

# Building Togetherness

## Newsletter

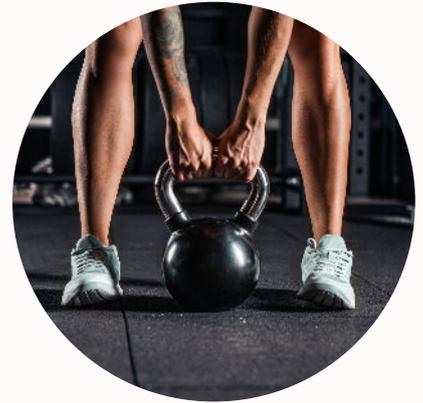
March 2021



## Program Updates

### Growing Our In-Person Events

We are working to bring more gatherings to you. As this month progresses, get ready to see information about cycling, soccer, and workouts . . . all in-person!



### Gearing Up for Mount Saint Helens

We are thrilled to have our small team begin training for a Helens climb in June. We had our first hiking class and will kick off our time on the trails this coming weekend.

Due to COVID, there are limited volunteer spots for the hikes. If you would like to get involved, you can join our workouts, donate fitness clothing and sneakers, or stay tuned for how to join our upcoming events.

**Check out the next page for a peak into our newest Climb Team!**

# Mt. St. Helens, Here We Come!

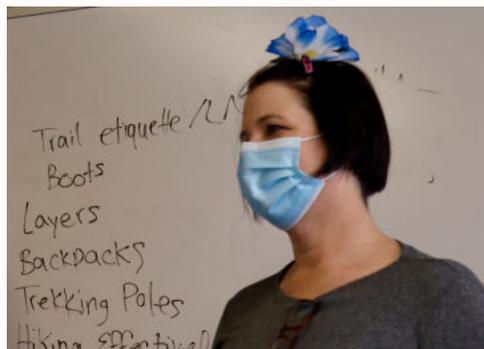


## Members, Volunteers & Staff



**Angela** (member)

*"I grew up in nature but when I got into my addiction I pulled away from my family and just stopped doing things like nature. Now that I'm sober I taste and smell things again. It's like taking off a pair of foggy glasses. Everything is so bright and fresh and I just crave the outdoors."*



**Becky Vinson**  
(Advisory Team Member)



**Lisa** (Member)

*"I see this as an important part of my recovery. You have to be healthy to be in recovery."*



**Jess Villarreal**  
(Program Manager)



**Amelia Kaiser**  
(Volunteer)



**Scott Brown**  
(Advisory Team Member)



## Rise up for Recovery 5K April 15-21

Ready to bust out of the COVID blues? Here's a way to do it while helping others achieve lasting sobriety.

Pick your favorite activity, find some friends who care about Substance Use Disorder, get off the couch, and run your race! 2021, here we come!

### It's easy to participate!

1

**Pick your mode.** Get creative! Any way you cover 5k counts.



2

**Register** your 5K.  
(You may also sponsor people here)

[Click Here to Register](#)

(You can also sponsor people here)

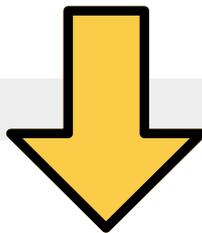
3

**Tell your friends and family!**

4

**Run your race!** Anytime between April 15-21, hike, run, ride, or paddle ski... your 5K.

**Be sure to post pictures of your adventure to our Facebook / Instagram pages!**





**Do you shop at Amazon?  
Register Recovery Beyond.  
It takes less than a minute.**

1. Go to [smile.amazon.com](https://smile.amazon.com)
2. Login with your credentials
3. Type "Recovery Beyond" in the search bar and choose it.

**Here's an 82 second demo**

(Click to play)



Just remember to login at [smile.amazon.com](https://smile.amazon.com) and half a percent of every dollar you spend goes to Recovery Beyond.

Speaking of smiles...

**Thanks, February Investors!**

Brian Dougherty  
Marcia Hansen  
LaVina Burner  
Ray Lewis  
Christian Ursino  
David Ursino  
Cheri Mackinnon

Danielle Goodgion  
Rebecca Davis  
Pat Simmons  
Maury & Julie Robertson  
Mark & Sue Ursino  
Michael & Darla Stanton  
Gina Haines

Laura Dennis  
Jennifer & Shane Boudreau  
Don Preiss  
Brooke Russell  
Amanda Wager  
Jon Ruckle