a helping hand and share her expertise, which has significantly strengthened our projects and helped foster a sense of unity among us.

We want her to know that her team values and appreciates her efforts. We are grateful for her kindness and encouragement to uplift those around her.

**WE APPRECIATE YOU, SUZANNA!**



## CELEBRATION

**DESI MARINOVA  
PROMOTION**

Desi started at ACW over a year ago as an Outpatient and Residential Program Assistant. She was simultaneously finishing her degree in accounting. We were so proud of her when she graduated!

Fast-forward to today, Desi has been promoted to ACW's Accountant!

Our Finance Director, Andrea Munteanu, writes, "It is well-deserved, as proved by her abilities, passion, and ongoing commitment to ACW."

As she embarks on this new and exciting chapter, we want to remind her that she has her colleagues' and peers' full support and admiration.

She has demonstrated an ability to lead with integrity and professionalism, and her dedication continuously inspires us.

We want her to know that her success brings immense joy and pride to those of us who have the pleasure of working alongside her.

**CONGRATULATIONS, DESI!**



# CALLING ALL ALUMNI

WE INVITE YOU TO JOIN OUR MISSION

## ACW ORAL HISTORY PROJECT

Join us via zoom to share your powerful story and inspire other women to transform their lives.

**ACW** Alcoholism Center for Women

**ALUMNI**

**JOIN US**

WE INVITE YOU TO SHARE YOUR TESTIMONY AND WORDS OF WISDOM

**APRIL 2024**

TO CELEBRATE 50 YEARS OF MIRACLES

**TRANSFORMING LIVES**

**INTEREST FORM**



QUESTIONS/CONCERNS  
INFO@ACWLA.ORG - 213.381.8500 X 342



## 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:

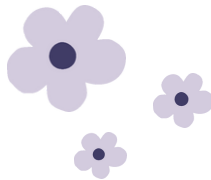
@ACWLA

#### 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 some amazing surprises for April! There is a lot to celebrate and shine a light on. Follow our social media to see about our upcoming events.



**"Women, whether subtly or vociferously, have always been a tremendous power in the destiny of the world."**

**Eleanor Roosevelt**



## 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

