

# The Monarch Spring 2008



## Renovation on Maxwell

After a 5 month intensive rehabilitation, Chrysalis House recently celebrated the re-opening of our Maxwell Street location.

This year, Maxwell underwent a major renovation thanks to the generosity of our contributors: Kentucky Housing Corporation, Don and Cathy Jacobs, Derek and Neal Vaughan, The Keeneland Foundation, Wal-Mart on Nicholasville Road, Wal-Mart in Palomar Shopping Center and Home Depot. Tom Lett was the architect, the Wagner Company was the general contractor, and Joe Richardson oversaw the interior design.

Thanks to our supporters, Chrysalis House was able to: Repair and shingle the roof, update the floor plan, refurbish the kitchen, update the plumbing, repair the fire escape, refinish the hardwood floors, re-carpet the rest of the house, repair showers and bathroom sinks, paint the interior of the house, upgrade the electrical panel and light fixtures, improve storage space, and upgrade the fire alarm system, smoke detectors, and sprinklers.

Maxwell Street is a 14-bed facility where the focus is relapse prevention, vocational training, GED classes, individual and group counseling, and general life skills.



251 East Maxwell, Lexington, KY 40508

## Egg Hunt At Chrysalis House

Chrysalis House celebrated its annual egg hunt March 18, 2008 at Chrysalis Community Center. This annual event brought together over 25 children and their families. The children enjoyed hunting for their treasured eggs, drawing their favorite spring time art work with sidewalk



chalk, and munching on healthy snacks including: carrots, nuts, and other bunny-like treats.



## Chrysalis House Spring Cookout

The annual Chrysalis House cookout will be held on June 12, 2008 at Serenity Place Apartments. The annual event is a family-focused experience; complete with organized games, art contests, burgers, fruit, and plenty of fun. This event kicks off our annual United Way campaign.



*Chrysalis House: Building a Community, One Family at a Time*

# The Monarch



## **TAKE BACK THE NIGHT**

On March 26th, 2008, 52 Chrysalis House clients and staff participated in Take Back the Night, held annually by the University of Kentucky's Violence Intervention and Prevention Center. Take Back the Night is a national campaign held by public and private universities that is aimed at confronting sexual violence and domestic violence. The purpose affirms that all people have the right to be free from violence, the right to speak out against it and the right to reclaim their rights if they have been violated. Chrysalis clients participated in a silent march, decorated t-shirts, listened to testimonies given by survivors and took part in a candlelight vigil. Local agencies were on hand to provide support and information to victims. Two of our own clients shared their powerful stories and strengths in giving survivor testimonies and spoke out against violence.



## ***Gettin' healthy at Chrysalis House!***

Chrysalis House Wellness Coordinator, Jenny Falk, has been actively engaging clients in physical, spiritual, and mental exercises. Recently, the women have begun volunteering at God's Pantry Food Bank organizing and sorting food. Members from Unitarian Church have been providing sewing lessons for the women. They are learning to hem dresses, construct purses, pillowcases, bed spreads, and are currently making fabric from wool in bright and beautiful colors. Also, the women have been traveling to UK Arboretum where they have been practicing different forms of exercise, prayer, and meditation in order to explore relaxation methods and overall physical fitness.



## ***Crazy Days of Summer***



As the school year comes to an end Chrysalis House is preparing for our Summer Day Camp. This year the Children's Program will be teaching computer educational skills, cooking classes, directing and starring in a play, participating in karate lessons, attending a gymnastics class, going to 4-H overnight camp (3 days), partaking in cultural exploration activities and crafts, engaging in drug and alcohol prevention activities, and working on social skills activities.

The children will also be going on field trips to Raven Run Wildlife Sanctuary, Hummell Planetarium, Lexington Children's Theatre, The Kentucky Horse Park, UK Arboretum, UK Art Museum, Farmers Market, Shakertown Village, Mammoth Cave, Cincinnati Zoo, McConnell Springs Nature Sanctuary, Salato Wildlife Education Center, Dinosaur World, and the Aviation Museum.

***Mission Statement*** To support women and their families in recovery from alcohol and other drug abuse.

# The Monarch

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## Hearts of Gold

The children in the Chrysalis House After-School Program learned about charity during the month of March.



The children learned how charities helped people through, medical assistance, research, and basic needs. As their final project, the children chose the Cystic Fibrosis Foundation as the organization in which they wished to help.

The children educated their families about the disease and made several presentations to Chrysalis House staff about Cystic Fibrosis. The children ended the week with a march around the neighborhood to create awareness and raise money to find a cure for Cystic Fibrosis. The children raised over \$348 and were very excited about helping others.

## Summer is HERE!!

As summer quickly approaches the Children's Program is in need of supplies for the children to ensure that they have a safe and fun break.

- Beach towels
- Sunscreen
- Hand sanitizer
- Bug repellent
- Hand soap
- Board Games
- Chapter Books
- Toothpaste
- Toothbrushes
- Bubbles
- Hula hoops
- Used-t-shirts
- Cardboard
- Sunglasses
- Glue
- Scissors
- Lined paper
- Pencils
- Markers
- Paint
- Neosporin

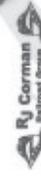
Please remember Chrysalis House when you are planning your charitable giving. Every donation helps support women and their families as they recover from alcohol and other drug addiction. Please feel free to contact Mary Allison Belshoff at 859-977-2508 or via email at [maryallisonbelshoff@chrysalishouse.org](mailto:maryallisonbelshoff@chrysalishouse.org) with any questions or inquiries.



9th Annual



2008  
HOUSE



51

RUN/WALK

www.chrysalishouse.org



Saturday, May 17th

8:00 a.m. Registration • 8:30 a.m. Kids Fun Run  
9:00 a.m. 5K Run / Walk

Coldstream Park • 1875 Newtown Pike, Lexington

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