



Resident Spotlight: John W.

by Micah Haen

Micah Haen: What was life like before the Welcome House?

John W.: Well I'm 61 years old now, but I've known I was an alcoholic since I was 16. I've been through treatment centers, half-way houses, and hospitals and for the past ten years I have either been in a detox, mental institution, or I've been homeless. I haven't had a permanent residence for quite some time.

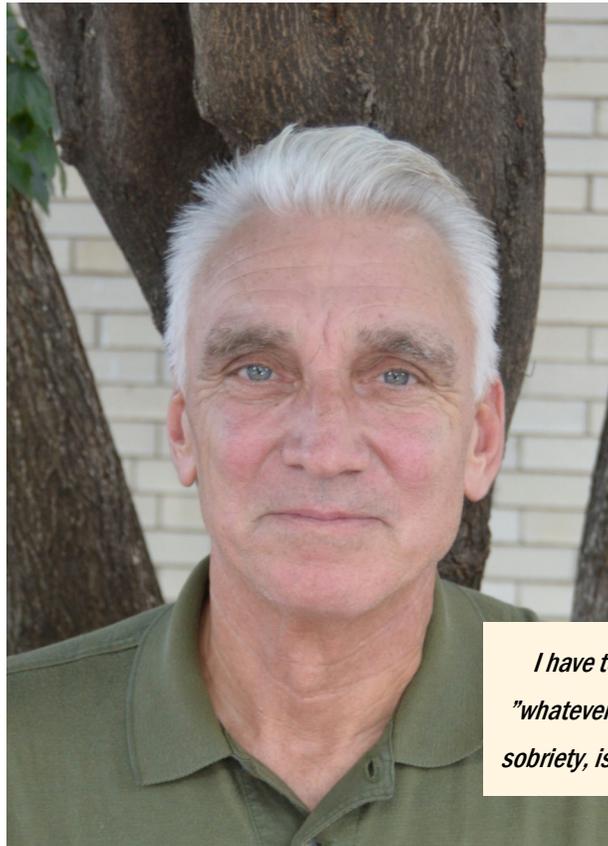
gram. Meetings, sponsorship, meditation, prayer, service, and all the suggestions that have been given to me in the program. The only time I have stayed sober is when I have kept active and fully engaged in the program. I know the program works because I can see it working for others as well as for myself. I still sometimes catch myself lacking in some aspects of my program, but I'm working on it.

I have to remind myself "whatever I put in front of my sobriety, is what I'll lose first".

MH: Now that you have been sober for 3 months, how have things changed for you?

JW: Nothing in my life today resembles how my life was before I came into the program. I am blessed with a job where I can be of service to others which boosts my self-esteem, meaningful relationships, I'm no longer homeless or suicidal, and the obsession to drink everyday has been removed. I now have all my basic needs met. All I did was become willing to reach out to another fellow in the program, who I now call my sponsor, ask for help, and follow a few suggestions and the rules of the Welcome House. It was just that simple. I now know if I continue to fol-

low this path the sky is the limit to what I can achieve.



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MH: Tell me about your first couple days in the Welcome House.

JW: For the first couple days I wasn't in the best frame of mind. I spent the first night lying in my bunk wondering if I threw myself out my bedroom window of the third floor of the house, would the fall to the pavement below be far enough for me to end my life. Fortunately I didn't go through with that plan.

MH: Can you describe why being involved in a 12 step program is so important to you?

JW: What is important to me is to become completely involved in all aspects of the pro-

Watch John's interview on YouTube at <https://youtu.be/MeMu6zjzPN8>

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People Making a Difference

by Rusty Menaugh

Meet Tom Daily

What is your home group and sobriety date?

My home group is Unity on the Plaza. My sobriety date is Oct 25, 1985.

How did you get involved with Welcome House?

In November 1985 I was newly sober but still unemployed, unemployable, demoralized, and in the process of being evicted. My brother helped make arrangements for me to be admitted to Welcome House. I was a resident of Welcome House for the next 13 months. Did me a world of good.

"I usually leave with a feeling of satisfaction that I've tried to help another person."

Describe what you do as a Lay Counselor at Welcome House.

I counsel in the afternoon, so I often see the new man in the house. I usually start by asking the new man what brought him to Welcome House, if he has any experience with getting sober, and if he has any goals for sobriety. I try to listen more than I talk. When I do talk, I share my experience with the Steps and sponsorship. I mostly emphasize using the Drill (Please, Read, Meet, Talk, and Thanks) as a foundation of daily sobriety. With men who have been residents of the house longer I do pretty much the same sort of counseling, except with more jokes.

What is the best part of being a Lay Counselor at Welcome House?

Now don't take this the wrong way, but it's leaving. I usually



Tom Daily, Lay Counselor

leave with a feeling of satisfaction that I've tried to help another person. And sometimes I leave with a new puzzle, "how could I've done better by that fella". And always, I've left with new friends and acquaintances from among the staff and residents of Welcome House.

What would you tell someone who is thinking of volunteering at Welcome House?

Do it, by all means do it.



John Hamamy, owner of Factory Surplus Co.

Meet John Hamamy

What is your home group and sobriety date?

My home group is South Leawood and my sobriety date is May 1, 1990.

How did you get involved with Welcome House?

I was asked to lead the Monday night meeting.

"....we have found the Welcome House guys to be a great asset for our company...."

Why did you decide to employ men from Welcome House?

I like to help guys that are trying to get their lives back on track and I think the environment at our business is good for newly sober people. Also it's good for our business. Sober people (that are working a

program) do a great job!

What is the best part of hiring men from Welcome House?

Getting to see the change in people as they blossom into happy productive people.

What would you tell someone who is thinking of hiring men from Welcome House?

We have had great success with our workforce hiring people from the Welcome House, and find them to be mostly responsible hardworking people. There is some risk with the newly sober guys that start to drink again, however, over the long run we have found the welcome house guys to be a great asset for our company while giving back to a cause we strongly support.

Welcome House University Addresses Needs of Residents

by Rusty Menaugh

“What can we do, that we’re not doing now, to better prepare our residents to be successful when they leave Welcome House?” That was the question being discussed by Jamie Boyle and Rusty Menaugh when they decided to implement Welcome House University in December 2015. The Welcome House University program provides workshops and educational content to the men of Welcome House and their families. Whether it’s a class focused on one of the 12 steps, sponsorship, spirituality, relapse prevention or professional development, the program is designed to provide residents with information and tools that will assist them on their path to rehabilitation and recovery.

Since its inception on December 23, 2015, 196 residents have participated in 10 classes (over 108 sessions). We would like to thank the following people for their time and effort in getting Welcome House University off to a tremendous start.

- Terry Vitali for leading Communications/Life Skills
- Lizzy Groenweghe, Truman Medical Center, for leading Freedom From Smoking
- Valarie Owings, Catholic Charities for leading Financial Literacy

- Debra Filla for leading Nutrition and Recovery
- Adrienne James and Megan Fowler, First Call, for leading Relapse Prevention
- Jamie Boyle, Micah Haen and Daniel Smith for leading Orientation
- Jason Baugh for leading What Is a 12 Step Program?
- Jake Lee and Rusty Menaugh for leading Sponsorship
- Jim Steenbock and Kevin Lyons for leading Step 1: Surrender
- and Michelle Comtois, First Call, for leading an in-service on the Opioid and Meth Epidemic attended by Board Members, lay counselors, and Welcome House staff

We are excited that “Healthy Relationships, by Cornerstones of Care”, and “Introduction to Vocational Rehabilitation, by DESE”, classes are scheduled this Fall.

We are grateful to everyone who has enhanced the lives of our residents with their knowledge on these topics.

If you would like to lead a class, or if you have resources to share, please contact Rusty at rusty@welcomehousekc.org.

- Based on the 12th step, the “Lay Counseling” program is a peer support program that connects residents with individuals in long-term recovery from the Kansas City community. The program is designed to provide recovery coaching or mentorship to residents that are new, or returning, to recovery. “Lay Counselors” are not licensed professionals and are not employees or independent contractors of the Welcome House. “Lay Counselors” are alcoholics and addicts in long-term recovery that volunteer to be of service to other alcoholics and addicts.
- The Welcome House has established a network of employers and agencies willing to provide permanent or temporary employment opportunities to residents. Although employment or placement is not guaranteed, if the effort and work is sincere, new residents to the Welcome House will typically find some type of employment within the first week of residency.
- If your company is interested in hiring men from Welcome House or if you would like to discuss a volunteer or service opportunity, please contact Jamie Boyle at 816-472-0760 or jamie@welcomehousekc.org.

Tune In

Tune into KC Cares ESPN Kansas City 99.3FM / 1510AM Monday, September 19th from 3-4 p.m. to hear Jamie Boyle, Welcome House’s Executive Director, talk about the Welcome House recovery program and the upcoming 39th Annual Shillelagh Open Golf Tournament. *Thank you KC Cares!*



Lunch & Learn

On Friday, August 19, 2016, Welcome House offered a Lunch & Learn in-service for staff, lay counselors, and Board Members. Michelle Comtois, Vice President for Programs at First Call, was our guest speaker and did a wonderful job presenting an informative lesson on methamphetamine and opioid use to the Welcome House community.

Thank you Michelle!





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Upcoming Events

TUES., NOVEMBER 8TH

COMEDY NIGHT

FEATURING
COMEDY CITY IMPROV GROUP

TICKETS	VIP TABLE
\$25 in Advance	OF 4
\$30 at Door	\$500

Westport Flea Market | 817 Westport Road | KCMO

Kelly's Shillelagh Open

EST. 1977

Kelly's 39th Annual Shillelagh Open
Swope Memorial Golf Course
09.26.2016
11:00 a.m.
Shotgun Start