



PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
WILMINGTON, DE  
PERMIT NO. 447



LIMEN HOUSE – Post Office Box 1306, Wilmington, DE 19899  
Men’s House - 600 W. 10th Street, 302-652-7969 / Women’s House – 624 N. Broom Street, 302-571-1216

### Your Generosity Continues to Provide New Life

#### My name is Allen.

My sobriety date is September 5, 2013. The Limen House gave me an opportunity unlike any I’ve ever had before. I initially did not want what they had to offer me. I had my own plans. I had this idea that if in six months they did not have me where I wanted to be, I was going to leave. They wanted me to sit still. They wanted me to face things within myself that I either never saw or blocked off somewhere deep inside. Where I had thought I was going to give them a chance, I later realized that here in this house were people who truly cared. They never saw me before but they knew exactly who I was. All they asked was that I give myself a chance. They taught me how to be honest with myself. I lied for years and years. They taught me how to be available to those around me. I’m a self-centered person. Thinking of others was not my first priority. They showed me that it is possible to be sober and be happy at the same time. Call me crazy, but I never believed it. They showed me that it’s ok to not be perfect. Not that I thought I was, but after taking away alcohol I suddenly became very critical of everything that I did. Maybe I was always this way. The Limen House helped me to find myself. Today I’m sober. Today I feel my feelings which is not always fun. Today I have choices that don’t center on drinking. Today I go to school for a career I enjoy. Today I have relationships with my family. I had to learn and am still learning how to have relationships with people. Life isn’t easy. It doesn’t have to be as hard as I always made it though. Albert Camus said it best, “Don’t walk behind me; I may not lead. Don’t walk in front of me; I may not follow. Just walk beside me and be my friend.”



#### My name is Jane.



Before I came to the Limen House I was in and out of treatment centers. I was usually the star of rehab. I participated in group, bared my soul about all of my issues, helped everyone I could, and drank the day I got out. I couldn’t figure it out. Why couldn’t I stay sober? The last, out of the four times, I was in Mirmont Treatment Center, it was suggested to me that I go to the Limen House. The director, my group therapist and the clinical supervisor called me in the office for a meeting. They told me my prognosis for staying sober was very poor. I was shocked. I felt great. It was then that it was explained to me that I needed long-term treatment, and that I would benefit from going to this program in Delaware for a year, called the Limen House. All I heard was a year and Delaware. I had a house in Philadelphia, and a high paying job. My two sons had come back home to live with me after I had put together six months of sobriety. Leaving all of that for a year was impossible! Besides, I really did not want to go live in Delaware. The truth was, I was barely able to work. My house was close to foreclosure, and I had convinced my boss of the high paying job, to give me another shot, after she called me into her office to fire me. Anyway, I went to interview at Limen House to appease the director. I met with Sister Margie and Debbie and explained to them about my house, my car and my high paying job. I figured that would really impress them. Instead Sister Margie said, ‘I don’t think you will be able to do this program’. ‘We are looking for someone who is willing to do anything to stay sober’. I thought, ‘Who does she think she is?’ Then I realized she was a nun, and that to me explained everything. She was not even in reality. I went back to the treatment center. Before I left, I made out a daily schedule to insure that I would stay sober at home. I accounted for every single hour of my day. I left confident that I would be fine. I was drunk in three days. So I began to read my life insurance policy. I wanted to see if it would pay out if I killed myself. I found out it would. I announced

YOU have made a real difference!  
Look inside to see how...

### SUMMER 2015 – IN THIS ISSUE

**Stories of Recovery:** Allen and Jane. Page 1 & 2

**Letter from the President:** Page 2

**Limen House Highlights & Events:** Annual Run for Recovery a Huge Success, New Women’s Home to be Ready Soon! Page 3

#### SAVE THE DATE

##### September 7th

Annual Limen House Labor Day Picnic, Bellevue State Park. Picnic is open to the community and includes alumni sharing their stories of recovery at Limen House, great food, volleyball, horseshoes and fellowship. Speakers begin at noon.

##### October 2nd

Annual Limen House Golf Tournament, Deerfield Country Club, Newark. Come and enjoy a great day of golf on a beautiful course. Registration begins at 7:30am. For more details, go to limenhouse.org.

##### November 7th

Annual Amethyst Ball, Vicmead Hunt Club, Greenville. Enjoy an evening of ballroom dancing and fun!

#### Did you know...?

You can contribute to Limen House through your United Way Contributions by designating Agency #0422. Limen House is a United Way agency.

*Limen House receives funding and is part of the system of public services offered by the Division of Substance Abuse & Mental Health*

Continued on page 2

## My name is Jane (continued from page 1)

this triumphantly to my kids one day telling them, 'You know guys if anything were to happen to me the house would be paid off!' They gave me the disinterested 'our mother is crazy' look. I couldn't believe they didn't get it. This was good news! I also sent a maudlin email to the director of Mirmont one night when I was drunk. I thanked her for all of the help and inspiration she had given me in my four stays at the treatment center. I told her I was glad she had faith in me but that I had given up on myself. She called me the next day when I was at work. She was worried I was going to kill myself. I was sort of puzzled. At that moment I was feeling fine. Reluctantly, I agreed to go back to treatment again and this time to try to go to the Limen House. When I entered the Limen House I was in bad shape. I could not concentrate. Reading was out of the question. I felt hopeless. I had absolutely zero energy. I was annoyed that we had to walk to the morning meetings, because I was out of breath on the walk back. When I met for weekly sessions with Sister Margie I became exhausted very quickly. This also annoyed me. I figured she must be at least ten years older than me, and she was always very animated and energized. Usually after a half an hour or so, she would stop, look at me in a concerned way and ask, 'Honey are you feeling all right?' 'Do you need to go lie down?' This was also annoying, although I must admit that I couldn't wait to go back to my room so that I could take a nap. It was a tough year. I was full of self-pity, felt rightfully victimized and full of fear. I did not think I had what it took to get sober. I thought I was too old, that my life was over, that I would never work again. The Limen House taught me to reach out for help; to pray and believe that everything would work out. Most importantly, it taught me to follow direction. I was encouraged to develop a network of healthy supportive women. Today I have seventeen months of sobriety. I have my own apartment and a job that I enjoy. I am going up to Philly to visit my father for Father's Day. I know in my heart I would have never been able to accomplish any of this without the Limen House. They gave me my life back. They gave my children their mother back. They gave my father his daughter back. There are not enough words to express my gratitude to everyone who has helped me along the way. Delaware is not so bad either. through life as a woman of dignity and grace and how to be present for my family and loved ones.

Thank you Limen House staff and residents for loving this grateful alcoholic until she learned to love herself.

## Letter from the President Sally H. Prendergast – July 2015

2015 is already flying by! We have had a lot of activity at the Limen House! So much to be grateful for! As always I would like to extend a sincere "Thank You!" to all of our many loyal friends and supporters, without whose faith and belief in us and our mission, we could no longer exist. As the deadly disease of addiction continues to steal the lives of so many in our country, here in Wilmington, Delaware, the heart of Limen House continues to beat stronger than ever and we march on in our fight against this disease.

Here are a few updates and highlights of this year so far:

Our May 20th Run for Recovery was a HUGE success with unprecedented sponsorship and participation! We more than doubled our amount of runners and walkers with about 300 participants. In addition, our community partnerships were in evidence at the event, with tables from Attack Addiction, Gaudenzia, to Aquila, just to name a few. Our dollars raised far exceeded previous years with a huge effort made by Reggie Irby and a very strong and dedicated Alumni group! It was truly a wonderful event. Thank you to all who participated and volunteered!

Also, we had an excellent meeting with the State of Delaware and despite all of the many changes the state is making regarding licensure and funding in the mental health and addiction field, the State made it very clear that they know and respect the program we have in place at Limen House. Kudos to our Staff – they continue to amaze me with their level of care, compassion, patience, and effectiveness in the treatment of the disease of alcoholism and addiction.

And lastly, we are working hard on our new Women's house at 1909 Baynard Blvd. and it should be ready before summer's end! This is in large part thanks to our Property Committee headed by Mike Loessner and his tireless efforts working with the City of Wilmington.

Our yoga program is back up and running at the Women's house and the Men's house has been enjoying a new instructor, Limen friend Leon Barnett with weekly yoga classes.

We just had to keep the faith through the rough times and as we say, "don't give up before the miracle happens!"

I wish love and light and a peaceful summer to all!

Best,

Sally H. Prendergast



Sally, Delaware First Lady Carla Markell, and Sarah Prendergast

## Limen House Highlights & Events

### Limen House Annual Run for Recovery a Huge Success

Over 250 runners and walkers came out to Wilmington's Rockford Park on May 20th to support the Limen House's annual Run for Recovery 5K. A beautiful spring evening helped pace the runners and walkers. Matthew Wood turned in the best time for men during the race and Limen's own Debbie Pisan took the women's honors. Thanks to Limen House Executive Director Reggie Irby and his cadre of dedicated volunteers, the annual event raised over \$15,000. Plans are already underway for next year's Run for Recovery. Limen House wishes to thank the event sponsors for their support:

Horizon Services, Inc.  
Corporation Service Company  
DSM Companies  
Financial House  
JR Walker Roofing  
First State Employment Services  
Mirmont Treatment Center

Tull Contracting Services  
Wawa  
Standard Polymers  
Pettinaro Residential  
Bernie's Original Italian Water Ice  
Connections CSP

Dynamic Remodeling  
Gale Force  
Newark Toyota World  
United Health Care Community Plan  
Sheraton of Wilmington  
WJBR

### New Women's Home to be Ready Soon!



The opening of the new Limen House for women at 1909 Baynard Boulevard, Wilmington, is closer to reality. After months of delays due to zoning, various code and rehabilitation issues, work is nearing the final stages with completion anticipated later this summer. This spacious turn-of-the-century home will allow Limen to increase the number of female residents by 50%. The new property is large enough to allow more programming, privacy, and chances to interact and hold community events – plus there are

9 ½ baths and a large kitchen to accommodate resident and staff needs. Property Committee Chair, Mike Loessner has done yeoman's work to ensure that the significant rehabilitation work that has been required meets all code standards. We are extremely excited to have this gem of a property ready for our residents and staff! Thank you to all that have made this dream possible.



Framing of new ADA compliant bedroom & bath

Limen House is regularly in need of clothing, furniture, toiletries, linens, kitchen utensils, and especially monetary donations

Please send contributions to:

Limen House  
600 West 10th Street  
Wilmington, DE 19801

Email: [limenhouseadmin@comcast.net](mailto:limenhouseadmin@comcast.net)

### Limen Board of Directors

Sally Prendergast, President  
Gus Cicala, Vice President  
Diane Burke, Treasurer  
Joseph Smack, Secretary  
Mark Aitken  
Mary Ann Blair  
Jim Burke

Aysha Gregory  
Susie Hudson  
Mike Loessner  
Carol Lovett  
Cindy Mooney  
Edith Prado  
Kathy Sherwin

### Limen Staff

Reginald Irby, Executive Director  
Michael Duffy, Counselor  
Sean McCauley, Counselor  
Debbie Pisan, Counselor  
Beth Undercuffler, Office Administrator  
Sr. Marguerite Walsh, Counselor

### Clinical Supervisor

Carol Lovett

facebook

Stay connected with us via Facebook where we post updates on events and addiction and recovery related news.

[www.facebook.com/Limenhouse](http://www.facebook.com/Limenhouse)