

# From Tragedy to Action

## FROM THE DIRECTOR

My little sister, Rainey, was a fun, outgoing, beautiful, intelligent girl. She grew up in a family surrounded by love, made friends easily, and could outsmart just about anyone. She loved rescuing neighborhood animals, helping with shelter and rescue dogs and volunteered at low cost spay/neuter clinics with me. She wrote beautiful poetry, loved music, and enjoyed reading as many books as she could. But what she enjoyed most of all was spending time with her family. As some teens do, Rainey experimented with drugs and alcohol. Unfortunately, after the birth of her daughter, that experimentation took a deadly turn when Rainey was introduced to heroin. On May 1, 2015, at only 20 years old, 10 months after the birth of her second child, and after 3 stays in rehab, Rainey lost her life due to an overdose.

In June of 2016, after hearing more stories of overdose deaths, I decided to form Rainey's Light. Throughout her short life, Rainey gave so much of herself to help her family, animals, and people in need, that I felt it important to honor her by helping parents like Rainey remain in recovery, and provide a good stable life for themselves and their children.

I am hoping that Rainey's Light will grow in the coming years to be a solid support system for parents in recovery and their children. We can do that with community support, hard work, love, and understanding. We hate the addiction, but not the people who are struggling with addiction. Addiction is a disease that hurts not just the person addicted, but also their families and communities. Rainey's Light believes that there is hope for recovery and we will fight as hard as we can to help those in need of recovery to find it and keep it.

Michele Avery  
President & Founder

## DISEASE VS. CHOICE? THE DEBATE.

On social media today, you see the debates about the question, "Is addiction a disease or a choice?" At Rainey's Light, we know addiction is a disease. Now, many will argue and say no way, it's different from cancer or diabetes because of choice. They say people *choose* to do drugs and therefore, addiction cannot be a disease. Well, they are right about one thing, people do make that first choice to pick up a drink or drug. Doing drugs or drinking is not a disease. However, for some people, that's where the choice ends. For many, their brain chemistry changes, either quickly or over time, to where their brains and their bodies must have those drugs to function, to get up in the morning, to fall asleep, to not feel like they are going to die. That is addiction. Now, some may still say well it's different. But, is it really that different? Some people suffering from cancer are smokers. Some people who suffer from diabetes have lifestyles of eating and exercising poorly that caused the onset of their disease. Some people would not have developed HIV/AIDS if they didn't have unprotected sex. These are just some examples of diseases where human action can sometimes lead to the disease. It is by no means to diminish the seriousness of those diseases. However, the disease of addiction is just as serious. If addicts do not get treatment by a doctor and professionals in the field, they will likely eventually die. The same goes for the diabetic who does not take medication or make the necessary lifestyle and nutritional recommendations by their doctor.

(Continued on page 3)



## INSIDE THIS ISSUE

From the Director .....	1
Disease vs. Choice? .....	1
Continued .....	3
Naloxone .....	2
Grief Support .....	2
Wish List .....	2
K-2 Synthetic Marijuana .....	4
Help Wanted .....	5
New Beginnings .....	5
Pancake Breakfast .....	6
About Rainey's Light .....	6



## OUR WISH LIST

### Gift Cards:

Giant Foods  
Karns Foods  
Wal-Mart  
Target  
Babies R Us  
Toys R Us  
Dollar General  
Staples  
Amazon.com

Plain paper

Plain white envelopes

Postage stamps

Stapler

Staples

Paper clips

Small filing cabinet

Small office desk and chair

Folders

Naloxone

## NALOXONE (NARCAN)

Naloxone is a medication that can reverse an overdose that is caused by an opioid drug (i.e. prescription pain medication or heroin). When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes. Naloxone has been used safely by medical professionals for more than 40 years and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death.

Family members and friends can access this medication by obtaining a prescription from their family doctor or by using the standing order (a prescription written for the general public, rather than

specifically for an individual) issued by Rachel Levine, M.D., PA Physician General. The standing order is kept on file at many pharmacies, or may be downloaded at [www.health.pa.gov](http://www.health.pa.gov).

Naloxone prescriptions can be filled at most pharmacies and some insurance companies do cover the cost. Contact your pharmacy and insurance company to determine your cost.

If you have a friend or family member who suffers from addiction to opioid drugs, we encourage you to have Naloxone.

Learn more about Naloxone and how to administer it at: [www.getnaloxonenow.org/](http://www.getnaloxonenow.org/)



## SUPPORT FOR THOSE LEFT BEHIND



Rainey's Light is involved in two resources for those who have lost loved ones to their addiction.

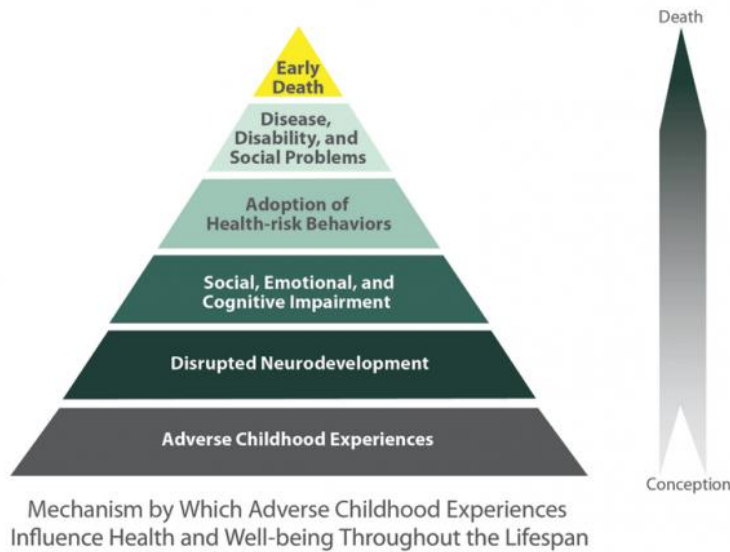
The first resource is LOST TO ADDICTION Grief Support Gatherings. These gatherings are held at JFT Recovery and Veterans Support Services, 300 Market Street, in Lemoyne. The gatherings are held on the first and third Thursdays of each month at 7:00 p.m. The

gatherings have no set agenda and are for anyone who has suffered the loss of a loved one to addiction. It is an opportunity for those suffering in silence with the stigma and pain of such a loss to connect and communicate with others who understand their pain, and be surrounded by people who will not judge them or their loved one. Many family members suffer in silence due to the stigma associated with addiction. These gatherings can also show families some of the programs in the community that are designed to overcome stigma and help others recover.

The second resource is the Lost to Addiction Central PA Facebook page. This is a closed private group where people can discuss anything concerning their loved one or their loss in a safe, comforting atmosphere on social media. People can connect with others and receive peer support while they work through their grief without judgement.



[www.facebook.com/groups/LTACentralPA](https://www.facebook.com/groups/LTACentralPA)



*The ACE Pyramid represents the conceptual framework for the ACE Study. The ACE Study has uncovered how ACEs are strongly related to development of risk factors for disease, and well-being throughout the life course.*

## WHAT IS ADDICTION? DISEASE VS. CHOICE

(continued from Page 1)

You may say, well people know drugs are bad, so it's their fault they used them in the first place. But, we all know cigarettes are bad, causes cancer in the smoker and non-smokers alike, yet how many people still smoke? We know alcohol can lead to liver damage, DUI crashes, domestic violence, blackouts, etc., yet many still have a drink, or two or three. And what about those people who were injured and prescribed pain killers and then became addicted? They didn't make a choice.

Why do some people become addicted and others don't? According to the Centers for Disease Control and Prevention, one factor has to do with ACEs (Adverse Childhood Experiences). Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue.

As the number of ACEs increases, so does the risk for the following outcomes\*:

### **Alcoholism and alcohol abuse**

Chronic obstructive pulmonary disease  
Depression  
Fetal death  
Health-related quality of life  
**Illicit drug use**  
Ischemic heart disease  
Liver disease  
Poor work performance  
Financial stress  
Risk for intimate partner violence

Multiple sexual partners  
Sexually transmitted diseases  
Smoking  
Suicide attempts  
Unintended pregnancies  
Early initiation of smoking  
Early initiation of sexual activity  
Adolescent pregnancy  
Risk for sexual violence  
Poor academic achievement

\*This list is not exhaustive. For more outcomes see selected journal publications.

Please visit the CDC's website to learn more about the ACEs study at <https://www.cdc.gov/violenceprevention/acestudy/about.html>.

Other than ACEs, there are also other factors such as heredity and environmental factors that seem to contribute to addiction. Regardless of the reasons any particular individual suffers from addiction, it is important to treat their condition as an illness/disease. A person suffering from addiction needs detox, professional treatment (whether inpatient or outpatient), and ongoing support from programs, their family/friends, and their community. Stigma actually can prevent a person from seeking recovery due to the shame and guilt associated with addiction. At Rainey's Light, we are committed to educating the public and helping to end the stigma of addiction. Understanding this disease can help the fight against it.

## RAINEY'S LIGHT SUPPORTERS

**Thank You to our donors and supporters!**

Natalie Cribari Drug Awareness Fund

JFT Recovery & Veterans Support Services

Megan Wiebel, Avon Representative

April Rivera, Director, Scentsy

Kris's Shear Effects

Patrick Hannigan Foundation

William Penn Social Association

Brent L. Miller Jewelers & Goldsmiths

Friends & Family of Tyler Nicole (Howard) Middleton

Karns Foods

Wegman's

Giant Food Stores

Lisa Roemer, Realtor, Berkshire Hathaway HomeServices

Evelyn Bertoni, Faulkner Subaru

Jennifer Storm, author

Steph Luckenbaugh, Perfectly Posh Independent Consultant

The Dogs' Den Education & Adoption Services

*Thank you* 



## RECOVERY DAY

Mark your calendar for September 23rd! Rainey's Light will have a table at this year's Recovery Day held by Dauphin County Drug & Alcohol Services. Recovery Day is Saturday, September 23rd from 10:00 a.m. to 3:00 p.m. in the Harrisburg Mall on Paxton Street in Harrisburg. Please stop by our table and visit with us!



<http://smile.amazon.com/ch/81-2430605>

You can support Rainey's Light just by shopping using Amazon Smile! Just use this website or go to smile.amazon.com and chose Rainey's Light as your charity. It costs you nothing and Amazon will donate every time you shop with them!

## K2 SYNTHETIC MARIJUANA OVERDOSE

On July 12, 2017, Wolf administration officials warned residents and emergency responders that a recent spike of overdoses from a synthetic marijuana known as K2 in Lancaster County has the potential to spread to other areas of the state.

"Synthetic marijuana is a man-made mind-altering chemical, that isn't marijuana at all but made to mirror its effects," Acting Secretary of Drug and Alcohol Programs Jennifer Smith said. "It can have a much more powerful effect on the brain than chemicals found in the marijuana plant. The chemicals in them are often unknown, dangerous and deadly."

Lancaster County emergency rooms have seen more than 125 overdoses attributed to K2 in the past few days.

"Synthetic drugs like K2 make treating overdoses especially difficult because we don't know what chemicals or other drugs were used to make them," Acting Secretary of Health and Physician General Dr. Rachel Levine said. "The life-saving drug naloxone is not effective in reversing overdoses from K2 or other synthetic drugs. First responders and emergency rooms across the state are being notified of these overdoses and what to look for in their communities."

Synthetic marijuana can produce health effects such as:

- Altered awareness of surroundings
- Delusional or disordered thinking
- Violent behavior
- Anxiety
- Confusion
- Rapid heart rate
- Nausea and vomiting
- Seizures
- Paranoia
- Hallucinations and psychotic episodes
- Suicidal thoughts

Health care providers with questions should consult with their poison center about the management of their patients. Residents can call 1-800-222-1222, the Poison help line, to speak with the experts at their local poison center about synthetic marijuana.

In 2016, more than 4,800 Pennsylvanians died from a drug overdose, a 37 percent increase over the 2015 count. Heroin and opioid overdoses are the leading cause of accidental death in Pennsylvania.

If you or someone you know is suffering from the disease of addiction, call 1-800-662-HELP or visit [www.pa.gov/opioids](http://www.pa.gov/opioids) for treatment options.

Original press release at: <http://www.media.pa.gov/Pages/Health-Details.aspx?newsid=437>



## HELP WANTED!

Rainey's Light is searching for volunteers! The only requirement is a passion and compassion for helping parents and their children in the central PA area on their road to recovery. Volunteers can help as little or as much as their schedule allows, and can be out in front or behind the scenes. Dedicated volunteers are absolutely necessary for the success of Rainey's Light. Volunteers are needed in the following areas:

Managing fundraisers  
Hands-on help at fundraising and awareness events  
Obtaining sponsorships  
Mailing Brochures/donation requests  
Treasurer  
Grant writing  
Managing informational tables at community events  
Temporary transportation of mothers to local meetings or appointments  
Person in recovery to run recovery meeting for parents and their children  
Other ways as necessary

Please contact us at [raineyslight@yahoo.com](mailto:raineyslight@yahoo.com) and let us know how you would like to help!



*“In 2016, more than 4,800 Pennsylvanians died from a drug overdose, a 37 percent increase over the 2015 count.”*

## HELPING WITH NEW BEGINNINGS

Rainey's Light just began in the Summer of 2016. Starting in January of 2017, we have already helped several families in the local community to be able to sustain their recovery. We have helped in some of the following ways so far this year:

- ◆ Babysitting during recovery meetings
- ◆ Bus passes
- ◆ Car purchases
- ◆ Car insurance
- ◆ Recovery house rent

These awards to families have helped several parents and their children to continue their education, obtain substantial employment, and most importantly, helped them to be productive members of our communities and continue their goal of long-term recovery as a family unit.

Just as a side note, we do screen families carefully to make sure they are on a consistent verifiable path to recovery and that they truly need the help requested.

In order for Rainey's Light to continue helping local families, we need community support. This support can come from financial partnerships with local businesses, individual support of our fundraisers, and donation of goods and services.

Our volunteers work hard holding various fundraisers throughout the year. In the past year, we have held Thirty-One fundraisers, Scentsy fundraisers, raffles, R&K Sub and Sandwich fundraisers, and, most recently, an all-you-can-eat pancake breakfast.

If you would like to help with future fundraisers, please let us know! We can use all the help we can get so that we can keep helping qualifying families who need us.

Awards granted so far  
in 2017 total:

**\$3,377.95**



## RAINEY'S LIGHT

Rainey's Light is a non-profit organization in memory of Lorraine "Rainey" Avery of Carlisle, PA, who died of a heroin overdose in May of 2015.

Rainey was an intelligent, beautiful and charitable young woman who loved her children, family, friends and animals. Rainey would help anyone or anything in need. She volunteered hundreds of hours with her oldest sister to help homeless animals at shelters, rescues and spay/neuter and vaccine clinics, and helped TNR neighborhood feral cats. She was charming, thoughtful and a genuinely good person who is missed by everyone who knew her.

We are continuing her dream of a stable, quality life for herself and her children by helping other parents like Rainey successfully transition from inpatient to outpatient recovery.

Rainey's Light  
316 N 48th Street  
Harrisburg, PA 17111  
(mailing address only)

Phone: 717-576-0899  
E-mail: [raineyslight@yahoo.com](mailto:raineyslight@yahoo.com)



## BREAKFAST OF STRENGTH AND HOPE

On July 22nd, we held our first All-You-Can-Eat Pancake Breakfast of Strength and Hope in partnership with JFT recovery and Veterans Support Services. This fundraiser was a big success and we hope to make it a yearly event that will continue to grow each time! In all, we raised \$770 to split with JFT. We had awesome food prepared by the Signore brothers, nice raffle and door prizes, and the breakfast was attended by many wonderful members of the community who learned quite a bit about recovery and our organizations.

We at Rainey's Light especially wish to thank Shirley Trombetta and her husband, Bill, who coordinated the breakfast almost single-handedly, and all of the other wonderful volunteers who worked so hard to make our first breakfast a success!

We also wish to thank the following sponsors/donors of the breakfast:

Megan Wiebel, Avon Representative  
Mayling Bittner  
Brian Carson & Terri Kreiger  
Jennifer Storm  
Denise Dupert  
Steph Luckenbaugh, Perfectly Posh Consultant  
The Dogs' Den Education & Adoption Services  
Nancy Masemore  
Kris Radle  
Kris's Shear Effects  
Wegman's  
Giant Foods  
Karns Foods  
Lisa Roemer, Berkshire Hathaway HomeServices  
Evelyn Bertoni, Faulkner Subaru Harrisburg  
Harrisburg Senators



### Please Accept My Tax-Deductible Contribution to Rainey's Light

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Amount \$ \_\_\_\_\_

☐ General Donation

☐ In Honor or Memory of: \_\_\_\_\_

☐ I wish to remain anonymous

Special Note: \_\_\_\_\_

Please make checks payable to Rainey's Light and mail to:  
Rainey's Light, 316 N 48th Street, Harrisburg, PA 17111