

*"Anyone who chooses to see us for who we are and not what we've done is a true hero. You choose to see our potential in a positive light and I can't emphasize how rare that is...that is why you are my hero!"*

*- MSCL House Resident*

## Dear Friends of MSCL House:

We've reached the eight-month mark on our journey, and every day we make progress toward improving our services at MSCL House. We are excited to report that we've provided over 1,000 bed nights to a total of 10 residents since January 2019. Residents are on track to recovery with capable guidance from our house manager, John Inman. All of our residents are employed full time (with a few even working two jobs) as they focus on their recovery and personal well-being in a safe, stable environment.

We are also working tirelessly with the community to overcome the stigma associated with addiction. In June, through the 100 Men Who Care and the Flourish Foundation, Herbert Romero of Project Trainers out of Los Angeles helped us organize a Men's Asado BBQ at MSCL House to connect community leaders with MSCL House residents. We are also planning an Open House for later this summer to introduce our residents to the community and talk about how the sober living home is changing their lives for the better.

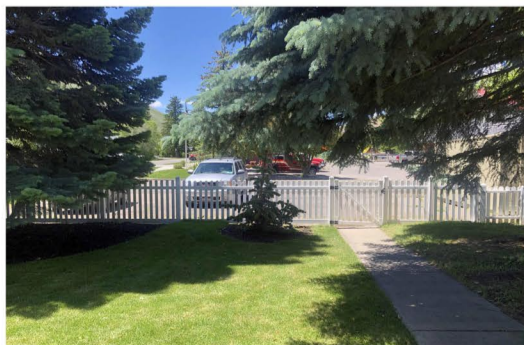


*Community Asado BBQ at MSCL House.*

Springtime was the perfect opportunity to make improvements to the exterior of the house and property.



*Above: Recently planted trees and shrubs provide a natural privacy screen to the deck and newly paved-in patio area. Below: New fence and grassed-in front lawn.*



Thanks to the generosity of James Gillespie and Mike Koleno of Evergreen Landscaping, who in early June coordinated donations from Marc Palmer of Webb Landscaping, Bryce Turzian of Sun Valley Garden Center and Dave Dawson of Whitehead Tree Farm, we now have beautiful trees and bushes, a new fence, a lush lawn, and a paved patio for our residents to enjoy in privacy.



In late June, we were grateful recipients of Zions Bank employees' selfless efforts, as they spent several evenings after work painting our porch as part of Zions Bank's 29th Annual Paint-a-Thon service project.

As part of our efforts to help our residents adopt a healthier lifestyle, we partnered with nutritionist Haley Willison from St. Luke's Wood River Medical Center to hold the first nutrition/cooking class with MSCL House residents. The men learned how to plan a meal, shop for ingredients and prepare healthy food—all on a budget. The class was hugely successful, and we plan to continue to offer this program made possible by a generous donation from Bex Wilkinson. In addition, we've also received an overwhelming response from local dentists willing to offer discounted dental services to our residents. Studies have shown that staying healthy and improving self-confidence can help substance abusers reduce their chances of relapse.

Over the coming months, we'll continue reaching out to businesses and community leaders to help us identify programs that support the health and wellness of MSCL House residents and provide them with gainful employment opportunities. With your continued involvement and support, we'll keep building on our early successes in helping our residents transition from a life of dependency to one of productivity, sobriety, and self-reliance.

With appreciation,

**Sonya Wilander**  
Executive Director

