



THE OFFICIAL NEWSLETTER FOR

# Casa de las Amigas

160 N. El Molino Ave., Pasadena, CA 91101  
626.792.2770

SUMMER 2012

www.casadelasamigas.org

## OUR MISSION

THROUGH AN INTEGRATED HEALING PROGRAM FOR BODY AND MIND THAT TAKES PLACE IN A HOMELIKE ENVIRONMENT, CASA DE LAS AMIGAS HELPS WOMEN WITH ALCOHOL OR DRUG ADDICTION RECOVER BY PROVIDING THEM WITH THE TOOLS NECESSARY TO LEAD PRODUCTIVE, RESPONSIBLE AND SOBER LIVES.

## LEVELS OF CARE

### Residential Treatment

Primary, transitional and extended in-patient services; family group; yoga and meditation classes; relapse prevention; social support and treatment for common co-occurring disorders

### Intensive Outpatient

Structured and flexible, high-intensity focus on recovery, relapse prevention and individualized counseling

### Sober Living Facilities

Combined transitional sober living with traditional treatment services to ensure a successful path to permanent sobriety



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## 17th Annual Golf Event Nets \$140K For Casa

**The Colleen Williams 17th Annual Charity Golf Tournament** drew a full house June 18 at the San Gabriel Country Club. Participants on and off the course helped generate \$140,000 through player fees and live and silent auction bids—all of which will go directly to support the services we provide at **Casa de las Amigas**.

“We could not be more thrilled with this year’s turnout,” said Golf Committee Chairperson and Casa Board Member, Carole Cunningham. “We raised more money this year in our auctions than in any previous year and we owe



**Coleen Williams, right, joins golfers for Casa’s 17th Annual Charity Tournament June 18.**

that to our wonderful auction donors.”

The live and silent auctions play a significant role in our success. This year Casa received donations from a long list of local and national retailers, professional services providers and individuals, including the Laemmle Theaters; Home Depot; Volcom clothing; The Los Angeles Dodgers; Nestle Corp.; The Pasadena Playhouse; Staples Center and The San Diego Zoo.

“Our golf committee really did an amazing job reaching out and organizing a fantastic list of donors,” said Cunningham. **(story continues on page 2)**

## Casa Receives Pasadena Human Relations Commission Award

**Casa de las Amigas** was selected to receive the prestigious Harry Sheldon Organization Award from the City of Pasadena’s Human Relations Commission June 5. The award was presented to Casa during the commission’s annual awards ceremony in the Donald Wright Auditorium of the Pasadena Central Library.

Casa was selected to receive the award for its more than 44 years of service. The award was established in 1977 with the passing of long-time civic and community activist, Harry Sheldon, also the former vice president of Vroman’s Bookstore in Pasadena.

The Harry Sheldon award is presented annually to one organization that has demonstrated significant contributions toward improving human relations and lives in their community.

We are very proud to have received this year’s award and thank the City for its esteemed recognition.



**Casa de las Amigas Board President George Seitz accepts the Harry Sheldon Organization Award from the City Of Pasadena’s Human Relations Commission during a ceremony June 5.**

## Casa de las Amigas Re-Appoints Two Key Staff Members

### A MESSAGE FROM OUR BOARD PRESIDENT

Greetings friends of Casa de las Amigas and all of our generous supporters. The new fiscal year is getting off to an exciting start, filled with promising changes at the administrative and program levels that bring wonderful opportunities for growth in positive and rewarding directions.

We are very pleased to witness the expansion of our program's staff as we seek to fulfill our primary purpose here, which of course is to help women in need. I am very proud of our leadership team and staff who have been diligently focused on strengthening our core mission.

I would also like to extend a warm welcome to our newest board member, Pegine Grayson. Together, Casa is implementing change while building on traditions to ensure an enriching and ever-growing future for the women we serve. Thank you all for your dedication and ongoing support!. We look forward to an exciting year!



George Seitz



Casa de las Amigas is pleased to announce the reappointment of two key staff members. Leah Rodemich, who began working for Casa in 2005, has been named Associate Director of Administration. David Ripley, who began his em-

ployment at Casa in 2007, has been named Associate Director of Programs. Together David and Leah bring a combined 12 years of dedicated service to Casa de las Amigas, spearheading critical leadership and program changes that are poised to take our agency into new territory.

From implementation of integral relationships with our cherished community partners and supporters to creating a stellar team of case managers that now includes MFT trainees and interns, their guidance and vision for Casa, working in tandem with our wonderful board of directors, will be focused on leveraging new pathways in recovery aimed at elevating the programs and services we provide.

## Casa's 17th Annual Charity Golf Event a Smashing Success!

### Continued from page 1:

As in previous years, the tournament kicked off with a helicopter ball drop. This year's winner was our event namesake herself, Colleen Williams, who donated her \$3,000 winnings to Casa.

The tournament is Casa's largest annual fundraiser, generating substantial support for our programs. It includes a full day of golf, a delicious BBQ lunch and a gourmet sit-down dinner. The live



2012 Golf Tournament Committee Chairperson, Carole Cunningham, and committee member Andy Rodemich select this year's ball drop winner.



Tournament Women's Foursome Winners from left to right: Karin Callahan, Robin Newquist, Fran Allen and Jean Long.

auktion was hosted once again by the fabulous Shawn Parr, Go Country 105 radio personality.

Casa would like to extend its gratitude to Shawn, as well as to Chef Edward and the entire staff at San Gabriel Country Club. Their professionalism, combined with the club's outstanding services and of course its first-class golf course, collectively made for one of our most successful and enjoyable tournaments ever.

We hope to see you all next year!



Kiersten Cherry, Casa Administrative Assistant

### THANK YOU TO OUR GENEROUS SPONSORS

#### Platinum

Carole Cunningham  
Hadsell, Stormer, Keeny, Richardson & Rennick LLP  
Pat Lile  
San Marino Junior Alliance  
Wells Fargo Capital Finance

#### Gold

The Alcala Group of Wells Fargo Advisors  
Bernstein Family Trust  
The Call Fleming Foundation  
Chapman & Associates  
The Complete Logistics Company  
Jon & Colleen Dudley  
Greg Giesler  
Havner Family Trust  
NBC Universal Media LLC  
Skeehan & Co.  
Craig Stewart

#### Patron

Monty Bernstein  
Patsy Van Dyke  
Betsy & Harry Hathaway

**In Memoriam**

Casa de las Amigas wishes to recognize the recent passing of Thomas O'Toole. Tom, a former Casa de las Amigas board member, passed away in July.

The board and staff extend their deep condolences to Tom's family and friends and thank him for his many years of service and dedication to Casa.

You will be missed Tom.

## Meet Melanie Henry, Admissions Coordinator



**Melanie Henry, Admissions Coordinator**

I came to Casa in May of 2007 as a resident and quickly dug into my recovery program. In 2009 I enrolled in a drug and alcohol studies course. By 2010 I'd returned to Casa to work as an intern

and later was offered this job as the admissions coordinator. Using my certification as a drug and alcohol counselor I am now able to work with women on the front lines and through their treatment as they slowly learn to cope and recover. Every day I am motivated by the fact that I feel safe here and know that I am truly making a difference. I meet most of our participants when they are right in the center of their addiction: hopeless, broken, estranged from family members and completely depleted of their health and self-worth.

I have one of the best jobs in the world: helping women and watching them re-connect and find new joy

through our programs and the ongoing support and love they receive from the women they are on this journey with.

I wanted to leave several times during my stay here in treatment. I'm so grateful to the women who convinced me to stick it out, even when I was fearful and uncertain this could ever work for an addict like me.

Instead, I stayed and was able to push the restart button on my life. Today, I get to offer women the same promise of hope and recovery that I was offered when I first came to Casa. Best of all, I get to watch women learn to love themselves and others again.



## Pegine Grayson Joins Casa Board of Directors

ney in both private practice and nonprofit legal services. She previously served as the executive director of the Western Center on Law & Poverty, a state-wide anti-poverty advocacy organization. She also has provided management level consulting to nonprofit organizations throughout California.

Pegine has extensive experience with private foundations, grants management, board development, nonprofit governance nonprofit financial management, strategic planning, retreat facilitation and program evaluation.

Pegine received her law degree from USC Law School and a BA from Middlebury College. She also has been trained to serve as a mediator through the Los Angeles County Bar Association.

Welcome Pegine!

**Pegine Grayson** has been nominated to serve on Casa's Board of Directors. Pegine is a Vice President providing philanthropic advisement and consulting as well as comprehensive management services at Whittier Family Trust. She brings a wealth of experience as an attorney



Maribell Gonzalez



Rebecca Teichman



Desiree Trujequ

### Casa Expands Treatment Team

**Maribell Gonzalez** joined Casa as residential programs intern in February and hired as a part time case manager in June. She is a graduate of East Los Angeles College Chemical Dependency Program and is currently working on her bachelor's degree in social work at Cal State University, Los Angeles.

**Rebecca Teichman** joined Casa as an intern in 2011 and was hired as a part time case manager in April. She is currently enrolled at Pacific Oaks College pursuing her bachelor's degree in human development. She will begin her MFT training at Pacific Oaks in the fall of 2012.

**Desiree Trujequ** joined Casa as an outpatient services intern in February and was hired as full time residential programs case manager in June. She is a graduate of East Los Angeles College Chemical Dependency Program and currently working on her bachelor's degree in human relations.

In addition, Casa welcomes **Sarah Court**, who is now teaching our residential Yoga classes here in the Pike Center. Sarah is an Integrated Yoga Tune Up® Teacher, trained in Anusara and Jivamukti styles.

Sara also trains other teachers all over the world in anatomy and Yoga technique.



Sarah Court

### ATTENTION ALL CASA ALUMNAE

Las Estrellitas, the Alumni Group for Casa de las Amigas will hold a Welcome Back Dinner

**Thursday, August 2 at 6 p.m. in our Pike Center**

We invite all current and past participants in Casa's residential outpatient and Sober Living programs to join us for Food, Fun, Fellowship and Prizes!

**For more information contact Cheryl D. 626. 422.3906 or at: [virgold@yahoo.com](mailto:virgold@yahoo.com)**

**Follow this event on Facebook**

**<https://www.facebook.com/lasestrellitas>**



## Casa de las Amigas

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### **2012-2013 Board of Directors**

#### **Executive Committee**

George Seitz, President  
Robin E. Newquist, Vice President  
Paul Engle, Secretary  
LeeAnn Havner, Treasurer

#### **Board Members**

Fran Allen  
Julie Barbour  
Monty Bernstein  
Valerie Casey  
Carole Cunningham  
Sally De Witt  
Jon B. Dudley  
Pegine Grayson  
Shannon Kriska  
Michael Lattimore  
Pat Lile  
Maureen McDonald  
Millie Steinbrecher  
Patsy Van Dyke



## TRANSFORMATIONS

Leslie, 50, came to Casa in 2010, homeless and suffering after 25 years of alcohol and drug abuse. She entered treatment after spending 90 days in jail. She was forced to give up her five children, was estranged from her family, and facing three years in state prison.

"I was completely defeated and broken and did not know where I would turn. My public defender had several years of sobriety and was a supporter of Casa. He told me that this program could work for me, if I was willing. Considering the alternative, which was prison, I decided to give it my best shot."

"After about 30 days in treatment, finding a way to love myself and love others through the other women in the program, that willingness began to come naturally. I started working the steps and dove into this program of recovery as if my life depended on it, which it did."

"Today, I am happy to say I am back at Casa, but this time, not as a resident, but as a program assistant and house manager. I also oversee one of our sober living units. Through my work in recovery I not only get to help other women to feel safe, loved and hopeful, I also get to keep my sobriety. I'm enrolled in the Drug and Alcohol Counseling program at Glendale Community College. I've made the dean's list, was nominated for a scholarship and will graduate in June 2013. I am so grateful for my life and the love and support I get here at Casa. My roots are here. I owe Casa my life."