

Crossroads Corner

The Crossroads Foundation

Save the Date, Mark Your Calendars, Get Your Tickets!

You are cordially invited to attend our annual fundraiser which will be held at the exquisite Top of the Park on Thursday, September 23 from 6-9pm. Top of the Park is located at Park Manor Suites. If you have never enjoyed a beautiful sunset from this venue, you are in for a treat! Our emcee this year will be 98.1's own Tayari Howard, a very well-known radio personality. There will be cool jazz music, hot pasta dishes, a silent auction and more—including a few surprises!

The Crossroads Foundation's

Hot Pasta & Cool Jazz

Cooking Up Some Funds



Tickets for this exciting event are \$40 each or \$70 for two tickets. You can purchase tickets directly from Board members. If you are unable to attend, but still want to support our event, let us know if you would like to support a resident in attending the event.

Information about Pasta & Jazz will be posted on our website, www.crossroads4recovery.org so check there regularly for update. We look forward to seeing all of you there!

A Memorable Installation Dinner...

By Maria Costello

The Crossroads Foundation celebrated its annual Installation Dinner on July 21, 2010. After dinner and dessert, this year's event became memorable with the spirited involvement from the residents of Crossroads as they presented an evening of entertainment by sharing their experience, strength and hope, unique to their own style.

We enjoyed a musical video of the residents in their daily lives at Crossroads, laughed from our hearts at a poem written by our "Crossroads Princess" to shedding tears from stories of the struggles in recovery and their gratitude for being a resident of Crossroads. It was impossible to sit among these women and not

be moved by their willingness toward sobriety and experience the joy of their success through the Crossroads program.

Awards were given to honor the resident's selection for gratitude, willingness, progress and other areas of growth among our residents. Crossroads honored our "Friend of the House for 2009-2010," and the installation of new Board officers and members was stated, and they were then introduced.

Days followed with comments from the residents regarding their appreciation for such an interesting and enjoyable evening, along with their expressed appreciation for the Board of Directors and the staff of Crossroads.

MESSAGE FROM MARIA

By Maria Costello, Executive Director

We couldn't have asked for a more beautiful Spring day as we set out cans of paint, brushes, drop cloths and other supplies needed to paint our transitional apartments. Attitudes were positive with an air of excitement over being able to accomplish this long-awaited task. The need was vital and for several months the staff and I had sought resources to accomplish this. It had been a trying fiscal year that required strict prioritizing, so reaching into our monetary resources to accomplish this paint need was always accompanied with thoughts of seeking other avenues. Many grant and donation requests had been rejected so the staff was considering a fundraiser to generate enough money for paint and labor when suddenly the solution to this need came to us unexpectedly.

As guests at a San Diego Chamber of Commerce Introduction Meeting, my assistant and I were mingling, meeting and getting to know people associated with businesses, corporations, etc., within the city of San Diego when we met Diane Craik of Keller Williams Realty. Diane is a friendly and warm person who shared with us her company's upcoming

annual Red Day event which consisted of the associates of Keller Williams Realty volunteering their services to help a local non-profit. We exchanged business cards and in short order, Diane called to say we were the non-profit agency chosen for this year's May 13th celebration. This wonderful group of people showed up in bright red t-shirts with the "Red Day" logo, prepared to paint our transitional apartments. Introductions were made among the Keller Williams Realty volunteers and our Crossroads team. After a good lunch to get us energized, we tackled our plan enthusiastically.

Throughout the day, I learned more from the employees of Keller Williams Realty and the history of Red Day. Red stands for renew, energize and donate, which is generously accomplished throughout the entire country. This Red Day event was created by the company Vice Chairman, Mo Anderson, who is an avid believer in community support and helping non-profits, so she celebrates her birthday every year by giving to others through Red Day. She is a woman with a big

heart and generous spirit, whose kindness is generated throughout Keller Williams Realty and has greatly benefited Crossroads.

Red Day was productive and ended with paint-coated hair, spattered shirts and giddy attitudes. All were tired, but pleased with the outcome. Yet, their generosity continued as one employee pulled money from his pocket to purchase cabinet pulls for newly painted cabinets and another developed an idea for new carpet. This is an amazing group of people, inspired by an amazing leader, Mo. Our special thanks to Diane Craik who introduced us to Madison Offenhauser, along with Tania Silva-Hall, CC Meng, Shumei Tao, Julian Pena, Jr., Ryan Ahearn, Gretchen Rogers, Poroma Srijinda, Michael Herzon. Thanks to you all.

My Testimony

By Christina

Before coming to Crossroads, I suffered from a crystal meth addiction and lost all hope in life. Due to my addiction, I made bad decisions, I did things I'd never imagined I would do. I grew up in a loving home and had the best childhood I could ever dream of. However, when I was introduced to drugs, I compromised all of my morals.

After learning the street mentality, my heart grew colder and my temper grew hotter. I was locked up numerous times and this last time, I spent almost a year in jail. During that time, I had a lot of time to think. My family finally became sick of my actions and decided to turn their backs on me. I was all alone, with no one to turn to and felt completely hopeless. During the nights I couldn't sleep, the guilt and shame would keep me up. During the days, it was loud, and I wasn't able to show much emotion because in that environment, it shows weakness and I didn't want to be walked all over. I have been on probation since I was 18 and haven't successfully completed it yet. I was court-ordered to do a program again since I never finished one before. However, I was fine with it this time, because after reaching my bottom, I felt I couldn't possibly go any lower, that the

only way out was up.

After I was released, I applied to Crossroads and was on the waiting list for two months. I had my bags fully packed since the day I applied, and on March 24th of this year, I got the call to come in. That was the day my life started to look up. I was welcomed with open arms from people suffering from the disease of addiction and truly felt a "part of." I have gained spirituality and learned to let go and let God. I have learned to be more accepting of things and people, the willingness to go to any lengths and the strength to carry on. I have regained a sense of hope, and I have faith that things can only get better from here on out. My family is back in my life; I am able to sleep peacefully at night; I have made good friends, and I smile and laugh a lot more. Even though I was nudged by a judge, I went into this program like it was my last chance at life and I'd better soak up everything like a dry sponge. Today, I have 14 months clean, and I feel good about myself and what I'm doing. It truly pays off when my family tells me they are proud of me, and my Probation Officer says I am going to be his success story. I am so grateful for Crossroads and the staff that would do anything for me and for my sisters in sobriety who support me and my Higher Power who guides me.

ALUMNI FAMILY UPDATE

I was introduced to Crossroads in 2003 when my mother was a resident in the program. At that time, I had no idea what a big part Crossroads would play in the relationship between the two of us.

My mom and I both struggled with drug and alcohol addiction, which did not provide a very good foundation for the development of our relationship. Witnessing the changes my mother made while going through Crossroads encouraged me to get clean, and that started a new lease on life for the both of us. I can tell you that our relationship is 100% better than it ever has been. I believe that God has his hands wrapped around Crossroads because it has been a blessing to my family. I've heard it said that it only takes one person to change and others are sure to follow. I have seen this happen in my family.

Here I sit with four years clean and sober, my mom with seven years, and Crossroads is the common thread in our sobriety. We are of service to others in recovery, and we work as a team. We do an After Care Group, feed the homeless and sponsor women new to recovery.

Crossroads have given me many things to be grateful for, friends, sobriety and the return of my mom. I am sincerely grateful. My name is Vonnie, and my mother is a Crossroads Miracle, and I am following in her path.



September 23

Hot Pasta & Cool Jazz Annual Fundraiser

Crossroads AA Meeting Schedule

Thursday, 6:30 p.m. Fourth and Brookes Meeting (Women only)
Sunday, 6:30 p.m. Sunday Speakers Meeting (Co-ed)

From the President

By Jeanine Spraul

Hello, my name is Jeanine Spraul, and I am the newly-elected President of The Crossroads Foundation's Board of Directors. I was introduced to Crossroads at their annual Open House three years ago. Immediately, I was aware of the amazing work this program accomplishes. I left the Open House with a heartfelt desire to contribute more of my time to this fine program. Two and a half years ago, I became a member of the Board of Directors and found areas to be of service helping others. My devotion to Crossroads grew along with my commitment to

be of more service. Last year I was the Chair of the 22nd Signature Event, Pasta & Jazz, member of the Resource Development Committee and Co-editor of the Newsletter. It is an honor to be an

integral part of a program where miracles happen, and as the new President, I want to be an active participant in this year's successes. Therefore, I am reaching out to everyone who reads this article with a personal plea.

Crossroads suffered some severe financial cuts this fiscal year, which made it necessary to find other methods to fill the financial gaps, furthermore making this my responsibility. This is something I need help with, and after much consideration, I came up with this request. If everyone who reads this article contributes \$5.00 a month to Crossroads, our shortfall will be covered. Please remember that all donations made to Crossroads are tax deductible. Donations can be mailed directly to Crossroads or through our website at www.crossroads4recovery.org.

Please keep watch of our upcoming events and the progress on our soon-to-be updated website. The next main event is our 23rd annual Signature Event, Pasta & Jazz, held this year on Thursday, September 23, 2010, 6:00 to 9:00 p.m. at The Top of The Park in Balboa Park. Please join us for an evening of fun and entertainment.

I want to personally thank each and everyone for their continued support of Crossroads.

THE CROSSROADS MISSION STATEMENT:

We provide residential and outpatient services in a safe and caring environment for women in San Diego County suffering from the disease of addiction. To facilitate this mission, we provide a comprehensive range of individualized high-quality services designed to help the women we serve.

Crossroads Foundation receives partial funding from the County of San Diego

Crossroads Wants *You!*

The Crossroads Foundation is looking for community members to serve on the Board of Directors. Do you enjoy being of service to others? Do you have experience in a professional area that could benefit Crossroads? Do you enjoy working in a group setting and reaching consensus? Do you have 3-5 hours per month to give serving others? If you answered "yes" to any of these questions, you are an excellent candidate for this working Board. The rewards will far outdistance the time you give. Please call the Crossroads Foundation at (619) 296-1511 to receive your informational packet and application. Do it today while this newsletter is in your hand!

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Offering Women a Path to Recovery Since 1957



The Crossroads Foundation

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To:

How Can You Help?

Wish List

Large plastic storage
containers

Blankets (single)

Sheets (single)

Copy paper

Kitchen towels

New pillows

Your financial assistance goes directly to the rehabilitation of chemically dependent women. There is no one simple solution. With your help, we are able to assist women suffering from alcoholism and drug addiction make the transition to clean and sober living.

Crossroads is a 501(c)(3) non-profit organization, Tax ID 95-1956378. We are an inclusive program, accepting women without regard to ethnicity, age, marital status, religion or sexual orientation.

Yes! I want to support the important work of Crossroads!

- Please contact me regarding volunteer opportunities.
- I would like to make a tax deductible contribution to The Crossroads Foundation
 - \$50 \$75 \$100 \$250 Other \$ _____
 - Enclosed is my check payable to The Crossroads Foundation

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email _____

Mail to: **The Crossroads Foundation** • 3594 Fourth Avenue • San Diego, CA 92103