

Who is AHH?

The Alderson Hospitality House supports the women of the Federal Prison Camp Alderson and their families and friends. We believe in the importance of visitors during incarceration. Our volunteers and staff, through donations, demonstrate this belief by providing temporary lodging, meals, transportation assistance, information and support.

BOARD OF DIRECTORS

Linda Dameron	Maria Madariaga
Susan Hewman	Lynda Neff
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Nancy Plummer	Gloria Martin
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AHH STAFF

Ashley Boone
Kathleen DeRouen, co-director
Brian DeRouen, co-director

FLIGHT INFORMATION



Raleigh County Memorial

Beckley, WV
www.flybeckley.com
Greenbrier Valley
Lewisburg, WV
www.gvairport.com

AMTRAK INFORMATION

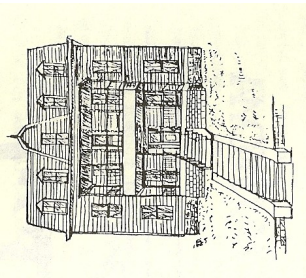


www.amtrak.com
Amtrak stops in Alderson, WV
ONLY Sundays, Wednesdays, and Fridays
From Chicago, eastbound: Train #50
From New York, westbound: Train #51

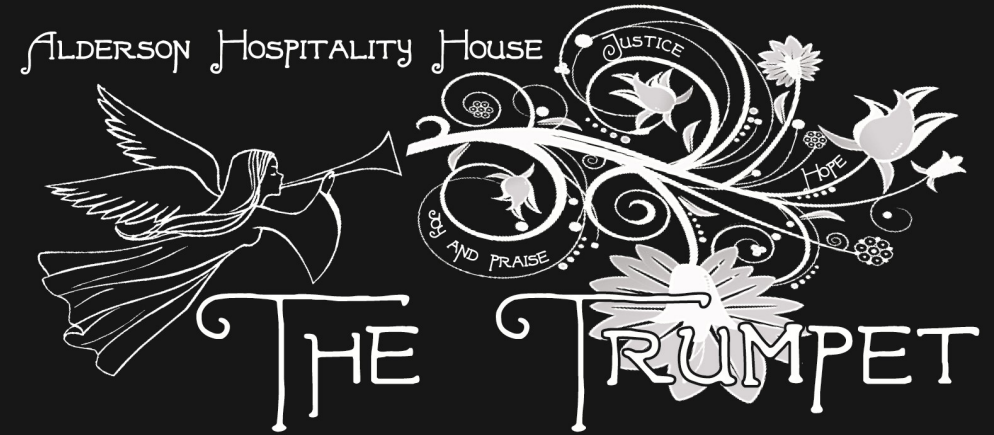
Non-Profit Org.
Permit No. 579
Alderson, WV
24910

If you would like to be added or removed, please contact us!

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RDAP

By BRIAN

Labor Day is not the kind of holiday that most folks make a big deal about. Sure there are barbeques and families get-togethers, but in comparison with Thanksgiving or the 4th of July, Labor Days are pretty low key. While that is usually the case at the Hospitality House, this year was different. The evening of Monday August 5th found this place bustling with excited guests. The reason for all the excitement was that the latest class of RDAP participants at FPC Alderson had just graduated and a whole bunch of them were being released the next day.

The Residential Drug Abuse Program (RDAP) is a voluntary, 500-hour, nine-to twelve-month program of individual and group therapy for federal prisoners with substance abuse problems. The program is divided into three components, the first of which is unit based. In most instances RDAP participants live in a designated section of the facility and split their days between normal prison work or educational programs

and the drug abuse program activities. The separate unit for the program serves as a therapeutic community designed to meet the particular needs/problems of an incarcerated population. The concept behind a therapeutic community is to teach individuals how to function and live within the greater community as a sober, responsible, contributing member of society. RDAP is based on Cognitive Behavioral Therapy (CBT) in which it is understood that a person's feelings and behaviors are influenced by his or her perceptions and



core beliefs. By helping inmates to perceive events and interactions objectively and modify their irrational beliefs, it is possible to get to the root causes of addiction. The program is designed to break down criminal thinking, build rational thinking, improve relationships and interpersonal skills, and help participants develop a strategy to maintain recovery and a crime-free lifestyle.

After completing this first component of the program the inmate is presented a

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RDAP CONTINUED

certificate of completion. Some inmates' move directly to a half way house and participate in Transitional Drug Abuse Treatment (TDAT), which lasts up to six months. Those who are not released are returned to the general population where they participate in Follow Up Services until they are released to the half way house and begin TDAT.

When the entire program is completed, prisoners receive a "certificate of achievement," a copy of which is placed in their central file. To complete the program successfully, prisoners must attend and participate in all RDAP activities and pass each RDAP testing procedure. Once an inmate has received her certificate of achievement she becomes eligible for a sentence reduction of up to one year.

At the Hospitality House we have had guests from every one of the fifty states and RDAP is one of the reasons for that. This is because Alderson is one of only three FPCs for women in the country that has an RDAP program. While no family wants to see a loved one locked up, we have had countless guests talk with us about what a relief it has been since their daughter, wife, or mother was arrested and sentenced to Alderson.

Living with an addicted loved one is a terrifying ordeal, as one never knows when the next phone call will bring the dreaded news that the loved one has died. We hear around our dinner table about how hard incarceration is for a family, but also how visits with a recovering addict are a dream come true. For the first time in a long time families have hope that things could get better.

No drug treatment program is perfect and none will be successful until the person struggling with her addiction decides that it is time to get clean. As is the case with programs such as AA, some people find great success and others don't, but RDAP is an avenue by which change is possible. The 30 guests who stayed with us on Labor Day of this year can attest to that hope, and while we miss them, we hope to never see them again. 🍷



VOLUNTEERING

By JENNIFER

My name is Jennifer and I currently reside at Federal Prison Camp Alderson. I started volunteering at the Alderson Hospitality house in April. When I saw the notice for volunteers on the bulletin board in my housing unit, I thought it would be a great way to get out of prison for a couple of hours a week. It's so much more.

Brian and Kathleen are doing such a good thing here, and I'm proud to be a part of it in my small way. There are four of us who come every Thursday, and I think I

speak for them too when I say it's the highlight of all of our weeks. Not just because we're free for three hours, but because Kathleen and Brian treat us like people, not inmates. They're compassionate, open-minded people, and they're making a difference in this world, which is highly commendable. They love their jobs, and it's obvious.

Between the four of us, we get a lot done around the Hospitality House, but it always feels like we aren't finished by the time we leave. I wish I could do more. My job is to clean the porches, sidewalks and back patio areas. In the summer I picked cherry

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HOUSE NOTES CONTINUED

weekend! I'm not sure if we've seen that many kids here at one time. I will admit, I was grateful for the park and nice weather that weekend.

The PGA golf tournament and State Fair weeks are always exciting times in the tri-county area, and this year was no different. Many guests went into Fairlea to check out what was going on at the fair and Brian and one of our teenaged guests went to the fairgrounds to enjoy the Black Eyed Peas in concert during the tournament. They had a great time!

Speaking of good times, the 4th of July celebration in Alderson was one to remember. The highlight was seeing the FPC Firefighters and dog handlers. It was great to meet some of the women, to put a name to the faces we hear so much about from our guests. Other highlights for our



little family was that Brian came in second in the Bicycle Race and Micah came in 1st place in the 2 and under 15 yard dash! Our float for the Alderson Green Team also won the Judges Choice Award in the 4th of July parade.

On September 18th the Hospitality House received the FOCIS Award from the Catholic Committee of Appalachia (CCA). This award honors a group or organization working for justice in Appalachia. Since the House was opened in 1977, it has been involved in CCA. Dick Dieter and Maggie Loudon were members, as were Hilary and John Benish. One of our recent board presidents, Michael Vincent, has also been involved with CCA. Currently Brian, Micah and I are proud members of this great group, and we were thrilled to receive this award on behalf of the house and all who have contributed time, energy, and love to it throughout the years. 🍷



VOLUNTEERING CONTINUED

tomatoes and other vegetables out of the garden for the weekend guests. Other jobs we ladies do each week include weed-wacking, lawn mowing, stair sweeping, and really anything else that Kathleen and Brian need help with. When it isn't his nap time, Micah is often out there working with us which is a big help. As an almost 3 year old, he is a big boy!

It's hard for our families while we are stuck here at the FPC. This house is a refuge for many who visit us. It's a place they can come to stay with people who don't

judge them or their incarcerated loved one. It's a place where they can meet other people in the same situation, share their experiences and find solidarity. These doors need to stay open.

I have friends who have visited who otherwise wouldn't have been able to because of the current economy. They love it here. They tell me stories of the people they meet over dinner.

I go home soon. I've been incarcerated since 2007. My mom will stay here the weekend before my release. I'm thankful this place is here for her. 🍷

POETRY
CORNER

Waiting

I have learned to wait for everything
Heat, food, mail, store
Even for dates that mean so much
Halfway house, holidays.

Waiting has worn me out, never liked it anyway,
But, here we wait for it all—
Mostly, we wait to go home.

January for halfway house,
February for home,
April for papers,
2012 for the end of parole.

I don't want to wait for anything ever again!

2013 will be my year.
Odd, 13 seems like an unlucky number.
But, I think for me it will be great, all will be over.

Who knows what will be
Gosh — waiting for 2013,
What a long wait!

Should I exhale now?
I'll need to or I'll pass out before!!!
What happens when you wait?
Everything moves so slowly.
Small things can annoy you.
You are exhausted from it all.

Time is so fast and then so slow.
Looking back seems fast
Looking forward seems too slow.

I wait,
Sometimes with anger,
Sometimes with patience.
Sometimes if I am lucky ~
I am distracted from the waiting.

TV rarely distracts me,
Books sometimes do,
Laughter often does,
Good conversation always does.

I have waited for my kisses—my hugs,
For time to be over,
For the line to end.

**Diane Smith
FPC Alderson**

I hate waiting —
It is not for me.

In the future I will never wait for anything unless necessary.
Alderson beat the "wait" out of me.



**Picture
From The
Judgment**

**Vol. 5
No. 1**

Please share your artwork, thoughts and words of anguish, hope and joy. We'll consider any submissions for future publications, so please send us your stuff! 📧

HOUSE NOTES

By KATHLEEN

It has been a very busy summer here at the Hospitality House. We've had lots of guests, good time spent in the gardens, and more than a few chances to get to the river and enjoy the cool water. In the last newsletter we reintroduced you to Annika King, who has now moved on to college. We miss her, but know she will do well wherever she goes. We also had two great volunteers stay with us for a few weeks in July and August. Mike and Richard helped us keep up on our everyday tasks, spent a lot of time watering the gardens, and helped to check a few things off the to-do list.

Rich Marr, a local volunteer, Jason, a frequent guest, and Bill Plummer, who came with his wife Nancy to a board meeting, have also offered their time to check a few of the more complicated items off the list. From carpentry to electrical work to plumbing, they have come through tremendously. We are grateful for all of our volunteers. The women from the FPC Alderson spend countless hot hours trying to keep up with

the landscaping work on the Hospitality House grounds. The great people of Ascension Episcopal Church in Hinton, WV have cooked dinner for our guests several times. The girls of The Greenbrier Academy have done some great cleaning and watering for us. And many others have joined in to make it possible for Brian and me to get a little break when needed. We really appreciate all of your help.

We have four new individuals who have stepped up to help us in a big way! Kristal Straub, Dale McCutcheon, Susan Vlajk, and Gloria Martin have agreed to join our Board of Directors. Many thanks to each of you. You have and will bring great things to this house.

If you are in the area and want to help out, please let us know. We could use help taking care of house plants, outdoor gardening, baking desserts on the weekend, and general cleaning.

Our guests have been great this summer, and the kids have had a lot of fun. There were contests to climb to the top of the mountain, crawdads caught in the creek and river, games of cards on the back patio, and lots of fun had by all. One weekend there were 21 kids under the age of 16 out of 45 guests. Now that was an exciting

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FROM THE KITCHEN

FRENCH TOAST CASSEROLE

1 loaf of bread
1 dozen eggs
1 pint half & half
1/2 cup brown sugar
1 teaspoon cinnamon
4 tablespoons margarine



1. Break loaf of bread, crusts too, into pieces. Place in 9x13 pan
2. Beat eggs with half and half in a bowl and pour over the bread
3. Cover & refrigerate overnight
4. Before baking, mix brown sugar and cinnamon. Sprinkle over top of casserole
5. Cut margarine & dot on top
6. Bake at 350 for 35 minutes
7. Can sprinkle with powdered sugar or serve with syrup

ALDERSON HOSPITALITY HOUSE O' HORRORS

By KATHLEEN

The Hospitality House will be opening its doors once again to the brave and bold of the Alderson Community and beyond. Be prepared to get scared! The House o' Horrors is not recommended for children under 7 or the faint of heart so the spookiness is growing this year to include a great Spook Park full of face painting, Tarot card reading, a cup-cake walk, and an activity area for the kids and adults too scared to enter.

The Haunting takes place on October 26th and 27th. Doors open at 6:30pm and the House opens at 7pm. All proceeds from the event will benefit the AHH and help us to continue providing services to our guests and the women of FPC Alderson. Please visit www.aldersonhospitalityhouse.org/ahhh for more information.

If you would like to be involved in the AHHH, there are a number of ways you can do that. If you are interested in being a haunter in the house, please send us an email and we'll get back to you. If you don't

want to scare, there are many items we need that you may be able to help us with. We'll accept new and used of most of the items:



- **Costumes**
- **Spot lights**
- **Luminaries**
- **Tiki torches**
- **Lanterns**
- **Strobe lights**
- **Spider webs**
- **Body parts**
- **Tomb stones**
- **Large sheets of dark material**
- **Other items to decorate with**
- **Candy**
- **Make up and face painting paints**
- **Pumpkins**
- **Hay bales**

And finally, we need people to come enjoy the park and get scared in the house! So please join us! 🎃

MICAH IS WAITING

You have come through before, and we know you will do it again! Your generosity has been kind, but we have a long way to go before reaching our goal of \$85,000 for the year.

The women of FPC Alderson and their families depend on you to help make visits possible. There are over 1,100 women at the camp; many of them never see a familiar face during their stay. Your generosity has a direct effect on the number of times families are able to visit. There

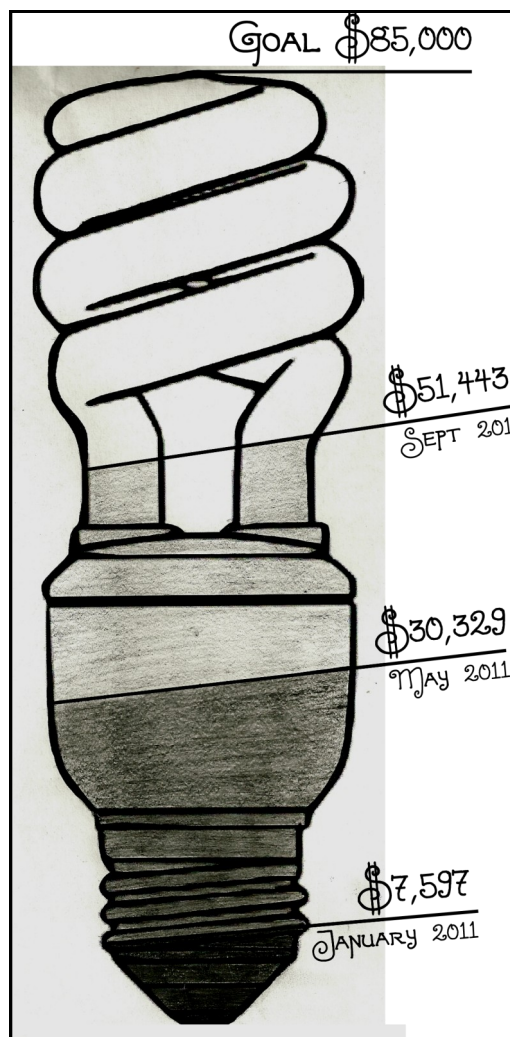


are women, like Jennifer, whose families need just a little help to make visits possible. Together, I know we can help them.

Micah still checks the mail every day, and he's waiting for you to send in the donation that will allow the Hospitality House doors to stay open. Keep that big smile on his face and, more importantly, on the faces of all the women and their families and friends whose lives you change by allowing them to visit during this challenging time. 🎃

HELP US KEEP THE LIGHTS ON — THE ANNUAL FUND

By KATHLEEN



Please make all checks payable to
Alderson Hospitality House
or donate online at
www.aldersonhospitalityhouse.org

THANK YOU FOR YOUR SUPPORT!

WISH LIST

Everyday Items

Postage Stamps
Large (39+ gallon) Trash Bags
Laundry Detergent (for HE)
Toilet Paper
Light Bulbs
Fresh Produce
Dry Beans
Lemonade/Iced Tea Mix
5 Gallon Buckets
Mason Jars
Kroger/IGA/Kmart Gift Cards

Willing to spend a bit more?

Glass cake stand
Horse Shoe Set
Landscaping shrubs
Standard size pillows
Sheets (please call for details)
Quality wash cloths
Firewood

For the big spenders out there:

Windows for the Little House
Riding Lawn Mower
Dyson Vacuum (DC14 Telescope)
Carpet Cleaner
Power Washer
Economy Car

