



Serenity Inns, Inc.

P. O. Box 26887
Milwaukee WI 53226

Phone 414-873-5474

FAX 414-873-5484

Website:
www.serenityinns.org

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Rise Up Scholarship

Due to the generosity of an anonymous donor, we are thrilled to announce that two Serenity Inns alumni will be attending MATC this fall on a fully paid scholarship!

Earlier this year, a generous donor approached staff with an idea. This donor wanted to financially assist our alumni in their education pursuits and worked with us to establish an MATC scholarship fund. The scholarship fund will cover tuition, books and other incidentals.

The scholarships were awarded to Alphonso Thurman and Fred Walker. You may remember both of them from their eloquent speeches at the 2019 Celebration of Recovery.



Alphonso, left and Fred, right

Alphonso Thurman: Graduated from Serenity Inns in September 2018. Was awarded the 2019 Alumnus of the Year at the Annual Celebration of Recovery in May. Lives at the Alumni House. Has a love for numbers and wants to work toward an accounting degree. Works as a produce delivery truck driver and rises every day at 2:30 am.

Alphonso said of the scholarship, "None of my family has attended college and being able to show my kids that no matter how things start, that's not how they have to end."

I come from a place where men were mocked, not encouraged and supported, for being smart in school. This means the world to me. Every day when I get up, I thank God for the blessings in my life and try to find joy. There's so many unhappy people in the world, and I am so blessed to be in recovery and moving forward with my life."



Rise Up Scholarship

Article continued from page one

Fred Walker: Graduated from Serenity Inns in November 2018. Lives at the Alumni House. Works for Wal-Mart and has been promoted a number of times since he started working there while living at Serenity Inns. Spoke at the Celebration of Recovery in May about Serenity Inns and what it means to him to be able to live at the Alumni House.

Fred said of the scholarship, "I always wanted to go back to school and get a degree but the timing wasn't right. I couldn't pass this up. I'll be the first one in my family to go to college and that's awesome."



2019: A New Beginning

We had two residents graduate in Summer 2019. Each of the men spent 5-7 months at the Inn, finding employment after the first month and saving money for life after Serenity Inn.

Below are excerpts from each graduate's exit interview where he reflects on his recovery journey.

SI graduate Jeff, far left, on a job site with two of his coworkers and Milwaukee Mayor Tom Barrett.



Jeff: *Serenity Inns taught me to always have a support system. I've learned to open up and talk about my problems. When I came here I was angry. Then I woke up one day and thought, why am I angry all the time? I have a roof over my head, I'm sober. I've accomplished more here in seven months than in the past six years of my life. I'm excited to move into Alumni House. I feel like I'm finally on my own. I can keep a job and pay my bills. I know I'm in the recovery community and that's an awesome feeling.*

Mark: *I started smoking pot when I was 12 with my mom. I used pot every day for most of my life. I feel like I've learned how to deal with my problems since I've been here. I've formed bonds with people and have a support structure. I've put the work in while I was here to better myself, I have my driver's license back, I have money saved up and I've re-established relationships with people that I had lost, such as my daughter.*

How To Talk To Your Loved Ones About Addiction

by Ellen Blathers, Executive Director



The staff of Serenity Inns witnesses the casualties of the opioid crisis firsthand. We have many conversations with parents and spouses desperately looking for help for their loved ones. With this in mind, I offer some steps family members may take.

1. Choose a safe time and place

Do not talk to your loved one while he or she is under the influence. Do not talk to your loved one while you are emotional. Substance abuse is a sensitive subject so it is important to find a safe time and place for both parties.

2. Stay calm and control your emotions.

Most families are angry, frustrated, hurt and confused by the loved one's addiction. They blame themselves because they don't understand. It will be helpful for family members to spend time writing about their feelings prior to the conversation in order to get a handle on what they are going to say. Above all, don't get angry. Please do not have this conversation if you can't contain your emotions.

3. Speak from a Place of Love

Loved ones who are struggling with drugs and/or alcohol addiction know the depths of their addictive behavior. Simply put, they are powerless to stop. It is imperative that family members have an endless supply of unconditional love and hope.

4. Be prepared for Opposition and Defiance

No matter how calm the family may be, an addicted loved one may not be ready for the talk yet. As a family member, you will have to decide on setting some loving boundaries in the relationship. Don't let your loved ones make it your fault.

5. DON'T GIVE UP!

Remember your loved one feels powerless because of the grip of addiction. Addiction is like the Invasion of the Body Snatchers. Try a formal intervention or other alternative to help your loved one break free. Spend some time gaining as much knowledge as possible about addiction.

Lastly, DON'T GIVE UP! It may take several attempts at treatment before the addicted loved one succeeds. It is a lifetime journey so be patient and have faith!



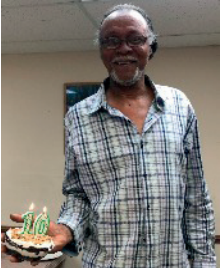
Source: English Mountain Recovery



Did You Know?

Did you catch the Milwaukee Journal Sentinel's profile of volunteer extraordinaire Bill Buehler? The beloved columnist Jim Stingl wrote about Bill's lifetime of volunteer service and his commitment to Serenity Inns. The article was published on July 16, 2019, and is titled "Super volunteer puts in 40-hour weeks rehabbing apartments for recovering addicts." The article can be found online or contact Serenity Inns and we will send you a copy.

Quick Takes



Congrats to Innkeeper Lee Lewis on 10 years of sobriety!

And thank you to Shepherd of the Hills Lutheran Church and Jim and Lorraine Bahr for the special cake.

Serenity Inns graduate and Innkeeper Lee Lewis celebrated ten years of sobriety on July 20.

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Serenity Inns Annual Cookout

Mark your calendar for Saturday, September 14 and join us for our Annual BBQ Cookout. The event is hosted by the Alumni Association, and we invite our friends, neighbors and supporters to join us.

When: Saturday, September 14 from 3-5:30pm

Where: Serenity Inns, 2825 W. Brown St., Milwaukee 53208

RSVP by September 7 by calling Serenity Inns at (414) 873-5474 or email serenityinns@gmail.com.



Mission Statement

To provide structured housing and rehabilitative services in an environment of support and accountability that will give addicted men the opportunity to rebuild their lives.

Newsletter Staff

Editor: Virginia Zignego

Webmaster: Brandon LaFave

Layout: Susie Hansen

Past issues available on the Newsletters link on the website.

Serenity Inns

Address: P. O. Box 26887
Milwaukee, WI 53226-6887

Phone: 414-873-5474

FAX: 414-873-5484

E-Mail: siellen@att.net

Website: www.serenityinns.org