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**Winter 2015**

*The ship that you are waiting for to come in may very well be the ship you need to build.*

Are you waiting for a ship to come in? Perhaps winning a lottery? Hoping the laws will change? This magical thinking might be appropriate when we are feeling helpless and hopeless. Ultimately change only happens where the rubber meets the road - at our own front door, in the halls of our state houses, by donating a precious dollar where it is making a difference. Everyone can make phone calls, write letters, sign petitions. But so many options - where to start?

- Quick Links**
- [James' Place Inc.](#)
  - [Order wristbands](#)  
No Shame or Blame  
~ Just Love
  - [Faces of Addiction](#)  
Share your loved ones' beautiful faces.
  - [Submit a prayer request](#)
  - [More On Us](#)

What gets in your way? Personally, I take on too much and the way forward becomes cluttered. After Tom's cancer last year, I realized change was in order for sanity to prevail. A cleaning out process began and it has been cathartic and tiring but ultimately so rewarding. Closing my yoga program was sad yet netted me time and space. Ironically it also netted James' Place funds from the sale of yoga props.

**Receive newsletter**

Culling through every closet, drawer and cabinet terrified Tom but Bull Barbara won. We took many trips to local charities and a few dump runs. Sitting back one day, we uncovered incomplete projects that are critical to our long term needs. Now even these have completion dates and we are feeling more in control of where our next steps are heading. We've long known a rebranding was in order to bring Shatter the Stigma and James' Place together. That's underway. Stay tuned for the results. We're excited.

**James' Place Inc.**

Adapt and overcome! When a dear friend, Valerie, died piloting her Navy plane, we were reminded of her motto. Now when a roadblock rises up or inertia falls on our shoulders, Val's motto rings loudly. What do we need to adapt in order to overcome what has been placed before us? Change of attitude? More information? Help from a

specialist? Rather than stopping our forward momentum, we are quicker to seek a solution. Val would want that for everyone - she remains an inspiration to many.

No sooner is an adaption made when new doors open!  
Here are a couple of examples:

- After supporting and promoting the **FED UP Rally** for a few years, I recently received an invitation to join the FED UP Coalition. By the time you see this, I'll be heading to New York City for the kick off planning meeting for the 2015 rally in D.C.
- After promoting support for those who have lost loved ones to substance related causes for years, we now have a special event before The Compassionate Friends conference in Dallas on July 9th: **Trail to Treasure: Hope Shines Bright After Substance Related Loss**. This half-day event features big names in the advocacy world: **Gary Mendell, Shatterproof, Judy Rummler, Steve Rummler Hope Foundation** and **April Rovero, National Coalition Against Prescription Drug Abuse**. In addition to conference workshops and sharing sessions, this is a first time ever event for parents, grandparents and siblings who have experienced this specific loss. The goal: To bond, to heal and to identify their next steps. Grief doesn't have to be the end. Options abound to make a difference in honor of our loved ones. Want more information? Watch The Compassionate Friends website [www.compassionatefriends.org](http://www.compassionatefriends.org) or email us.

Does the ship you are waiting for need your craftsmanship?

*As the great Wayne Gretzky said,  
"You miss 100% of the shots you don't take."*

In gratitude, Barbara and Tom Allen

### Upcoming Events

- |                       |   |
|-----------------------|---|
| <b>July 9th</b>       | TCF Special Event - Trail to Treasure<br><a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> |
| <b>July 10th-12th</b> | TCF annual conference in Dallas<br><a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>       |
| <b>Sept/Oct TBD</b>   | FED UP Rally, Washington, D.C<br><a href="http://www.feduprally.org">www.feduprally.org</a>                             |

**Advocacy At Work - How Can We Help?**

*The person asking the questions is sometimes more valuable than the person providing the answers.*  
*Shane Parrish*

Everyone has an opinion about the disease of addiction... especially those who know the least about it. Through our nonprofit, **James' Place Inc. (JPI)**, we focus where the rubber meets the road - treatment programs, sober/transitional houses, and shelters. The question we ask most often is "how can we help you?" Here's one thing we learned recently:

In a nearby county, the health department, law enforcement, and various recovery programs collaborate in a unique way to make a difference. Yet there was a missing piece: ***Where could the men and women in recovery meet in a safe and sober environment?***



**Tom Allen, Tim and Kathy Weber at TRC**

Bootstrapping and pooling energies, they found a location, volunteers for babysitting, making coffee and leading meetings. Now they need help keeping the roof over their heads at the **Triangle Recovery Club (TRC)** in Westminster, MD. [www.trcofwestminster.com](http://www.trcofwestminster.com)

Support JPI's CrowdRise effort to help by going to: [www.crowdrise.com/trianglerecoveryclubmaryland](http://www.crowdrise.com/trianglerecoveryclubmaryland)

Every dollar donated matters and goes to the TRC. Your contribution is tax deductible through James' Place Inc.

*People need to see that you care before they care what you think.*

**Thank You! Our Donors Rock!!**

*Your generosity makes all things possible.*

Scholarships for sober and transitional housing, grants for computer equipment, safety repairs and specialized equipment for programs; support for homeless shelters in a host of ways...this and more we are able to do because

of you! *In gratitude to:*

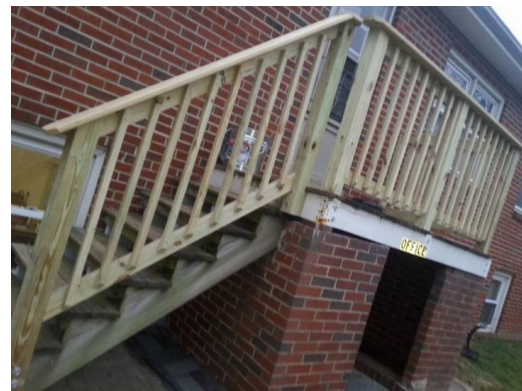
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**Karl & Angie Ruhry**  
**Aggie Sanders**  
**Michael Shimer**  
**Don Stallings**  
**JoD Straub**  
**Bill & Karen Thomson**  
**Lisa Weeks**



**Maddie's House**  
**Barbara w/Executive Director, Wanda and**  
**House Manager, Cindy**  
**This transitional house serves women in recovery.**



**The Shoemaker Center  
Barbara & Tom w/Executive Director Lisa and  
Program Director Meghan  
Yoga props for their new meditation and yoga  
program.**



**Weber Sober Home  
Many ways to provide safety including repairs!**

**Meet Marilyn's Marmalade!**

He's my best buddy. I adopted him from the North Shore Animal League December 4, 2013. Marmalade was 8 months old and had already been in two shelters. A n orange tabby who sometimes reminds me of Garfield I suppose he's just like any other cat. To me he's very special.

Marmalade follows me everywhere. He sleeps beside me or at the foot of the bed patiently waiting for me to wake up. When I do, he purrs and greets me with "good morning" affection. Watching me apply make-up, wash my face, brush my teeth, blow dry my hair - all seem to fascinate him. He curls onto my lap or next to me watching TV; loves the windowsills, and various hiding places. Sometimes



Marmalade simply stares at me. I stare back until I break down laughing telling him "...you know, it's very rude to stare." He replies, "Meow."

We play all the time. Hugs, kisses, belly rubs, patty cake and peek-a-boo plus a basket filled with toys. He makes me laugh. He makes me smile. My quality of life has improved so much since I brought him home. This little orange person has soothed my broken heart since the loss of my son. Thank you, Georgie, for sending him my way!

If you are planning to bring a furry friend into your life, please, please adopt a shelter animal!!

**Marilyn, Georgie's Mom**

**NOTE:** Marmalade recently passed from a heart condition. You'll find Marilyn at the shelter loving other pets in need.

### **Book Review: Real Men Do Cry**

#### ***Real Men Do Cry by Eric Hipple.***

Former NFL Quarterback for the Detroit Lions, Eric had a great life or so it seemed. Despite being forced to retire early due to injuries, success continued until the bottom of his world fell out. His once successful business resulted in bankruptcy, his second marriage was shaky. Then things got really horrible.

His only son, Jeff, ended his life by suicide. Eric was used to coping with prescription medications and alcohol; then one too many DUIs landed him in jail. A strict judge wasn't impressed by his legend on the football field nor his attitude. Highly readable and relatable, this is an inspiring story of one man's journey through depression and loss to hope. Appropriate for all ages.

### **Notes from JPI's Board Members**

Who are the folks behind the scenes? Hear from two in this issue:

#### **Rich Narcini, Kristen's Dad**

Through its community outreach and provision of financial assistance to support recovery for those afflicted with substance use disorder, JPI gives me greater hope. This is hope for a future where addiction is truly embraced as a disease by the public, medical professionals, law enforcement, insurance companies and those so afflicted. In such a world, individuals suffering this disease will be received with compassion and dignity. They will have greater access to medical and treatment resources. I am grateful for the opportunity to contribute toward this vision.



**Ria Coesel, Anke's Mom**

I've met and talked to so many who truly wanted to change but ran into financial problems. JPI's mission is important to me because those who need financial help in their recovery journey are close to my heart.

**Wristbands: No Shame or Blame ~ Just Love(R)**

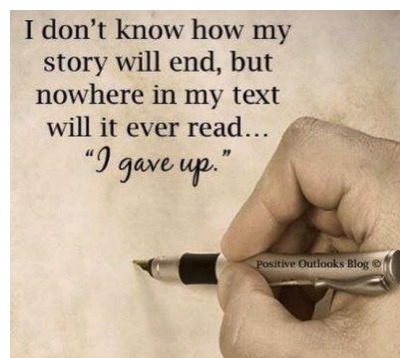


**Shoemaker Alumni sporting their wristbands!**  
*To order, go to [Quick Links!](#)*

**James' Place Inc.**

James' Place Inc. (JPI) is the parent organization to ***Shatter the Stigma's*** educational programs. As a 501(c)(3) non-profit, all contributions to JPI are tax deductible to the extent allowed by law. If you wish to help others, consider a contribution using the ***Quick Link - Donate.*** The amount of contribution isn't important. What matters is the intent to make the world safer for all who suffer.

Are you an Amazon shopper? Their **SMILE** program allows you to shop (same pricing) and they donate a percentage to your favorite non-profit. ***Consider designating James' Place Inc. for a win/win!***



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