

# INTRODUCTION

## WELLNESS MONTH

This month, we celebrated wellness by hosting a Recovery Under the Stars filming of an addiction documentary, and the following night, we hosted virtual Zumba--exercising our minds and bodies. We have also done it again! We are one of Newsweek's top recovery centers for the fourth year. Follow our social media for our posts on Overdose Awareness Week, which is recognized in the last week of August. We hope you enjoy our special segment this month, "Cooking with Moran," -- our nutritionist-- where she shared a delicious healthy recipe for you to try at home.



## CELEBRATION

### NEWSWEEK TOP RECOVERY CENTERS

We are so excited to share that Newsweek has chosen ACW as one of the top addiction centers in the country. This important recognition is a testament to our staff's dedication and the resilience of the women we serve. We are honored to be acknowledged for our commitment to transforming lives and providing exceptional care. This achievement motivates us to continue our mission with even greater passion and determination.

Newsweek's America's Best Addiction Treatment Centers 2024 List highlights the nation's top treatment facilities based on accreditation data provided by SAMHSA, reputation surveys from medical professionals and administrators in the field and Google reviews, which served to measure patient experience.

The rankings feature the top 400 inpatient/residential and long-term addiction treatment centers across 25 states. Thank you to everyone who continues to support us on this journey. To learn more about this prestigious award and to see the list of programs that earned a spot in this year's list, click on our award below.



# ACW BOARD MEMEBER

## GUEST SPEAKER ON PODCAST

### OLIVER TACTO

Board member Oliver Tacto was invited as a guest to speak about Campus Drug Prevention on the Prevention Profiles: Take Five podcast hosted by Rich Lucey from the Drug Enforcement Administration.



[Click here to listen to episode](#)



“This month’s guest on Prevention Profiles: Take Five is Oliver Tacto, Ph.D., Dean of Student Wellness at Maryville University. During the interview, Dr. Tacto discusses how the work of inclusion intersects with preventing drug use, the university’s Eight Dimensions of Wellness and how they align with preventing drug use among the university’s students, how to ensure issues such as drug use, prescription drug misuse, and impaired driving do not get lost in overall wellness and well-being efforts, and more!”

We are grateful for Oliver’s work and participation on ACW’s Board of Directors.

# DELICIOUS & NUTRITIOUS

## COOKING WITH MORAN

### BLACK BEAN, CORN & SHRIMP SALAD WITH TORTILLA CHIPS



#### Ingredients



- 1 1/2 cups Black Beans (cooked)
- 1 1/2 cups Corn
- 1 lb Shrimp, Cooked (chopped)
- 1/2 tsp Cumin
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (medium, cubed)
- 2 tbsps Chives (finely chopped)
- 4 cups Corn Tortilla Chips

“This meal is not only delicious but also a balanced, nutrient-dense option that’s perfect for a light yet satisfying lunch or dinner.” Moran, ACW Nutritionist

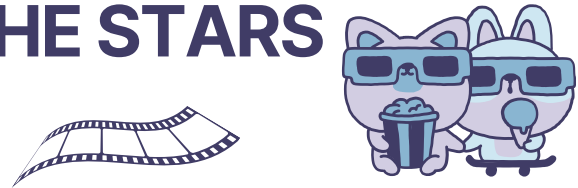
#### Directions

1. In a large bowl combine the beans, corn, shrimp, cumin, oil, and lime juice. Season with salt and pepper and toss to combine.
2. Fold in the avocado and top with chives. Serve with tortilla chips and enjoy!

# RECOVERY UNDER THE STARS

## DOCUMENTARY SCREENING

### ADDICTION



On Friday, August 30th, we hosted a screening of the documentary *Addiction*. It is a powerful documentary highlighting the challenges and triumphs of people on the path to recovery. Furthermore, the viewers gain insight into the complexities of addiction and its relationship to the brain. Clients could write about their experiences and thoughts, helping each other gain new perspectives and reinforce lessons learned. We believe it was a powerful way to help educate supporters who joined us during our virtual screening. We are grateful for those who were able to join us.

## FOLLOW

US ON SOCIAL MEDIA FOR DAILY  
UPDATES



**OVERDOSE  
AWARENESS**

AUGUST 31ST

## SUNFLOWERS



OUR ACW GARDEN  
GROWING SUNFLOWERS

# WELLNESS MONTH AWARENESS

HEALTHY FUN FUN FUN

## ZUMBA

We put on our dancing shoes on Saturday night and finished wellness month strong with a Zumba session. We had people join us on Zoom, and our Miracle House ladies had the opportunity to dance the night away - for 30 minutes. It was not only a fun way to get our hearts pumping, but it also served as a wonderful reminder of how important it is to care for our bodies and minds. A big thank you to everyone who participated! Let's keep the momentum going and prioritize our well-being beyond Wellness Month!

"I had so much fun. It's hard for me to find fun ways of moving and getting some exercise, but Zumba was awesome. I will do more by myself from now on." Amber, Zumba virtual event participant.





# SPOTLIGHT

## SHEROES

### Liz Bonilla



This month, we want to highlight Liz, our exceptional LMFT., who has dedicated the past five years to supporting and guiding our clients through their recovery journey. Liz has provided Addiction, Trauma, and Domestic Violence therapy for our Residential and Outpatient programs in English and Spanish through group and individual therapy.

Her compassionate care and expertise have made a lasting impact on our community and the women we serve.

We want to thank her for being an integral part of our team, for your five years of service, and the countless ways she has contributed to transforming lives one day at a time.

# SPOTLIGHT

## SHEROES

### Dottie Pleasant



Thank you to our amazing cook, Dottie. She has been with ACW for seven years and provides hearty meals to clients and staff.

She has been the heart of our residential program's kitchen, and her culinary creations have helped nourish our Miracle House women and staff.

Her dedication to providing healthy and delicious meals has been a crucial part of our clients' recovery journeys. She makes every dish with love, care, and an understanding of nutrition's role in healing.

Thank you for seven years of service, creativity, and passion.



# JOIN US



ALCOHOLISM CENTER  
FOR WOMEN

*Celebrating our 50th Anniversary*

OCT | SATURDAY  
26TH  
11AM-2PM

*Kyoto Garden*  
DoubleTree by Hilton Hotel DTLA

TICKETS

HONORARY CHAIRS  
*En Vogue &* VANESSA  
CARLTON



## Connect With Us

