



Live for Lou Newsletter

SUMMER 2018

SPECIAL POINTS OF INTEREST:

wellFleet Memorial
Garden

Fundraiser Details

Donations

Scholarships

MISSION

**Promote Big Lou's
principles of
-conviction
-compassion
-curiosity**

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wellFleet Strong: wellFleet Memorial Garden



Since the inception of Live for Lou in 2014, it has been a goal of the committee to create a memorial garden and contemplative space to remember Louie, as well as others the community has lost too soon. We decided that 'beauty' would be one of three pillars around which LFL is centered (others include compassion and athleticism). Louie took pride in gardening, and around the time of his death he was becoming more interested in horticulture. The wellFleet Memorial Garden funded by LFL seemed fitting.

Around the time of Louie's death, Wellfleet and Cape Cod began to lose many young adults. While many,

like Louie, passed due to battles with addiction, others died of illness, cancer, or horrific accidents. The Wellfleet Memorial Garden will be a place to remember those who have passed well before their time.

The idea for the garden grew from Louie's desire to beautify his surroundings in tandem with the Live for Lou Committee's recognition of young lives lost on Cape Cod. The committee, consisting of friends, family, and community members, wanted this garden to be public to all of Wellfleet. The committee searched for the right location – somewhere that could be a contemplative space enjoyed by locals and visitors alike. We could not be happier with the location, nor the outcome of the garden.

The LFL committee could not have done this without the support of 30+ local businesses who donated their time, hours and materials. Most specifically, we thank Jean Brooks Landscapes (Garden Design) and Matt Losordo (Project Manager) for their endless hours of volunteer work. Please see page 4 for a full list of dedicated local people and businesses.

We give our sincere thanks to those that helped in the Garden installation process, as well as to those who have believed in our mission since day one.



5th Annual Live for Lou Fundraiser: Saturday, September 8

On Saturday, September 8, 2018, Live for Lou will host its Fifth Annual Fundraiser. The funds from this event help countless people affected by the disease of addiction. Since its inception in 2014, LFL has been committed to changing the stereotype of addiction. It has always been our

strategy to highlight the good in people regardless of their afflictions.

Since 2014 we have donated close to \$25,000 to the Nauset Regional High School turf, as well as to NRHS athletes pursuing team sports in college. We have also given \$15,000 to scholars on the quest for an education that will bring them back

to Cape Cod for a career in addiction counseling or therapy. Additionally, with your support, we have given close to \$20,000 to established recovery programs on Cape Cod. Finally, we have funded the creation and continued maintenance of the wellFleet Memorial Garden. You are what makes this possible.



LFL Donates Additional \$5k to Gosnold: Recovery Coaches and Insurance Deductibles

Gosnold is a name that everyone within the recovery circle on Cape Cod knows. They have a variety of recovery programs for people in varying stages, ranging from inpatient programs to family recovery groups. Live for Lou is proud to announce a \$5,000 gift to Gosnold specifically for the purposes of hiring recovery coaches and reducing insurance deductibles; two things that often hold people back from sobriety because of associated costs.

For many, one of the most difficult parts of staying sober is integrating back into the community. If one falls into the wrong circle, it is so easy to fall off the wagon. Recovery coaches are a positive resource. However, they are most often left unfunded by

by insurance companies. At Gosnold, the Recovery Coach program is individualized; some people work with their recovery coach for a year, others for a month. Recovery coaches come with a wealth of experience (because of their personal stories of recovery), and work with eight to ten people at a time. They are available when need be and help to find positive and safe work opportunities and leisure activities, as well as attending meetings and offering family support.

One of the common things that we hear when people are seeking recovery is, "Insurance won't cover everything," or "We need this so bad, but we can't afford all the different aspects." By specifically covering insurance deductibles,

Live for Lou can take away some of the fear associated with increasing costs. For some people, this simply means helping to cover their \$20 co-pay for the first out-patient follow-up appointments. For others, it's the hundreds of dollars necessary to reach their deductible before insurance kicks in. Whilst this too is individualized, it is an absolute necessity, and is something that is traditionally underfunded by donors.

We thank you, our donors, for helping people on Cape Cod seek recovery by donating to the Live for Lou Fund.



Nauset Regional High School Student Council Donates to the Live for Lou Fund

At Nauset Regional High School (NRHS) Louie was a friend, a scholar, a leader, and an all-star athlete. He held multiple records on the NRHS swim team, but what made him such a good teammate was his ability to cheer on others and lead with compassion and determination. Swimming was important to Louie, especially while at NRHS, and for this reason, LFL annually donates \$2,500 in scholarships to two different athletes apiece.

LFL is committed to continuing to grow this ever-important relationship. The LFL committee is absolutely delighted to announce a \$664 donation from the NRHS Student Council.

Annually, the Student Council holds a Rock the Stage event in which the proceeds support a charitable organization. Jack Our, Student Council President wrote, "Rock the Stage is an event that truly celebrates the talents of Nauset students, and for this reason, the Rock the Stage audience was reminded of Louie LeBar and his excellence in swimming. [...] As exemplified by Lou, students have talents and gifts to share with the world, and none should be cut short because of substance abuse."

We couldn't have said it any better ourselves. We are honored that the Student Council selected Live for Lou.

Moreover, we are impressed with their ambition to recognize the drug epidemic and touched by their understanding of Live for Lou's mission. Our ended with, "It is the council's sincere hope that with the money collected lives are saved from this American crisis."

Thank you, NRHS Student Council. We truly appreciate your generosity. All funds donated will support someone, some way, in their pursuit for sobriety.

"As exemplified by Lou, students have talents and gifts to share with the world, and none should be cut short because of substance abuse."

- Jack Our

No matter the strength of the current we continue to move ourselves forward simply by pushing the water out of the way.

Drug Counseling Scholarship Winner Attending Boston University Graduate Program

Since 2016 Live for Lou has donated \$15,000 to three scholars (\$5,000 each) pursuing a drug/addiction counseling education and planning to return to Cape Cod to help fight the local epidemic. In the past two years the committee selected Makayla Davis (UMass Amherst) and Laura Thorup (Boston University), who used the funding to complete Bachelors and Masters level programs at their respective universities. This year the committee (members listed below) unanimously selected Gretchen Schwelm of Falmouth.

Gretchen's story is unique and explains how she has both conquered her battle with

addiction and helped others as a Recovery Coach, which in her words is "the most rewarding and difficult job [she] has ever had." There is so much to say about Gretchen, however she says it best herself: "For many years I was unable to achieve my hopes, my dreams, my full potential, due to being wrapped up in the throes of addiction. I was fortunate enough to seek treatment at Gosnold, and I am happy to say that this summer I will have four years of long-term recovery. Since finding this way of life, I have completely dedicated my life to helping others suffering from Substance Abuse Disorder find their way to recovery."

Gretchen went back to school while raising her son as a single parent and received her Bachelors Degree from Assumption College in Human Services and Rehabilitation Studies. She is planning on attending Boston University to obtain her Masters Degree in Social Work on a macro level. Then, she intends to complete her Juris Doctorate so that she can help those struggling navigate the legal system and advocate for those who "don't have a voice."

We truly feel that Gretchen understands the macro- and micro-level dynamics of addiction. She plans on continuing

to assist in and advocate for the need of Recovery Coaches in the recovery process and make it available to everyone. She explains, "we are right on the brink of insurance companies funding it, and national best practices will have to be developed." She plans on remaining on the front-lines of recovery politics and serving as *that* voice; someone who has recovered, is passionate about others' success, and who understands the processes ranging from initial recovery to political dynamics. We could not be more pleased than to grant Gretchen \$5,000 in her pursuit for the necessary education to pave the way for local and national change.

Athletes Scholarships: 2018's Impressive Scholars

This year two scholars from Nauset Regional High School were selected to receive \$2,500 (each) towards their education. Since 2014 Live for Lou has given \$20,000 in scholarships to athletes who went to colleges ranging from Wheaton College to University of Miami.

Applicants are asked, "How has participating in a sport had a positive effect on (or changed) your life?"

This year the Committee, composed of local health counselors to family members, selected LaToya Brown and Connor Stephen. LaToya is heading to Bard College and intends to major in Health Professions and Related Clinical Sciences. She explained that her involvement with the Track and Field team has helped her gain both friendships and confidence. Connor is going to the College of the Holy Criss with a focus on Liberal Art/Sciences and Humanities

He explained that his participation in Hockey, Rowing and Sailing have helped to stay him grounded during times of stress.

We wish LaToya and Connor success in their future education.

Live for Lou Committee Members:

*Katrina Fryklund (Co-Chair),
Holly LeBart (Co-Chair), Nick LeBart,
Todd LeBart (Co-Chair), Courtney Poignand,
Eric Porteus, Patty Mitrokostas*

The Canal House: Providing a Supportive Environment for Individuals on the Path to Recovery

By Britt Beedenbender, Chief Development and Communications Officer, CDP

The Community Development Partnership (CDP) has owned and operated Canal House, a residential sober living facility for men and women, since it was founded in 1998.

Residents of Canal House (Orleans) live in private rooms while sharing a living room, kitchen, and bathroom facilities. Rent is paid on a sliding scale, based on the resident's income, allowing them to focus primarily on their treatment program. To date, Canal House has served over 145 residents.

This is Nick's story:

Nick, now 32 years old, grew up in Sandwich and started using drugs while in high school. Addicted to heroin, he was incarcerated numerous times for drug-related offenses. When he was arrested in 2016, he was sentenced to 18 months in

jail. At his nine-month parole hearing he was given a list of sober living facilities to choose from – he chose Canal House.

In preparation for his release, Nick had lined up a job with a local landscaping business, but because of the seasonality of the work, the company lays off its employees in the winter. Nick, who had started working this past June, hadn't worked long enough to collect unemployment. This is when the CDP's Canal House stepped in and has subsidized Nick's rent over the past couple of months. "Winters are tough here. I really appreciate how the CDP helps [...]. You don't have to get stressed out with being sober, having to earn a living, and trying to keep a roof over your head."



Life for Nick is busy; he is required every week to have one-on-one counseling, group therapy at Gosnold, and participate in one other type of meeting such as AA or NA. He spends 3 to 4 nights a week in meetings aimed to help him be successful in this new path he has chosen for himself.

Nick, who enjoys walking on the beach and is interested in drones, is hoping to find a hobby that he can enjoy in those rare moments when he is not working or fulfilling his sobriety requirements. "Drugs used to be my hobby; I am ready for a new one."

wellFLeet Memorial Garden Naming Opportunities

Naming Opportunity	Value	Details
Mindful Sponsor	\$150	<p style="text-align: center;"><i>Small Plant with Small Garden Stone</i></p> <p><u>Small Plant List:</u> Options may include Hydrangea, Viburnum "Blue Muffin," Inkberry, Azalea, Winterberry, Sweet Pepperbush, Caroline Allspice</p> <p><u>Small Garden Stone Measures Approximately:</u> 4" (h) x 6" (w) x 1" (d) (2 lines, up to 14 Characters on each)</p>
Contemplative Sponsor	\$500	<p style="text-align: center;"><i>Small Plant with Large Garden Stone</i></p> <p><u>Small Plant List:</u> Options may include Hydrangea, Viburnum "Blue Muffin," Inkberry, Azalea, Winterberry, Sweet Pepperbush, Caroline Allspice</p> <p><u>Small Garden Stone Measures Approximately:</u> 7.5" (h) x 11.5" (w) x 1.5" (d) (2 lines, up to 14 Characters on each)</p>
Reminisce Sponsor*	\$1,000	<p style="text-align: center;"><i>Large Plant with Garden Plaque</i></p> <p><u>Large Plant List:</u> Options may include Weeping Willow, Pagoda Dogwood</p> <p><u>Plaque Measures:</u> 5" (h) x 7" (w) (5 lines, up to 15 characters on each)</p>

For more information please contact Katrina Fryklund, Co-Founder/Co-Chair at 508-776-6485.

* Options may be limited for Reminisce Sponsors.

5th Annual Live for Lou Fundraiser: Event Details

Date: Saturday, September 8, 2018

Event Time: 12pm-6pm

Cost: \$30 Donation to support our Scholarship, Grant & Garden programs

Admission Includes: Unlimited Food, Rawbar, Silent and Live Auction, Live Music and Cash bar (**100% of the funds donated support the LFL Fund Programs**)

Extra parking is available at the Whitecrest Beach, with transportation provided by the Funk Bus.



PO Box 1567
Orleans, MA 02653
508.776.6485

We thank all people and businesses who committed to LFL by supporting the wellFLeet Memorial Garden:

Garden and Garden Party Donors

Back Bay Residential, EZ-Doze It, Dana Eldridge, Jean Brooks Landscapes, Joseph A. Cappello Well Drilling, Inc., Kim Catalano, Paul Childs (Robert Childs, Inc.), Schooner Grady, Jeremy Young Landscaping, the Lighthouse Restaurant, Live for Lou Crew, Matt Losordo, Mid-Cape Home Centers, Monomoy Tree Service, Nate Nickerson, Pearl Restaurant & Bar, Preservation Hall, Rick McCaslin & Carol Mahedy, Andy Thomas (Thomas Electric), Timothy Gordon O'Hara, Quality Landscaping by Robert Treat Fryklund, Rainmaker Irrigation Crew, SiteOne Landscape Supply (South Dennis), Truro Vineyards, The Wicked Oyster, William M. Rogers II

LFL Crew

Marianne Alciati, Kim Catalano, Katrina Fryklund, Holly LeBart, Nick LeBart, Todd LeBart, Lauren McKean, Madeline Merenda, Courtney Poignand