



Worthy Recovery Inc. dba Worthy Women Recovery Home  
WWRH, PO Box 116, La Porte, IN 46352

## What do the residents do?

## October 2023 Newsletter

From Sonshine's Heart,

I wrote in July, that WWRH is turning down \$24,000 annually in Recovery Works (RW) government funds. I would like to explain why; below are the two reasons why the board voted "No".

**#1:** As a DMHA Certified Recovery Home receiving RW funds, we must offer **Medically Assisted Treatment - MATS**. This means we would have to allow the drugs, Methadone and Suboxone, to ween women off of drugs. Discrimination was threatened against two homes who refused MATS. WWRH does not take women off the streets who are high or drunk. AND, our pathway to recovery is Jesus Christ!

**#2:** If a female decides once she is in WWRH, that she wants to be referred to as he/him, we have to oblige. If a male wants to be a female, and come to WWRH, we have to oblige. Yes to trusting God only!

I am often asked "What do the ladies do all day? Do they have a schedule?" Perhaps many of you wonder too. The following program explanation is not all inclusive, but here are some major parts:

### WORTHY WOMEN WEEKLY SCHEDULE 8-2023

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lights Out 10p-7:30a	LIGHTS OUT 10p - 6:30a					Lights Out 11p-7:30a
6:30-8:25a	Exercise/Eat Chores/Shower^/ Bible Plan	Exercise/Eat Chores/Shower^/ Bible Plan	Exercise/Eat Chores/Shower^/ Bible Plan	Exercise/Eat Chores/Shower^/ Bible Plan	Exercise/Eat Chores/Shower^/ Bible Plan	Exercise/Eat Chores/Shower^/ Bible Plan	Sleep In
8:30-8:45a	Medication	Medication	Medication	Medication	Medication 8:05a	Medication	
9-10:15a	Bible Study	Devotion	Devotion	Bible Study 9-10:30a	LPMC Quilting 9-11:30a	Heart of Addiction	Medication 9:00a
10:30-11:30a	Church	Case Management	Case Management	Case Management		Reflections	Brunch/Clean up
11:45-12:30p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Deep Clean & Chore Areas 11:45a - 3p
12:30-2p	VISITS 1-3p, 3-5p / Recovery Plans	*Appointments/ Recovery Plans	HOPE	*Appointments/ Recovery Plans	MRT 12:45-2:15p	Homework	
2-2:30p			Break			Sewing Class	Showers 3-4p
2:30-4p			Bible Study 2:45-4:15p		Online Class		
4-5p		Chores/Cook	Chores/Left Overs	Chores/Cook	Chores/Leftovers	Bible Study	Cook/Leftovers
5-6:30p	Family Dinner/ Clean up	Family Dinner/ Clean up	Family Dinner/ Clean up	Family Dinner/ Clean up	Family Dinner/ Clean up	Fend for Yourself	Fend for Yourself
6:30-8:15p	Free Time/ Phones	MRT	Heart of Addiction Homework	Relapse Prevention	Free Time/ Phones	GAMES/MOVIE Medication 9pm	Shopping
8:30-9p	Medication	Medication/Phone	Medication/Phone	Medication/Phone	Medication		
9:30-10p	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME		Medication/Phone
	Lights Out 10p-6:30a					Lights Out 11p-7:30a	

The first five activities between 6:30-8:25 am, take about THREE WEEKS to learn a routine for and to do without lying about exercising or showering. Constant reminders and a lot of back talk for 3 – 4 weeks, equals the need for a LOT of patience. Devotion time is topics residents ask about. During case management residents make phone calls, appointments, obtain State ID's, SS Cards, Insurance Cards, Birth Certificates, former medical records & prescriptions, family member phone numbers, clothing, W-2's, file past due tax returns, contact debt collectors, and even ask for my help dealing with identity fraud.

I teach the bible, MRT Groups, how to cook, how to clean efficiently with various solutions. Our volunteers teach sewing and crafts, bible studies, and come to play games; I am grateful for them and so is the board of directors. Residents use the computer for their logs, finance class, and Microsoft Office Basics.

### **More about how they can stay free if they agree to the Financial Responsibility:**

**#1:** Residents have to **save every receipt**, list it on an excel sheet, and mark down if it is **a need or a want**. Seeing their spending habits like a checkbook register, wakes them up. They agree to pay any court fees, and to save 80% of what's left. They agree to pay \$100 weekly after six months completion at WWRH.

**#2:** They must complete a **free UDEMY Online Course**, about 40-50 hours, called Personal Finance 101: Everything You Need to Know.

**#3: A Budget** – I help them write out a budget on a template provided for them, to figure out how much money they will need to live. They look for rentals; and for jobs online or through WorkOne.

**#4: Tithe** – They are taught, and encouraged to tithe according to Malachi 3:10 in the bible. When residents complete the above and our 6-Month program, they receive a computer for graduating.

### **WWRH PRAYER REQUESTS:**

1. Residents who want/will honor God's word and each other,
2. Marketing / fundraising help,
3. 20 more monthly financial partners of \$20 or more,
4. \$1,00,000 worth of financial gifts that earn interest for long-term sustainability,
5. A mature, compatible, female Christian Staff, who is discerning, and easily directs others,
6. More Jesus-following Board Members!
7. A resident graduated last week! YEAY! She likes privacy, please pray for her journey.

**WWRH RECENT EXPENSES:** Freezer repair (\$350), air duct cleaning quoted at \$1,092, due on Oct 11, 2023.

**A HUGE THANK YOU to Village Supply and Cade Cooper on 710 Boyd Blvd in La Porte**, for donating the services for our 5 Fire Extinguisher clean outs and refills, a code requirement every 6 years!

Please help us help them. **Worthy Recovery, Inc. dba WWRH is a not-for-profit tax-exempt 501c3 Charitable Organization. Please consider giving to help us help women who want Jesus! Please visit [worthyrecovery.net](http://worthyrecovery.net) Email me at [info@worthyrecovery.org](mailto:info@worthyrecovery.org) or call WWRH at 219-325-3660.**

***Because of Jesus,***

*D. E. "Sonshine" Troche*

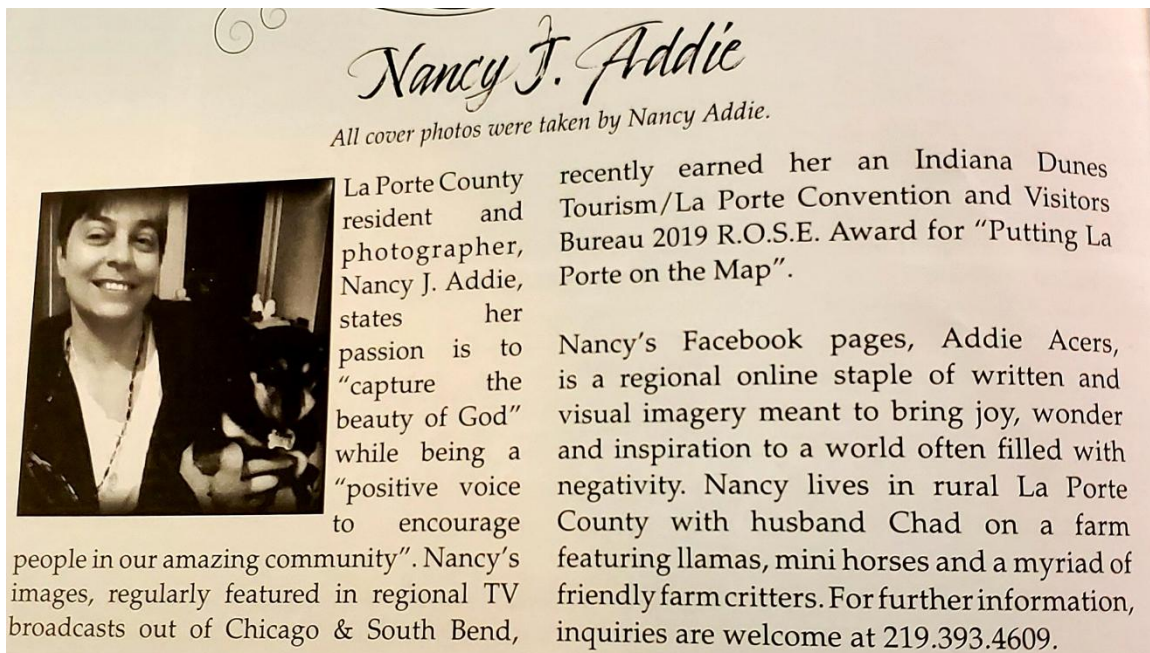
D.E. "Sonshine" Troche, ***Jesus-Follower***

AAS, MRT® Advanced Certified

Worthy Recovery Inc. dba WWRH, Executive Director & Founder

**November 4<sup>th</sup>, 2023 WWRH Annual Banquet @ THE SILVER PALACE in La Porte from 6 to 9 pm (cst). [www.worthyrecovery.net](http://www.worthyrecovery.net)**

Join us to hear the story of Nancy Addie, of Addie Acres. Nancy has a gifted eye for beauty when with her camera. She loves Jesus, is married to a Farmer, and has published a book. Many years ago, she suffered with addiction and being abused. Recently, she lost her only son to an overdose. You wouldn't guess that Nancy hurts, by her writing and pictures that bring joy and hope to so many! Nancy will write her story out, and if she is too nervous to speak, I will read it for her. We've been friends since 2010; we discuss deeper things, our thoughts, words, and behavior, really, how to glorify God!



**2023 WORTHY WOMEN BANQUET Reservation Form**

**Please remit payment & form to Worthy Recovery Inc. (WRI) PO Box 116, La Porte, IN 46352 or submit your information when you pay online [www.worthyrecovery.net](http://www.worthyrecovery.net)**

I would like to sponsor \_\_\_\_ Table (8 seats) for \$500.00. (Seats are donated if you cannot attend).

I would like to sponsor \_\_\_\_ Half-Table (4 seats) for \$300.00. (Seats are donated if you cannot attend).

I would like to purchase \_\_\_\_ seats (\$40 per). I would like to purchase \_\_\_\_ couples (\$75) seating.

Please reserve seats by 10-26-2023. Email [info@worthyrecovery.org](mailto:info@worthyrecovery.org) or call 219-405-7006 for more information.

Your Name/Business Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I am reserving \_\_\_\_ @ \$40 per = \$\_\_\_\_\_ I am reserving \_\_\_\_ @ \$75 per = \$\_\_\_\_\_

Check #: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_ I will register and pay online by 10-26-2023.

I am unable to attend, however I would like to donate \$\_\_\_\_\_ for someone who wishes to attend.

Meal is buffet style and includes 3 meats, vegetables, potatoes and non-alcoholic beverages.

Guest #1: \_\_\_\_\_ Guest #2: \_\_\_\_\_

Guest #3: \_\_\_\_\_ Guest #4: \_\_\_\_\_

Guest #5: \_\_\_\_\_ Guest #6: \_\_\_\_\_

Guest #7: \_\_\_\_\_ Total Number of Guests: \_\_\_\_\_

Reservations are "at will" (Guest list at the event). WRI dba WWRH is a 501c3 Charitable Organization. All contributions are tax-deductible as allowed by law.