



On the HomeFront

SUMMER 2011



Anita Lee, Program Participants, Annette and Chris, and Program Manager, Tiffany Bower displaying their Vision Boards.



Anita is the CEO of Authentic Success, LLC,

Life Coaching Comes to Susan's Legacy

The International Coaching Federation defines coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential." It differs greatly from therapy, consulting, mentoring or training. Individuals, who are coached, can expect to experience fresh perspectives, enhanced thinking and decision-making, and increased confidence. Using a Certified Life Coach, participants will experience the value of coaching as a practice—one that has become mainstream in the corporate sector.

Anita C. Lee (a.k.a. "Your Authentic Success Coach") helps women entrepreneurs and other

professionals break through barriers—sometimes self-imposed—to attain true success in works with highly motivated individuals who are passionate about making a positive difference in the world. Anita is the creator of "7 Steps to Authentic Success," a process to help clients move from "I wish I could" to "I'm glad I did."

An author, speaker, consultant, and professional life coach, Anita works with women globally through private and group coaching, writing, and speaking. Her book *The Authentic You: Becoming the Woman You Were Created to Be* is available through Amazon.com or directly from the author—

www.AnitaCLee.com
Anita@AnitaCLee.com

The Community Stepped Up!

A special thanks to the community members who recently responded to our plea for assistance posted on our Facebook page. As a result, furniture and household goods poured in! The response was so great that currently we have no more room to receive furniture items! The program participants who went from homelessness to a place they could call their own, were very appreciative. On behalf of those we serve, our sincere thanks!



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Casa Verde Owners:
The Maestas family:
Top right to left,
Jack, Donna, Don,
Barbara, Maddison
and Benny

Jordon , Diane,
Donna , Sofia,
(Not pictured:
Dena Sparks)



Participants in our Support and Recovery Program were recently rewarded for working to improve skills that will help to make them more employable. Resume writing, "How to WOW them at your next interview," and dressing for the workplace were all components Program Manager, Tiffany Bower , addressed in job and life skills classes.

Casa Verde employee, Dena Sparks, arranged for a day of pampering for participants who

completed the course. The Maestas family, and their dedicated employees, are known for donating their services to many non-profits in the community.

**Thank You
Casa Verde!**

Case Verde is located at 5113 Comanche Rd. NE in Albuquerque. Visit their web page for more information:

<http://casaverdespa.com>

UNM Spring Storm!

On Saturday, April 23rd, our quarterly storage clean-up went into high gear when Bianca Castillo, Bianca Rivera, Jessica Baldonado, Janeé Chavez, Michelle Trujillo, Whitney White turned out for UNM's annual Spring Storm. They sorted they cleaned, they organized! "An amazing job," said program Manager, Tiffany Bower, whose son pitched in. Susan's Legacy maintains an inventory of clothing and household as a part of our New Mexico Mortgage Finance Authority Essential Services Grant. Case managers providing services to homeless women with co-occurring disorder, contact Tiffany Bower at 206-3366, if you have a program participant needing these essentials.



***"How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong...
...because someday in life you will have been all of these."***

George Washington Carver



A Farewell to Susan's Legacy

It was with mixed sadness and excitement that I tendered my resignation as Clinical Director with Susan's Legacy in mid-June. I have the opportunity to realize my long-time dream of opening a private practice earlier than I expected, so now was the right time to shift my focus in that direction. This was the excitement part... I also leave with sadness in my heart to lose the wonderful colleagues I had the privilege to work with over the last year.

I truly respect each one for her strengths and all of them for their dedication and hard work! I can honestly say I have never had the kind of synergy at any other workplace like the one we have here at Susan's Legacy. I will miss that feeling and interacting with the staff and clients every week.

I hope we will all stay in touch as colleagues from a short distance as service providers in this small community. I have strong faith that Susan's Legacy will shortly become an even larger presence in Bernalillo and Sandoval Counties and will feel great joy when I hear that news!

Warmly and Respectfully,
Tamara M. Abousleman, Ph.D., LMHC



New Clinical Supervisor on Board!
(Pictured here at a church event with Pastor Dale)

Julie Morgan is joining Susan's Legacy as Clinical Supervisor. She worked for AMCI (Albuquerque Metro Central Intake) for the past nine years as the Senior Counselor in charge of the Adolescent and Youth Program. Other positions she held at AMCI included Senior Counselor in charge of the Adult Outreach Program and as an assessment counselor for the adult dually diagnosed community.

Julie has been married 28 years. Her husband Chris works as a

Designer for AECOM, specializing in civil and structural design. They have a daughter, Stephanie, and two sons. Stephanie, works in teacher support in the Seattle Area. Stephanie also works with teachers

preparing for national teaching certification.

Julie and Chris have two boys, Bradley, 13, and, Jeremy, 15. Both are avid musicians. They play the flute and tuba respectively. Two dogs, Dwayne and Willie (named after the Oakridge Boys) round out the family!

An avid amateur bead weaver/jewelry maker she is active in the beading community in Albuquerque. She has directed hand bell choirs in the past. Music is a very important part of her family. She describes herself as a "techie geek" who loves computing and other electronic gadgets!

Julie brings a wealth of experience to our agency and the staff couldn't be happier to have her on board!



Meet Karyl Russell. She is a big fan of Susan's Legacy and has agreed to serve as our Volunteer Coordinator of Volunteers. If you are interested in learning about volunteer opportunities, please contact Karyl at:

dawnbreezeam7@comcast.net.

"Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks."

Johann Gottfried Von Herder

Board of Directors

Anne Rose, Ph.D., Board President

Forensic Psychologist
6721 Academy Rd. NE, Suite A
Albuquerque, NM 87109
(505) 843-8450
roscop@umich.edu

Joy Emmons, Treasurer

11211 Oakland NE
Albuquerque, NM 87122
(505) 401-8133
joyemmons@comcast.net

Amorena Almand, Secretary

Student
11004 Lexington NE
Albuquerque, NM 87112
alman018@umn.edu

Myra Wilson

Peer Member
2604 Chelwood, NE
Albuquerque, NM 87112
505-489-6034
mkwzzz123@gmail.com

Patrick McNertney (on leave of absence)

Investigative Trial Counsel New Mexico
Judicial Standards Commission
111 Lomas Blvd. NW, Suite 220
Albuquerque, NM 87102
(505) 222-9353
pmcnertney@nmjsc.org

Sherron Smith--Davis

Retired Business Owner
10829 Lowe NE
Albuquerque, NM 87109
(505) 296--1514
sherron1a@q.com

Glena Gebara

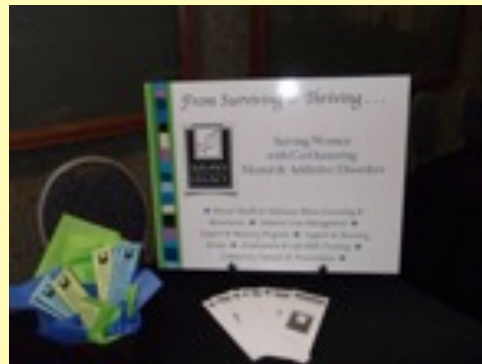
Vice President, Private Banking Relationship
Mgr 500 Marquette NW, 14th Floor
Albuquerque, NM 87102 (505) 301--0344 (c)
glena.gabara@bankofthewest.com

Rosalyn Chapman

PO Box 612 Pacific Palisades, CA 90272

Lisa Olguin

Finance Department/City of Rio Rancho
505-203-2653
olguinlisa@yahoo.com



Head-to-Toe Conference

On April 13th,
Board Secretary,
Amorena Almand
and Executive
Director, Jenny



Johnstone-Smith attended "Head-to-Toe," a health education conference. Thanks to Kesselman-Jones, Susan's Legacy was one of many non-profits provided a vendor table at the conference. What a great way to support the non-profit community!

Visit us on Facebook! 

<http://www.facebook.com/susanslegacy>

2011 / 2012 FY Funding

We are fortunate to receive funding from United Way of Central New Mexico and the following groups and agencies:
New Mexico Mortgage Finance Authority
- New Mexico Human Services Department / Behavioral Health Services Division - OptumHealth New Mexico - A Caring Community and You!

