

November 2023

# Newsletter



"We often associate the Thanksgiving holiday with traditional feasting, football games, bustling airports and black Friday shopping. However, it is more than that. Thanksgiving is not just a national holiday, it is a time to reflect on gratitude. It is during this season that we come together to share in our gratitude for the things that we value the most. Thanksgiving should be practiced daily, instead of seasonally. The holidays for some may be relatively challenging, whether you are in recovery or struggling in your addiction. Having gratitude in recovery is a superpower that cultivates a mindset of positive thinking, enhances hope, and can change our negative perception of the world. When we embrace the world around us, amidst challenges, we discover an abundance of wonders. Regularly expressing gratitude, no matter how small, is vital for our well-being, especially during recovery. Cultivating gratitude each day serves as a beacon of light. As Thanksgiving approaches, may it usher in joy, peace, and love. Wishing you a season filled with heartfelt appreciation and a journey of continual wellness."



DR. HANNAH PRESTON-PITA



# HAPPY Thanksgiving

As the holiday season wraps us in warmth and cheer, it's important to recognize the challenges some may face, particularly those in recovery who might not have the opportunity to be with their families. Despite these obstacles, at our men's clean and sober house, our clients showcased resilience and solidarity by coming together to create something truly special. In a beautiful display of unity, they crafted a feast—a testament to their dedication to support and uplift one another. This gathering wasn't just about the delicious food; it was about the bonds formed, the strength found, and the hope kindled during a time that can be especially tough for those on the path to recovery. It's moments like these that remind us of the power of community and the incredible strength found in unity.



# COMMUNITY



Embracing the spirit of unity and celebration, our 3rd Annual Trunk or Treat event marked a remarkable journey from its inception as a response to the challenges of the pandemic. This event has swiftly evolved into one of our signature gatherings during the holiday season. Blossoming into a cherished tradition bringing together neighbors, families, and friends into a vibrant display of Halloween festivity.



TOT  
2023



A hauntingly huge congratulations to our spook-tacular winners of the 3rd Annual Trunk or Treat Display Contest! From thrilling clowns to magical Disney moments and jaw-dropping scares, each display brought its own special magic to the night. A huge round of applause to Child & Family Services, Vibrant Hawaii, and Ho'ouana Pono for their incredible creativity and spooky spirit! Until next year's Halloween adventure!



# COMMUNITY



Our team was happy to visit Aloha House, Inc on Maui to donate \$3000 and backpacks that were full of essential supplies. This donation was made possible by the collaborative efforts of our staff and clients. The donation will be used toward their efforts in aiding those who were affected by the recent wildfires in Lahaina. Our team also dropped into the Kāko'o Maui Relief & Aid Services Center in Kahului.



Aloha House, INC



HOPE Services recently celebrated the grand opening of their Sacred Heart Affordable Housing Project. We proudly sponsored one of the units, dedicating our efforts to crafting a comfortable and welcoming space for our kupuna, ensuring they truly feel at home.





IAN PALEKA

Peer Specialist

## Team Member of the month

"Ian is a shining example of integrity, always prioritizing principles over personalities and inspires those around him to do the same thing".

Ian is dedicated to our agency's mission, consistently creating a positive and understanding environment for the population we serve. He is also always pleasant and willing to lend a helping hand. Ian's most recent accomplishment has been recognizing the value in self-care..

## Client spotlight

My name is Tessi, and I'm a peer specialist at the Big Island Substance Abuse Council (BISAC). I started working here in March of 2023 on-call, and now I'm working full-time. What drew me to this role as a peer specialist is my past and everything I've experienced as an addict. My goal is to advocate for people in recovery.

The early stages of sobriety aren't easy; they come with a lot to handle. But being open to learning, accepting, and growing starts paving the path you're willing to take. "It doesn't matter how slowly you go as long as you do not stop" resonates deeply with me.

I'm immensely grateful for the goals I've achieved, everything I have, and all the people in my life. Moreover, I'm thankful for everything I've been through—both the good and the bad—because those experiences gave me the opportunity to learn and grow.



TESSI VILLANUEVA