

The Nexus

JOURNEE



Westapher Golf Charity Raises \$42,400 for Nexus



Ban Bywaters (aka "The Westapher Cow"), a respected Rotarian, financial advisor and lifelong Dallas resident, "udderly" humiliates himself in order to support a worthy cause.

More than 150 golfers gathered October 11 at the Northwood Club to play in the 39th Annual Westapher Golf Charity. This was the first year for Nexus to be the primary beneficiary of the event, and we had to learn a whole new lingo just to keep up!

The day started out somewhat wet and chilly for the first flight of golfers. (Flight was one of the terms we learned.) Soon the clouds cleared, the sun came out and after-

noon participants enjoyed a beautiful day of golf. Volunteers from the Rotary, the Women's Auxiliary of Nexus and the Nexus Board registered golfers, drove beverage carts, managed the silent auction and took keepsake photos for the players. The "Westapher Cow" made its annual appearance on the ninth hole and added to the monies raised by challenging players to a "closest to the pin" contest.

The Westapher Trophy went to a team that was a combination of Wm Rigg Company and Crum&Forster. Team members included: Charlie Reynolds, George Kane, David Rascoe and Jeff Dixon. Honorary team member was Randy Hedlund, Regional Vice President, Crum&Forster Insurance. The second place trophy went to members of the Sealy and Co. team, which included Brian Grant, Scott Sealy and Jim Jones.

Major sponsors for the event included: AIG Insurance, Larry E. Boerder, Architects, Briggs-Freeman Realtors, Direct Development, Don Snell Buick, Drive

see WESTAPHER page 3



Pictured clockwise: 1) Bill Saxon stretches before the tournament begins; 2) Silent Auction Chair Jonna LaGrone-Haynes and Nexus board member Carla Brooks deliver refreshments to the players; 3) Preston Center Rotary Club member and Vice-chair of the tournament Kimball Ramey, Nexus Women's Auxiliary President Roxiann Woody, Nexus Director of Development and Public Relations Lora Brandis, Nexus board members Jonna LaGrone-Haynes and Nicole Allen; 4) Tournament Chair Steve Smith, Nexus Executive Director Becca Crowell and Preston Center Rotary Club member Ban Bywaters; 5) Steve Smith, Roxiann Woody, Nexus Women's Auxiliary member Caryl Madison and Kimball Ramey; 6) Jonna LaGrone Haynes and Roxiann Woody; 7) Longtime Nexus supporters Steve and Misty Smathers at the kick-off event.

INSIDE THIS ISSUE

Executive Spotlight.....Pg 2
 Board of Directors.....Pg 2
 Next with Nexus.....Pg 3
 Partner Profile.....Pg. 4
 Volunteer News.....Pg 5
 Donor Recognitions....Pg. 6-7

Our Mission

Recovery and sustained independence from drug and alcohol abuse for disadvantaged women, including women with children, and adolescent females.

BOARD OF DIRECTORS

President

Deborah Collins

President-Elect

Jonna LaGrone-Haynes

Vice-President

Charles Schwartz

Secretary

Zunoraine C. Holmes

Treasurer

Reem Samra

Nicole Y. Allen

Cynthia Kirven Arterbery

Carla J. Brooks

Kevin E. Crayton

Ann Diamond

Janet Ferguson

Patti Flowers

Mary Hennington

Audrey Moorehead

Karl G. Nelson

Eric Presson

Karen Rogers

David H. Rosenberg

Steve Saxon

Misty Smathers

Sandra Weiss

Lynda Zimmerman

ADVISORY COUNCIL

Beth Anderson

Dr. Ron Anderson

Kent A. Caperton

Rita C. Clements

Dr. Paul K. Conner

Judge John C. Creuzot

Mac Davis

Janet V. Elizondo

Larry Gatlin

Caroline Rose Hunt

Chancellor Lee F. Jackson

Judge Faith Johnson

Henry S. Miller, III

R. Clayton Mulford

Dr. Eric J. Nestler

Mrs. George A. (Nancy) Shutt

Dr. Richard L. Voet

WOMEN'S AUXILIARY OF NEXUS

President

Roxiann Woody

From the Executive Director

Whenever I talk about my work at Nexus, people invariably comment how depressing it must be. But the truth is just the opposite. Of course there are occasional discouraging moments, but for the most part Nexus is an uplifting place. We have the pleasure of being involved in the positive changes that the clients make which often lead them out of a life of addiction. We see their excitement first hand as they feel safe enough to begin making positive changes for themselves and their kids. We see their children blossoming in response to the structure and consistency they get from being in residential treatment with their moms.

Having kids on campus makes everything more celebratory. Last week the childcare center staff and kids staged a wonderful Chinese New Year parade through the administration building. Staff and visitors lined the hallway to cheer for the dragon "floats" made from strollers, manned by the children dressed in costume. I had one of those exhilarating moments of realization about how special Nexus is.

Recently I had another exciting moment of realization after attending a workshop with Dr. Ira Chasnoff, an authority on fetal alcohol syndrome. I recognized that the work of Nexus is not only "drug treatment" for women, but it is also primary prevention of fetal alcohol syndrome. Furthermore, our work is also a critical intervention in the lives of young children. Substance abuse is the dominant characteristic in Child Protective Service (CPS) caseloads, and substance-using parents are at least three times more likely to abuse or neglect their children. **So now I'm thinking about our work as prevention, intervention and treatment for women and their children.**



Perhaps the most rewarding thing of all occurs when a former client tells us how being at Nexus changed her life. In December I received a letter from which the following is excerpted: "...I am forever grateful for the foundation that I received at Nexus to help me through my own recovery. In late December I will have seventeen years sober and life is still great. Many, many thanks to the staff of Nexus."

A. Rebecca Crowell, Executive Director

Board of Directors Update

At the final board meeting of FY2004 President Carla Brooks recognized outgoing board members **Steve Andrews, Rosemary Briggs, Caryl Madison** and **Sylvia Peterson**. Carla gave a special mention of Rosemary, who has supported Nexus for more than twenty years, serving several board terms and being an integral part of founding the Women's Auxiliary. She has also been instrumental in fund raising throughout the years, including the capital campaign to purchase the La Prada campus.

Please join us in welcoming the following new board members to Nexus.

Cynthia Kirven Arterbery is employed with Coppell ISD as the principal at Valley Ranch Elementary. She is married to Steve Arterbery and has two children, Steven and Stephanie. Cynthia has made a career in education for more than twenty years and continues to enjoy working with students and families. She is involved with community service through such organizations as Jack and Jill of America, Alpha Kappa Alpha Sorority and with Saint Paul United Methodist Church, where she is a member. Cynthia also serves on the Coppell YMCA Board.



Eric W. Presson, CHE is the Administrative Director of Women's Digestive & Oncology Services for Presbyterian Hospital of Dallas. Eric earned his M.H.A. from Washington University School of Medicine-St. Louis in 1995 and his B.B.A. in Finance from The University of Texas at Austin in 1992. He is a member of the American College of Healthcare Executives, a board member of the Dallas/Fort Worth Chapter of the American College of Healthcare Executives, and a leadership board member of Trietsch Memorial United Methodist Church.

see BOARD page 3

Next with Nexus: What's Next

We are very grateful to Charles and Dee Wyly for providing the lead gift and serving as honorary co-chairs for Next with Nexus. Other donors joining the Wyllys to help us reach the campaign goal include Rosemary Briggs, the Hogle Foundation, the Eugene McDermott Foundation and Lisa Poulin. The next step is to identify more steering committee members and then launch the final phase of the campaign.

Next with Nexus is a three-year financial commitment that directly supports our program – programs that give women like Chelsia W. the chance to learn gratitude for sobriety. Success stories like Chelsia's are never-ending here at Nexus. Experience Chelsia's story and you will know the necessity for the Next with Nexus campaign.

I am a 25-year addict who needed a mixture of drugs, alcohol, crack and marijuana to make me not feel. I put myself in danger many times hopping in and out of strange cars to get my fix. I've been raped and beaten time and time again. When I came to Nexus I was so hopeless and the feeling of despair was deep in my soul. I knew I would die if I didn't change, but I wanted to die as an old lady surrounded by grandchildren. That wasn't going to happen if I kept living the way I was living.



Next with Nexus provides ongoing support for our programs. Nexus graduate Chelsia W. participated in all the levels of support here, including the Adult Women's Program, intensive and supportive outpatient and the Aftercare Program.

After completing all my cycles of treatment, I'm learning to live life as it comes. Some days are harder than others but for the most I have learned how to be grateful. I have tools that I can apply in my everyday living. Aftercare, which I am truly and extremely grateful to be a part of, has and is showing me how to meet life's challenges daily. Today I am very grateful to be sober.

Today, Chelsia has been sober for two years. Just this past Christmas she saw her 17-year-old daughter for the first time in five years.

The programs at Nexus work. Next with Nexus supports the programs so they continue to work. For more information on how you can help, contact the development office at 214.321.0156, ext. 2101.

Board

Continued from page 2



Karen Rogers is currently employed as Vice President, Sales & Service for Dallas National Accounts division for Aetna. She has also volunteered for Habitat for Humanity and financially supports multiple non-profits, focusing on organizations that offer services to the homeless and children. Karen resides in the Dallas area with her husband, Rich, and two children, Sophia (age 3), and Francesca (age 1). Karen's children attend a non-profit development center, and she has consistently given of her time to enrich the school.

Steve Saxon graduated from Harvard University in 1977 with a degree in History and from Columbia University Business School in 1982 with a degree in Finance. After several years in the oil and gas business, Steve founded Legacy Capital Company in 1992, a real estate investment company. Steve has three children, Brett, 20, a sophomore at Emory University, Alexandra, 18, a senior at Booker T. Washington High School for the Performing and Visual Arts, and Pierce, 15, a freshman at Highland Park High School.



Westapher

Continued from page 1

Financial, Fairfield Enterprises, Inc., George Lewis Custom Homes, Land American Title, Merrill Lynch, Michelob Ultra, Edwin & Fred Seipp, Sewell Lexus/Sewell Cadillac, St. Ives Realty, Rosemary Hagggar Vaughn Family Foundation, Wachovia Foundation, Drs. Patrick and Pamela Waters and Wm Rigg Company. We are pleased to announce that the tournament raised more than \$42,000 to benefit our programs.

Nexus is very grateful to Tournament Chair Stephen B. Smith and the Preston Center Rotary for choosing Nexus as the beneficiary and running such a successful tournament. Special thanks go to Women's Auxiliary President Roxiann Woody for leading the effort to promote the golf tournament and to Nexus Board member Jonna LaGrone-Haynes for spearheading the silent auction. Nexus staff, board and auxiliary all came together in this first-time effort to partner with the Rotary. Now that we know to duck when someone yells "fore," we can't wait for next year. The committee has already started working on identifying next year's major sponsors. If you would like to participate, please call the Nexus development office at 214.321.0156, ext. 2101.

Partner Profile: Association of Persons Affected by Addiction

The Association of Persons Affected by Addiction (APAA) is a non-profit organization whose purpose is providing recovery support services to individuals in or seeking recovery from alcohol or drug addiction. APAA is a peer-driven Recovery Community Support Program that encourages and supports personal recovery, and promotes volunteerism within the recovery community. Nexus refers many of our graduates to APAA so that they can continue to have support during recovery.

APAA was created in 1999 when Lois Olsen, the executive director for Dallas Helps, gathered together 12 people in recovery to respond to a grant opportunity from the federal government. One of those people was Joe Powell who, in the second year of the project, took over as the volunteer president. Today Joe is in a paid position as the executive director, thanks to a second grant received in May of 2003.

Joe is careful to explain that APAA is "not a treatment program, rather it emphasizes recovery with respect to overall health and the promotion of wellness through improving relationships with one's self, family and community." APAA is guided by the philosophy that recovery is a reality for millions of people affected by addiction. Recovery includes living a satisfying, hopeful, and contributing life even with the limitations caused by addiction and its associated stigma.

"Stigma perpetuates discrimination," Joe stated on a recent visit with Nexus staff. "Addiction is probably the best kept secret in this country," Joe went on to say. "As long as we don't talk about it, the stigma stays alive."

So, Joe talks about addiction and recovery every chance he gets. He's not shy about introducing himself as a recovering addict. And he does so whether he is meeting with decision-makers in Washington or recovering addicts across the country. In fact, he's on a steering committee for the national movement, Faces & Voices of Recovery (FaVoR), which "advocates to end discrimination, broaden social understanding and to achieve a just response to addiction as a public health crisis."

APAA is one of more than 100 organizations that are a part of FaVoR, but APAA has evolved from its beginnings as strictly an advocacy group to offer recovery support services. The services, groups and classes offered, by APAA include:

- On-going recovery coaching
- Obtaining affordable housing class
- Community drug / alcohol and recovery education
- Job-readiness training
- Youth support group
- Re-entry support group
- Health and fitness classes, including yoga
- Recreation and social activities
- Volunteer and leadership training and development

All of APAA's services are offered free of charge in their offices located at 2438 Butler Street. It is here that Joe's staff of nine prepares addicts for their journey on the road of recovery, not to recovery. Because for Joe, as a recovering addict and a licensed chemical dependency counselor, recovery is something you do every day, not something you journey towards.

Joe's passion and dedication were evident on his recent visit to Nexus. He knows that recovery is a reality for millions of people, but he wants to make sure that message gets out. He also wants our community to understand that:

- There are many paths to recovery.
- Recovery flourishes in supportive communities.
- Recovery is a voluntary process.
- Recovering and recovered people are part of the solution; recovery gives back what addiction has taken.

APAA is located at 2438 Butler Street, Suite 120. Their phone number is 214.634.APAA (2722). They are always in need of volunteers to help them offer their services. For more information visit them on the Web at www.apaarecovery.org.



Joe Powell meets with Nexus Executive Director, Becca Crowell.

Thanks to our Volunteers

Each year more than 100 volunteers make a difference in the lives of women and children healing from the devastating effects of addiction here at Nexus. There are numerous opportunities to help out - from a one-time building maintenance job to ongoing support in the clothes closet. We are very grateful to the volunteers who have helped out at Nexus during the summer and fall. For a complete list of volunteer opportunities, please visit us online at www.nexusrecovery.org.



Valley View Christian Church - Dallas High school students from the youth ministry at Valley View Christian Church spent a Saturday in November beautifying the Nexus campus. They had a great time repairing and painting outside break areas. Many thanks to the following participants: students Bethany Hayes, Taylor Hayes, Joshua Hiatt, Will Peabody, Michelle Rossen, Paige Shackelford and Michele Young; High School



Youth Minister Kevin Rossen and Adult Volunteer Leaders Danielle Menegay and Julia Rossen.

Highland Park United Methodist Church - Gracie Aleman's Sunday school class from HPUMC helped out on the campus this fall by preparing beds and planting. They wanted to do more to support the Nexus mission so they met with Jim Lindsey, the director of the Pregnant/Parenting Women with Children's Program. They are currently working on that program's dorm, creating play areas for the kids and more comfortable living areas for all of the families.



Planet Tan donated toys, chairs and rugs for improvements to the Pregnant/Parenting Women with Children's dorm. Nick Galanos and other Planet Tan staff members helped unload the donation in December.

Holiday Helpers - A typical day at Nexus is designed for clients to learn responsibility in addition to developing realistic goals to maintain a sober lifestyle. Clients follow the "house rules" in maintaining the dorm environment and participate in cleaning up after meals. During the holidays we like to treat the clients to a nice meal and to a day off from cleaning up after meals. We are able to do that with the help of volunteers like the Harveys and the Evans. For the last two years, Venus Harvey, Travoy Harvey and T-Neise Ragland have helped out at Thanksgiving, and Gloria Evans and her family has helped out at Christmas. We are grateful for their help.

Casa View Baptist Church - Volunteers and church members, Ebbie Brown and Alana Harris, approached Nexus right before the holidays with an opportunity for computer training for our clients. The church has a room of computers that are not being used all of the time and they would be happy to provide a trainer. This was just the beginning of a relationship for Nexus with Casa View Baptist, a church just down the street. While we were working out the details of the computer training, Alana's Sunday

school class came forward to volunteer on-going support in the clothes closet. And we are trying to find projects for the youth group to help out with. We are looking forward to developing this relationship with our neighbors down the street.



Donors

The Meadows Foundation

The Meadows Foundation has been enriching the lives of Texans since 1948. They have helped us serve clients here at Nexus since 2000, when they provided funding to build the two playgrounds for our child development center. This fall, they responded quickly to an urgent funding situation for the Adolescent Program. Nexus was facing a 74% reduction in our three-year contract with the state of Texas when we approached the Meadows Foundation in September. We are just one of hundreds of agencies across the state of Texas affected by recent budget changes.

We are very grateful for the quick response from the Meadows Foundation. They are providing funding for two years as we transition to new sources of government funding for this program. We would also like to thank the **Dallas Women's Foundation**, which approved a grant during their Fall 2004 cycle. Both grants help us maintain the levels of service in the Adolescent Program, as we continue to serve indigent girls who may not have any other option but Nexus for treatment.

Holiday Donations

The holidays are a busy time at Nexus because so many generous donors provide gifts and necessities for our clients. The **Eastfield College Student Commission** teamed up with the **EFC Subway** and the **Mesquite Army Recruiting Station** for a toy drive benefiting Nexus. Students arrived via army transport to deliver the toys. Many thanks to Jennifer Hughes and other members of the Student Commission for making this happen. **JP Morgan Chase** provided 150 toiletry kits individually wrapped for our clients. **Kathy Voet**, mother of staff member Heidi Voet, bought dolls, cars, trucks and other age appropriate toys for the kids, based on a wish list provided by program staff. She also provided wrapping paper so Mom's could wrap the toys for Christmas day. Friends of long-time Dallas philanthropist **Ruth Altshuler** gather each year with her during the holiday season to donate necessities such as diapers, baby formula and canned goods to local charities. Nexus is grateful to have received these items for our clients this year. **Cyndi and John Esch** again chose Nexus as the recipient of Christmas gifts gathered at their annual party. Thanks also go to **Jim Hodges** for providing a cash donation for gifts for all of the Nexus children. The **Women's Auxiliary** held their annual Christmas Tea and Bazaar at the home of **Jan Brekke**. Auxiliary members brought more than 500 gifts to be distributed to clients and their children on Christmas morning.



Ms. Iona and Nexus resident Pauline Camarillo.

Other Generous Donors

Seventy-eight year old **Iona Deering**, known to the adolescent girls as "Miss Iona," gave her heart and her talent to a mural project in the adolescent dorm. A past recipient of the Senior Hall of Fame Creative Endeavors Award, Miss Iona came to Nexus wanting to give our adolescent girls the chance to express themselves. And they expressed themselves beautifully in a vibrantly colored mural that fills a large wall in the dorm common area. Local artist **Sally Magee** underwrote the materials needed to create the mural.

Captain Hope's Kids operates a children's resource room designed to distribute critical support items to children in homeless shelters. They serve approximately 10,000 children in more than 38 homeless shelters in the North Texas area each year. In the past few months they provided educational toys and books for all ages in our child development center. They also provided brand new clothing and shoes, diapers and wipes, and gifts for Christmas.

Other Generous Donors

The **Harry W. Bass, Jr. Foundation** recently granted \$10,000 to the Wylodean Saxon Memorial Fund. To date \$91,520 has been raised for this endowment established just last year.

The Nexus kids went back to school in August fully prepared with supplies and uniforms thanks to many donors. The **Dallas Court Reporters Association** and the **Dallas Downtown Republican Women's Club** each sponsored a drive



Debi Boyd and daughter Amanda Goodson.

to gather back-to-school supplies.

Debi Boyd, wife of Nexus staff member **Jim Boyd**, also asked fellow employees at **CNA**

Insurance to help her gather supplies for the kids. Debi then secured \$2,500 from the CNA Foundation to purchase school uniforms.

We would like to welcome three new foundations to Nexus' list of supporters.

Recovery Circles Foundation is committed to assisting underserved individuals in need of ongoing treatment

to support their continued healing and recovery. They are supporting the Nexus Aftercare Program in the amount of \$5,000. Many thanks to **Robin and Cai Glackin** for recommending Nexus to the foundation. The **Alice E. and Joseph C. Blewett Foundation** granted \$5,000 to support new flooring for the Crystal Charity Children's

Center on our La Prada campus. The **Gaston Episcopal Hospital Foundation** gave \$2,000 in July towards the purchase of air conditioning for the La Prada Campus.

We would also like to acknowledge the following donors for on-going support of Nexus. The **Junior League of Dallas** donated \$3,100 in emergency funding to replace a refrigerator this summer. The **W.P. and Bulah Luse Foundation**, which has made grants to Nexus since 1999, recently donated \$5,000. **Paymentech** again provided funding for the child development center, this year their grant is supporting the new flooring. **Stein Mart** manager Robert Henry continues to provide donations of new clothing to Nexus. This is above and beyond Stein Mart's commitment to Nexus through their partnership with the **Dignity U Wear Foundation**.

Wish List

Nexus is in need of the following items for our clients:

- ◆ **Board games for school age children**
- ◆ **Crib blankets and sheets**
- ◆ **Indoor recreation mats/rugs**
- ◆ **Infant walker toys**
- ◆ **Personal hygiene products**
- ◆ **Shampoo/hair accessories**
- ◆ **Sleepwear**
- ◆ **Socks**
- ◆ **Talcum powder/deodorant**
- ◆ **Undergarments**

Send Us Your Email Address!

In the next few months Nexus will launch a new web site along with an e-newsletter. If you'd like to receive the notice announcing the new web site and the new e-newsletter, let us know via email. Email klucas@nexusrecovery.org and Kathy Lucas will add you to the list.



Many thanks to John W. Shannon for donating ceramic tile to update the look of our entryway.



The manager of Sam's Club store #6482 and Marketing Rep Brenda Long presented a donation of \$500 in September to Facilities Manager Don Farmer. Over the past six months Sam's has also donated a freezer and two washing machines to Nexus.

Are you a Tom Thumb shopper? When you check out, use your Reward Card and ask the clerk to link your purchases to #415. That's it! Nexus will automatically receive a percentage of your total grocery bill every time you shop. Thanks for making a difference!

Nexus Texas Ball - April 8, 2005

Save the Date!



The 40th Annual Westapher Golf Charity benefiting Nexus Recovery Center will be held Monday October 10, 2005 at the Northwood Club.

On Friday, April 8th, The Women's Auxiliary of Nexus and Eddie Deen will host the auxiliary's sixth annual western fundraiser, the Nexus Texas Ball, at The Ranch at Downtown Dallas. Country western crooner, Britt Hammond, will start your toes to tappin', and set your boots to dancin' during this fun-filled evening which will include Eddie's very tasty rib eye steak served in a Texas-size skillet, his famous Texas barbeque with all the fixin's, incredible auction items, and much, much, more. Longtime community leaders Cheri and Pat Summerall will serve as Honorary Chairmen.

Underwriting sponsorships at \$1,000, \$2,500, \$5,000 and \$10,000 are currently available. Individual tickets are \$150 each. As an underwriter you will have a special place "deep in the heart" of Nexus, Texas. In gratitude we will invite you to an exclusive underwriters' event and place you in preferred seating at the ball. More importantly, you will help change the lives of 1,200 women, children and adolescent girls this year. For more information contact Patti Flowers at 214.369.7027.



Event chairs Misty Smathers and Patti Flowers.

The *Nexus Journey* is published by Nexus Recovery Center, Inc.
For comments, suggestions, or more information, please call (214) 321-0156 x2101.
Editor: Lora Brandis Layout and Design/Photography: Kathy Lucas

*"Today I am very grateful to be sober!"
- Nexus Client*

Non-Profit
U.S. Postage
PAID
Dallas, TX
Permit No. 3363

Nexus Recovery Center, Inc.
8733 La Prada Drive
Dallas, Texas 75228
(214) 321-0156
Fax (214) 321-3096
www.nexusrecovery.org