

# THE REN REVIEW

*May 2021*

We hope everyone enjoyed the very first edition of THE REN REVIEW. If you are interested in joining the REN News Team please be sure to touch base with Chelsea and/or Jen A. The REN News team will be meeting on Mondays in May in the Computer Lab from 9:00am-11:30am. We are always looking for new ideas, a fresh perspective, fun stories of hope, art work, and a range of other articles to be written by members like you!



## *Upcoming May Events*

In the words of Justin Timberlake:



REN is looking forward to bringing in the Arizona heat with members and staff this month as we celebrate recovery through various events, groups, and outings.

**May 1st:** Saturday services  
REN BBQ & Prize Play

**May the 4th Be With You:** Star Wars Day/Exploring Gilbert

**May 5th:** Cinco De Mayo Celebration

**May 6th and 20th:** Check Out Wacky Art in the REC

**May 8th:** Saturday Services at Farmers Market



**May 11th:** Tonto National Monument

**May 13th:** Bowling

**May 14th Diversity Fest:**  
Family of Choice Day

**May 15th:** Stacking Bricks

**May 19th CLOSED for REN All Staff - CANCEL RIDES !!!!!**

**May 22nd:** Hall of Flame

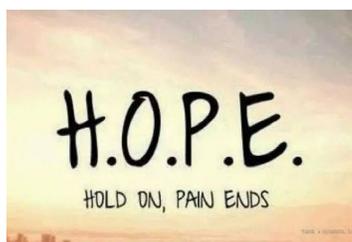
**May 26th:** Phoenix Art Museum

**May 28th:** Water Day At REN

To Sign up for REN Events go to [www.renaz.org](http://www.renaz.org), select \*Services and \*Events to register!

### Inspirational Quotes

Uplift your spirit by checking out the positive quotes submitted by REN members and staff! These quotes are sure to keep you motivated and in good spirits here at REN & at home! Enjoy and be sure to share with friends.



*“Don’t be ashamed of your story. It will inspire others.”*  
-Unknown

**I DON'T KNOW WHO NEEDS TO HEAR THIS BUT IF YOU'RE STAYING SOBER, I'M PROUD OF YOU!**



**SOBER**

S: START WITH SELF-CARE  
O: OPEN UP YOUR HEART  
B: BE THE PERSON YOU WERE MEANT TO BE  
E: ELIMINATE FEAR  
R: RECEIVE THE GIFT OF A NEW LIFE

### Question of the Month

In this edition of *The REN Review*, we featured a member and her answer to this month’s question.

In the future, remember to always fill out your check in sheets in groups. You never know when our next question will pop up & you can be featured, too!

**Question:** *What is your go-to or favorite recreational activity?*



“Fishing or being in nature in general! I feel peace. When I’m out there in nature I can feel the calmness and really connect with nature.”

- Trisha G.

### Events/Outing Highlights

This past month, REN had a great time celebrating a number of fun, recovery-oriented activities, events, and outings. In the beginning of the month, members enjoyed an Egg-stravagant Egg Hunt at Sahuaro Ranch Park. Saturday Services took

members to the Farmer's Market on the 3rd and HERO went on a fun Bowling Outing later on in the week. Some other events were the Montezuma Castle Outing and Healing with Horses.

"The day was perfect in Peoria, Northwest of Phoenix. We arrived at the Ranch where the horses live and the horses were standing waiting for us. We walked up to them and said, "Hello." The biggest of the horses, Cinda, was giving anyone that offered her their hand, a kiss.

Some of us went to muck out the stalls {shovel Horse manure} , some were building up the stalls with dirt wheelbarrow after wheelbarrow. and some groomed the horses. Using the brushes and currie comb provided. REN helped greatly to take care of the horses.

We had a lunch of Filiberto's bean burrito. It truly hit the spot! Being out in the fresh air built up a hunger in us.

My second experience with "Healing with Horses" was pleasant because we brought apples and carrots for the horses. A special treat for them

and it endears the horses to the members of REN.

One member was particularly enthusiastic and was shoveling the manure outside the pens. Everyone else was enjoying the horses by brushing them and currying them while feeding them their treats.

The weather was 85 degrees and there was a cool breeze blowing mildly. The sun was shining and we were there long enough to get a bit of colour on our faces. Plenty of water was available and those who know better drank a bottle or two.

After bonding with the horses, it was somewhat difficult to leave them and the tranquility of being on the Ranch. It was a lovely day."



- Dawn G

**O**n April 16th, REN also celebrated the 1950's with their first ever Sock Hop Spring Fling. At the Sock Hop, members took a trip back in time where they were able to see some classic

cars, eat 50's inspired meals, play games and do arts and crafts from the 50's, and lastly, members had a rockin' good time dancing to 50's music at the Doo Wop Dance Party in the afternoon! Members were also able to win prizes in contests such a hula hooping, a hopping contest, and a bubble gum blowing contest.



- Chelsea, REN Floor Supervisor



- Kelli B, Deion M, and Angela S.



- Kitchen Staff



- Hula Hooping



- Anthony G, REN Staff

“It was a Friday and the day started off with a movie: "West Side Story". It played in the background as we made paper dolls and coloured. The other room played 50's games. After the movie was lunch of hamburgers, french fries and a strawberry or chocolate milkshake. Chef Jenn and her crew did a fine job making a 50's diner inspired lunch. The festivities began with dance music from the 1950s. We did the twist, the mashed potatoes and danced to every

song. While the music played we had a hula hoop contest and Kelly won one contest and Angela also won. Deion won a one legged hopping contest, balancing in a hula hoop and hopping on one leg. He just beat Monte who had good form but just couldn't outlast Deion. Dawn G. and Janet S. won the raffle of a lunch at Johnny Rocket's 50s diner with Chelsea. Dawn also won a bubble gum blowing contest where she blew a bubble as big as her head. Deion blew his first bubble gum bubble. Good try!

Chelsea, REN facilitator organized this wonderful dance party. There were fun decorations and great games and activities besides dancing. We did 50s dances as well as the modern "Cupid Shuffle and the "Wobble" just to name a few.

A great time was had by all. There were even Classic Cars that visited, parked outside. It was a memorable time and miles and miles of smiles. Thank you Chelsea for arranging and all the planning that went into it. It was the best event and the first Sock Hop REN has had”.



- Dawn G

Another fun event that REN hosted this past month was the LGBTQ+ Retreat that was held at Friendly Pines Camp. Members had a beautiful time exploring the lakes and shops of Prescott, enjoying brunch with their peers, enjoying music by the fire, and having a lip sync showdown!

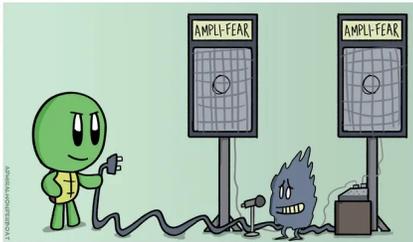


- Group Picture



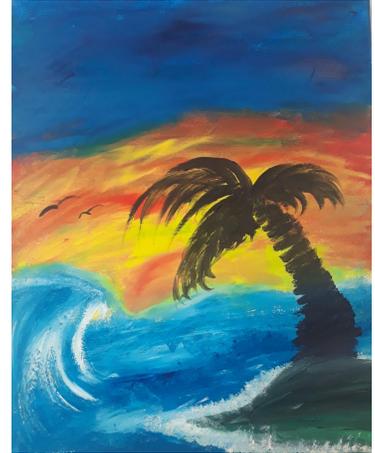
- Kelli B, Angela S, and Casey A.

**Mental Health Comics**



**Member Creativity**

At REN, our members have a variety of talents and abilities that we would like to highlight. This month, we will feature some member artwork, a poem, and a short story, all created by REN members.



- Art by Shelby S.

**Artwork:**



- Art by Anthony C, Stephen D and Susan C.



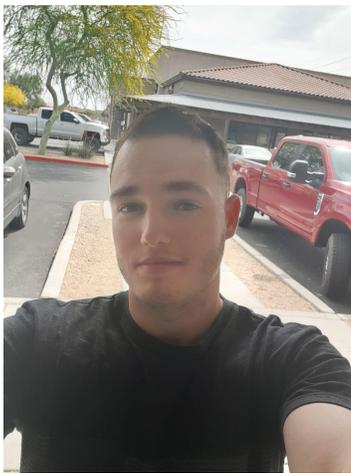
**Recovery Stories:**



- Art by Angela S.

Friends, it's rare that we find good ones. When you do, you hold on tightly to them. As human beings we need someone there who we can talk to when we have problems with life. Sometimes we can become codependent (myself included) the KEY to friendship is boundaries; all relationships need boundaries especially friendships. Friends are

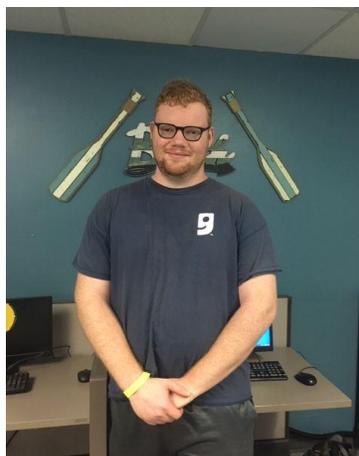
extremely unique. Some can be quiet, some goofy, maybe brutally honest, others really supportive, some run on a tight schedule and some may be radical skaters! No matter which one you remember, you are unique and bring your own set of qualities, personality. Friends are one of the biggest support systems in our lives. Everybody can use a good friend and when you are one, you are irreplaceable.



- Aspen D.

**M**y name is Jacob, I have been in the recovery program for about 4 years now. I started out having very few friends, I was single, and was anxious most of the time. I had no idea what to expect when coming to "Recovery Empowerment Network." The HERO group consisted of some interesting characters who gave me a

warm welcome and encouraged me to take that last step to this new world of opportunities. I sat down to a Mad Hatter Tea Party; Hero was having an Alice and Wonderland themed event where we enjoyed snacks, tea of course and learning social decorum. We even got to watch the movie Alice and Wonderland. In Hero I felt accepted like I was one of their own. In Hero not only did I make friends, but my anxiety level started to plummet. More doors opened up for me in my life including the door to meeting my soulmate. Hero has really made a huge impact on me; learning budgeting skills, socialization and the ability to cope with my anxiety. I am so glad that I made the choice to join Hero. Thank you for helping me cope with who I was and for helping me become who I am today.



- Jacob O.

**D**ear reader

Beauty can be loud and bossy a lot but if you can look at it like I try to now and look pretty and do makeup and dress to impress. I know because I have feared it all my life. How I look like I don't feel pretty but my Aunt tried to help me with it. I have been trying to look good and feel better and that is what my aunt has told me all since I've lived with her for 6 years. And I love living with her and she inspires me a lot. When I need her she is there and says some great things to me. I know if I need her and Shelby they will be there for me when I need them. I love this poem

Appreciate beauty  
Only to become  
Beauty itself

- Keirsten D

### *Recovery Recipes*

**H**ere at REN, we LOVE food! The Recovery Recipes column is a space where we will share the fun recipes that we often try and share here at REN. Please submit your favorite recipes to the REN News Team!

The recipe that we are featuring this month is perfect for celebrating Cinco de Mayo or just to have a delicious snack:



## **Cinco De May Guacamole**

### **Ingredients**

- 5 or 6 Ripe Avocados
- 2-3 Tablespoons of Mayonnaise or Sour Cream
- Garlic and salt to taste

### **Instructions**

1. Slice avocados in half and remove the pit
2. Scoop avocado from shell
3. Smash avocado in a bowl and combine mayo or sour cream and seasoning.
4. Mix together until combined
5. Add a squirt of lemon to keep color and green.

Enjoy with chips and salsa or spread on your favorite burrito! You can also add cut tomatoes and red onion for extra fun!

## **REN Supportive**

### **Employment**

#### **Maia Is Here to Help You!**

Are you looking for a new job, going back to work, or looking for work for the first time?

Maia Merrill is a Supportive Employment Specialist who is here at REN to help anyone who is looking for a job or who is considering looking for work. Maia can be found in her office in room 1006, next to the H.E.R.O. room. Maia is usually available Monday through Friday from 07:30 to 4:00. It may take one or two weeks before your first appointment with her. Her email address is [MMerrill@renaz.org](mailto:MMerrill@renaz.org) and her phone number is 602-525-1379.

The goal of Supportive Employment (S.E.) is to find a job that a person likes and that fits their needs and abilities. Also, to find work that works for you. S.E.

helps find competitive jobs...jobs that pay well. If you need help with job interviewing, Maia can assist you by participating in a mock interview. The goal for the member is to talk to and/or interview with an employer within the first thirty days of working with S. E. Before an interview, research the company you are applying with. What is their Mission Statement? Try to incorporate things that you learn about the company in the answers to your interview questions. During interviews, companies like it when you ask them about their business and/or the job you will be doing.

Supportive Employment has a Zero Exclusion policy. That means that you will not be denied help from S. E. due to life experiences, a criminal record, frequent hospitalizations, still using substances, etc. There are many jobs in demand that you may qualify for. S.E. usually begins by taking a vocational profile questionnaire to find out what your strengths and interests are. You may attend virtual job fairs or actual in-person job fairs. S.E. will drive you to your job interview, if needed. Maia can create a time

management plan for anyone that has trouble getting to work on time. Maia can also go over Disability Benefits 101 (DB 101) with you. It can tell you how your benefits will change based on the amount of money you make in your new job and on other factors too. See Maia for more information.

Be sure to answer your phone when Maia/Supportive Employment is calling you. It is important that you keep in touch with Maia as she assists you in finding employment. Keep open communication. Respond to the voicemails that she leaves for you.

If you want to look for work, Supportive Employment can help you in your search.

- Written by Monte M.

### *Recovery Community Resources*

National Suicide Prevention Lifeline:  
1-800-273-TALK(8255)

National Substance Use and Disorder Referral and Treatment Hotline:  
1-800-662-HELP(4357)

or

Text Text the word "HOME" to 741741

Suicide and Crisis Hotlines by County

- Maricopa County: Served by Mercy Maricopa: 1-800-631-1314 or 602-222-9444
- Central Arizona Warm Line: 602-347-1100
- Pima County, call the HOPE Warm Line at 520-770-9909. The warm line operates daily from 8 a.m. to 10 p.m.
- Dial "211" - Arizona Crisis Hotline

\*\*\* IF YOU WOULD LIKE TO BE PART OF THE REN NEWS TEAM - PLEASE MEET WITH JEN A. OR CHELSEA. WE MEET IN THE COMPUTER LAB ON MONDAYS FROM 9:00AM-11:30AM.

THANK YOU TO THOSE WHO PARTICIPATED IN ANOTHER PUBLISHING OF THE REN NEWSPAPER! WE HOPE TO SEE YOU AGAIN, REMEMBER TO BRING YOUR FRIENDS.

THE MORE THE MERRIER :)

**RECOVERY Empowerment NETWORK**

**HOURS OF OPERATION**

**MONDAY - FRIDAY**  
7:30AM - 3:00PM

**SATURDAY SERVICES**  
7:30AM - 3:00PM

MAKE SURE YOU CHECK THE CALENDAR TO SIGN UP FOR ANY EVENTS ON THIS DAY

**SUNDAY**  
CLOSED

WWW.RENAZ.ORG  
**602-248-0368**