



**LOUISVILLE RECOVERY
COMMUNITY CONNECTION**

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620 POST

Summer 2021

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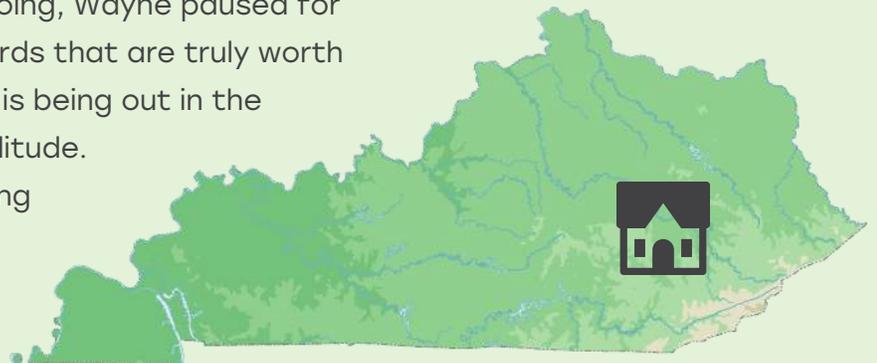
MEMBER SPOTLIGHT: WAYNE



WAYNE: A HEART OF GOLD & HIS MOUNTAIN HOME

If you've visited the LRCC at any point in the past few months, you've surely met Wayne. Originally hailing from Booneville, Kentucky, he might seem a bit serious to those who don't know him - but if you've got a true heart, Wayne will call you family, and treat you as such anytime you cross paths. He provides a sense of safety to anyone who finds themselves in his presence and is one of the most loyal, kind-hearted folks you could ever hope to meet. Wayne spends much of his time doing coursework as he pursues a degree from Colorado Technical University remotely from Louisville and we're always excited to be able to share in his triumphs whenever he does well on an exam (which he does in just about subject - though he'll be quick to tell you that he does not particularly enjoy math). When asked about what he enjoys doing, Wayne paused for a moment - always choosing to only say words that are truly worth saying and responded that his greatest joy is being out in the mountains, where he can find peace and solitude.

He also enjoys fishing and just about anything that involves being outdoors. If you get the chance to know him, you'll know you have a friend for life.





YOGA: UNITING BODY & SPIRIT IN RECOVERY



"Yoga fixes everything, man!
It got me through the hardest part of my life
and is a very big part of my recovery journey."
-- Stephanie Coy

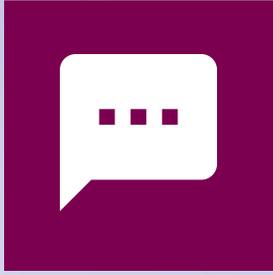
After hours of teaching, practice and supervision, one of our Peer Support Specialists, Stephanie, is officially a certified yoga instructor! She has hit the ground running with weekly yoga nights, free and open to anyone. Each person on our team and every member that comes through our doors have their own special skills and talents and it's always exciting when we're able to give folks a platform to be able to pursue those passions. Mark your calendars and come join us on a Wednesday night for some low-impact, beginner-friendly yoga!

EVERY WEDNESDAY @
6:00pm
[MATS PROVIDED]

WIN YOUR OWN YOGA MAT AND BLOCKS!

HERE'S HOW:

Come to three consecutive yoga sessions with us and be entered into a drawing for a chance to win a professional-grade mat and foam blocks for your own personal use - here with us or at home!



LEARNING HOW TO LOVE WITH LANGUAGE



MEAN WHAT YOU SAY & SAY WHAT YOU MEAN:

Why do we use the term Substance Use Disorder and what does it mean?

In many recovery circles, publicly stating ourselves as addicts or alcoholics is a pillar of individual involvement. For a lot of people, it can feel especially powerful to name this part of self to remember this aspect of who we are and be able to assert it in a room full of people who will not react with shaming or judgment. On the other hand, this self-identification can induce feelings of nervousness and anxiety, especially out in the world among folks who do not share the lived experience of addiction. Such feelings can be especially intensified in medical and professional environments. As a result, it has become increasingly common to hear addiction being referred to as Substance Use Disorder, or SUD. Because this term is a more accurate description of what addiction actually is, the hope behind such shifting of terminology is that it will help to detract from the shaming often experienced by persons who use drugs. While this in no way detracts from the importance and meaning that so many find in self-identifying as an addict or alcoholic - and if this describes you, be encouraged to continue doing so! - the LRCC and our staff find great meaning in the act of naming, whether referring to ourselves or others who spend time here. In this act, we continue to strive for greater acceptance and awareness of what the lived realities of SUDs really mean to those inside and outside of these walls.



JUNETEENTH

While we may not be hosting an event at LRCC HQ, there will be plenty of happenings around town to commemorate Juneteenth and mark its historical significance. June 19th of 1865 is considered the end of the Civil War and thus, meant freedom for those who were trafficked and enslaved in the United States. While this date is symbolic of that specific moment in time, we know that it did not bring about immediate and total freedom. The totality of that freedom is still yet to be realized today for historically disenfranchised groups, particularly the Black community. Click the link in the caption to find a list of some of the community Juneteenth events going on around town.

HEALTH FAIR 6/5

Working alongside UK Health, the LRCC will be representing at a community health event!

[Saturday, June 5th](#)

[10:00am - 2:00pm](#)

[@ 513 S. 26th Street \(Hope Garden\)](#)

DEAF VACCINE DAY 6/19

[Saturday, June 19th @ 1:00pm - 3:00pm](#)

Free COVID-19 Vaccination Clinic for Deaf, Hard of Hearing, Deaf-Blind, Caregivers, & Family Members

ASL Interpreters provided!

[Please register by 12:00pm on Friday, June 11th:](#)

blake.noland@ky.gov - 502-416-0607

Brought to you by partnering with the Cabinet for Health & Family Services, KY Commission on the Deaf & Hard of Hearing, and the Department of Public Health & Wellness

NATIONAL HIV TESTING DAY 6/27

UK Health will be with us at LRCC HQ on [Sunday, June 27th for National HIV Testing Day](#) - come through to get free testing for HIV/AIDS as well as Hepatitis C!

COMMUNITY VACCINE EVENT - JUNE

The third week of June, we're teaming up with Change Today Change Tomorrow and the Hope Buss to host a COVID vaccine block party - more details to come!

OPEN MIC & ART RX

The return of the summer sunshine (and the shifting of COVID-related restrictions) means that Open Mic Night and Art Recovery X will be returning soon, so stay tuned!



ON THE HORIZON...

