

## Who is AHH?

The mission of the Alderson Hospitality House is to provide support for those incarcerated at the Alderson Federal Prison Camp, their families and friends by providing temporary lodging, meals, transportation, emotional support and education.

## BOARD OF DIRECTORS

Gloria Martin	Amy McClure
Nancy Burris	Doris Kasley
Judy Lucas	Jim Frerrote
Jandy Hanna	

## AHH STAFF

Kathleen DeRouen, co-director  
Brian DeRouen, co-director

## FLIGHT INFORMATION



### Raleigh County Memorial

Beckley, WV  
[www.flybeckley.com](http://www.flybeckley.com)  
**Greenbrier Valley**  
Lewisburg, WV  
[www.gvairport.com](http://www.gvairport.com)

## AMTRAK INFORMATION



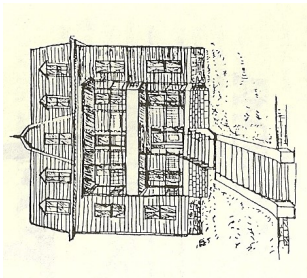
[www.amtrak.com](http://www.amtrak.com)

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

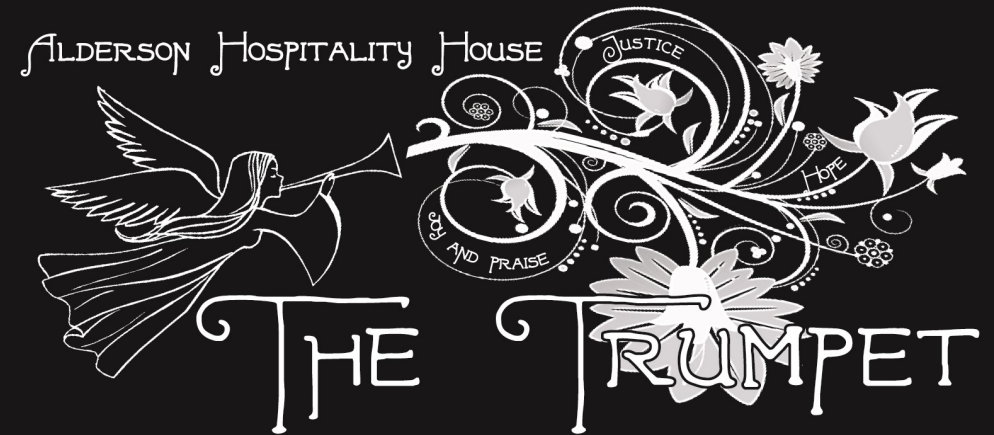
Non-Profit Org.  
Permit No. 579  
Alderson, WV  
24910

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

**Alderson Hospitality House**  
203 High Street  
PO Box 579  
Alderson, WV 24910  
304.445.2980



[www.aldersonhospitalityhouse.org](http://www.aldersonhospitalityhouse.org)  
[aldersonhospitalityhouse@gmail.com](mailto:aldersonhospitalityhouse@gmail.com)



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## HOUSE NOTES/DE ROUEN FAMILY UPDATE

By KATHLEEN

Winter is a pretty quiet time for us at the Hospitality House. Less people want to make the drive to Alderson for fear of bad weather either at home or here in the hills of Appalachia. Happily, as we are starting to leave the cold weather behind, we are getting more phone calls to make reservations for spring and summer. We are really looking forward to spring-time and all the guests, both new and old that come along with it.

This winter wasn't all slow, though. In our Gwen's meal program, we have increased our numbers and are now delivering 37 lunches to seniors in our community every Monday. For those that don't keep up with us on Facebook, our minivan Archie died unexpectedly. His transmission gave out without warning, and with over 250,000 miles, it was not worth the money to fix him.

Buying a new minivan was not in the

budget, so we started making some phone calls. We contacted the Mission's Office at the Archdiocese of Cincinnati, who helped us to purchase Archie. Along with a generous donation, they also directed us to Susan Keefe, who put us in contact with her family foundation and the Empowerment Fund at the Church of the Immaculate Heart of Mary in Cincinnati, OH. Both offered generous donations, which gave us hope that we could raise the money needed to purchase a new minivan. We took to Facebook and people came through. With support from friends, family, and former volunteers, we were able to raise the funds we needed and purchase a 'new to us' minivan. Juno has joined our little fleet of vehicles, and she fits in quite nicely.

Brian is recovering well from his surgery. Thank you so much to all of you who sent your love, prayers, and words

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## ELDERLY WOMEN IN PRISON

By GLORIA MARTIN

When a group of 'over 60' folks get together, the conversation might go like this: 'Look at these pictures of my new granddaughter – isn't she cute?'; 'We're thinking of taking a short trip to the beach next month'; 'The doctor says I might have to have surgery on that knee'; 'We had the best dinner at that new restaurant last week'. Conversations about family, friends, health, travel – the list goes on and on. For women over 60 who are incarcerated, these conversations often have a much different tone.

A total of 155,348 individuals are incarcerated in Federal facilities across the country. 10,478 are women, and 950 are incarcerated at the Federal Prison Camp in Alderson, WV. 6.2% of inmates in Federal facilities are over the age of 60. What might the prison experience be for a woman over 60?

**HEALTH ISSUES:** Health challenges women over 60 may experience can be osteoporosis, menopausal issues, decreasing hearing and eyesight, dental health, weight loss or gain, and a general decrease in bodily stamina and strength. Many inmates, no matter their age, may suffer Mental Health challenges, as well. For older individuals, the challenges may be life-long. Older people often suffer many health problems at once. There is little specialized health care in prison. For an older inmate, keeping up with the daily life of prison and facing health issues can be trying.

**ISOLATION:** Women over 60, may not have a lot in common with younger inmates. Most grew up in the pre-social media era and have had to adapt to computers, cell phones, etc. They often have limited contact with family members who may not be able to visit in person or choose not to have contact. Due to their age, there is also more probability of their peers on the outside being seriously ill or passing away. A sense of loss

compacted by not being present. The end of life for themselves may also be an issue. All inmates miss their families and friends, for older inmates with life-long attachments, there may be an increased sense of loneliness.

**RE-ENTRY:** There are programs in prison designed to assist the inmate with re-entry into society – and rightfully so. Learning new skills can mean a successful life after incarceration. Many older inmates enter prison with skills and education. Being sure that new skills are something they will need upon release is important. Navigating the bureaucracy is also a challenge. Much of everyday commerce and personal business is now done on-line and/or talking to a machine and not a 'real' person on the phone. One example of a re-entry challenge for older inmates is that Social Security benefits are suspended when someone is incarcerated. Medicare may also be suspended. These need to be reinstated upon release and help may be needed. All the issues of getting re-established on the outside (housing, medical care, financial matters, etc.) may be even more overwhelming to an older person.

When we think about people who are incarcerated, the last group of people that come to mind for most of us are women who have lived a long life, who have grey hair and grandchildren at home. But the reality is that many women who are incarcerated are over 60 and the system is not set up to provide the proper care for these women.



## HOUSE NOTES CONTINUED

of support. He is back to doing all of his normal daily activities, and while he is moving a little slower, he is back running and training for his crazy ultramarathon running races. Thankfully (in my opinion), he can only donate his liver once, but I'm quite certain we will see him back in surgery sometime in the next 10 years to donate one of his kidneys. Being a living donor has been an incredibly rewarding experience for Brian and our entire family. We do not know the recipient of the portion of Brian's liver that he gave, but we do know that the young boy is doing great, that his little body accepted the liver without issue, and that without this transplant, he would not have lived through the rest of the year. It's not often that you can literally save someone else's life, and I'm proud of my husband for doing what he did.

Our boys are getting older, developing interests and personalities of their own, and making us proud throughout it all. They continue to step up and take on more chores at the Hospitality House. Brian was not able to lift much throughout the fall or winter, and the boys took on the task of bringing in wood so that we could keep the fire going and the guests warm. It was maybe not their favorite job, but they made the best of it. More to their liking, the boys continue to hang out with kids in the playroom. Vitale likes to challenge kids his age to games of foosball or play on the X-Box 360 that his uncle donated and he set up in the playroom. Micah does well with the littles, sitting on the floor and getting toys out to play. While playing with the kids is more fun, it still is a service to our guests as many of the adults could use the break to sit and decompress from stressful travel or an emotional visit. In their free time, the boys continue to pursue their own interests. Vitale has been experimenting with cooking and learning new reci-

pes, especially recipes involving his favorite food...potatoes. Micah is learning to drive, and Vitale is developing his own fashion sense. Both boys are playing trombone for their school bands, and they are taking theater classes at Greenbrier Valley Theater (GVT). Micah got one of the lead roles in the GVT youth performance of Finding Nemo Jr. He is Marlin, Nemo's dad. We are really enjoying watching them find the things that they love to do.

As for myself, I've started a new adventure, as well. I have framed some of my artwork and am one of the newest artists to have work displayed at the Alderson Artisan's Gallery. All of the compliments I receive from guests about the murals I have painted in rooms at the Hospitality House helped give me the courage to take this big step, so thank you! The next time you are in town, you really

should check out the gallery. There are some very talented artists, and the space is set up beautifully.

I'm really glad it is almost spring. I'm ready to get out into the garden, open up the windows in the House, and see the sun later into the evening. We are happy to have reservations on the books, and we hope that with the sum-



mer holidays ahead, we will get more and more families visiting their loved ones at the prison.



POETRY  
CORNER*Each Day*

Each day is a mountain  
 Three parts composed  
 The summit of God's spirit  
 The eternal goal  
 With my human body  
 Physical is core  
 I must be strength building  
 For what is in store  
 God's spirit with my strength  
 Then will manifest  
 Each day new creations  
 His love to attest  
 If each of these pieces  
 Are within each day  
 What remains matters not  
 Paradise awaits.

*By William James Jonas III*

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! 📧

## CHRISTMAS CHAOS

By BRIAN

Every weekend at the Hospitality House is wonderful. They are spent with lovely people building friendships, supporting each other, and of course, visiting their loved ones at FPC Alderson. While we love being at the House each weekend, over the



years they do tend to blend together...with the exception of Christmas Eve. Christmas Eve is total unmitigated chaos! It is not unusual for us to have 40-50 guests for dinner, and of course, the kids are all wildly excited.

About ten years ago, a beloved supporter of the House donated gingerbread house making kits, and a wonderful tradition was born. While Kathleen is managing the craziness in the kitchen, I round up all of the kids



(and quite a few adults), and the playroom becomes a raging storm of frosting, candy, laughter and fun.

Over our time at the House, we have had families that spend every federal holiday with us, so looking back at our gingerbread pictures, we can see their children, along with our boys, growing up. Each year, by the time the kids are all in bed and Santa has placed a gift for each of them to be found in the morning, we are equally exhausted and delighted with the wonderful, crazy community which we feel so blessed to be a part of. 📧



## RECIPES FROM THE KITCHEN

## Vitale's Pan Fried Potatoes

Vitale is the same type of cook that I am. He doesn't really measure anything. I asked him to type up one of his new potato recipes, and this was what he sent me. I asked if he knew how much spice per potato and he said..."It all depends on what you like. I add a bit more paprika and chili powder than the other spices, but that is just what I like. It's ok to add equal amounts of everything, then change it from there to fit your pallet."

Russet Potatoes  
Chili powder  
Pepper  
Salt

Paprika  
Garlic powder  
Onion powder  
Oregano

1. Without peeling, chop the potatoes into 1/2 inch pieces.
2. Boil until fork tender. While potatoes are boiling, mix chili powder, pepper, salt, paprika, garlic powder, onion powder, and oregano into a small bowl.
3. Cover the base of the pan with a mix of olive oil and butter.
4. Put potatoes in the pan, no more than one layer thick, and let rest until all oil and butter is soaked up.
5. Add spice mixture.
6. Mix well.
7. Repeat steps 3-6 until all potatoes are cooked. 🍳



Raise money for AHH while you shop online. Go to [smile.amazon.com](https://smile.amazon.com), and search for Alderson Hospitality House as your charity. You get all the Amazon options, and they send us a portion of what you spend with no added cost to you.



Raise money for AHH without spending a dime. Every time you search the internet using goodsearch, you can raise money for the Hospitality House. Go to [goodsearch.com](https://goodsearch.com) to find out more.

Raise money for AHH while buying your groceries. Go to [krogercommunityrewards.com](https://krogercommunityrewards.com) and register your Kroger Plus card to automatically give a percentage of every sale to AHH. Our number is 85722. Use it when you sign up today!



Like Us on Facebook! You can follow us and keep up with what is going on at AHH throughout the year.

## THE ANNUAL FUND

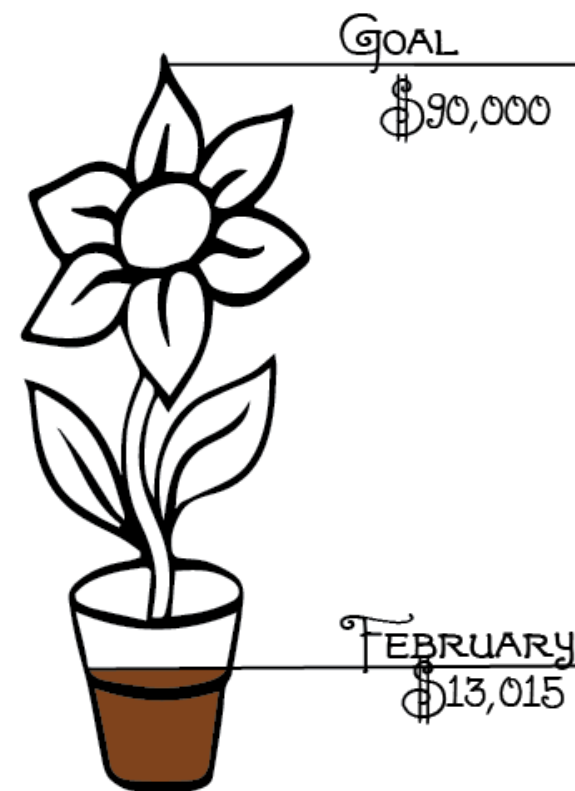
Vitale grows many of the potatoes that he cooks with in our AHH garden. In order to have tasty taters in the kitchen, he has to start in the soil. He needs to plant the potato sets, water them throughout the summer and make sure they stay covered.

The same is true for fundraising at the House. In order for us to offer rooms, delicious meals and community to our guests, we need you to help us tend our financial garden. Running a tiny nonprofit is very much a community effort, and we could not keep our doors open without

support from near and far. Please give as you are able, knowing that your generosity will keep us cooking. 🍳

Please make  
all checks payable to  
**Alderson Hospitality House**  
or donate online at  
[www.aldersonhospitalityhouse.org](https://www.aldersonhospitalityhouse.org)

THANK YOU FOR YOUR SUPPORT!



## WISH LIST

Coffee (Not decaf)  
Postage Stamps  
Dish Soap  
Dryer Sheets  
Toilet Paper  
Paper Towels  
Hand Soap Refills  
Pasta  
Pasta Sauce (Not Meat Flavored)  
Lemonade/Iced Tea Mix  
Kroger Gift Cards

## Willing to spend a bit more?

Small Working Lamps  
New Twin Beds  
Small Recliners  
Fire Wood