



The R.E.A.L. News

from the Live R.E.A.L. Foundation

Relational, Empathetic, Authentic & Loving

Defining R.E.A.L., a 5-part Article Series by Founder, Bev Pomeroy

A is for Authentic

Authentic is the third word in our name and the third character attribute that we hope to increase in our communities.

To be authentic is to be you, the real you, unapologetically. Authenticity is not always easy and you may even find it difficult to determine how to navigate being authentic in the made up world we live in. I believe one of the biggest reasons is because of Hollywood and social media. There has been some forward movement with having more full-bodied women and other "imperfect" people in ads, movies and television. But this alone will not make an actual difference in our society. Social media allows you to edit your picture, tell a fairy tale story and present yourself any way you want to paint a picture that is more socially accepted.

Another reason authenticity is not always accepted is because the practice of pleasantries has gotten out of control. Do you ask people "How are you?" and not want an actual answer? Do you answer that question with "I'm fine." when you are not? Why? Is it because you don't want to bother them with the truth? I know you may be saying, "I am a private person." You can be a private person and be authentic at the same time. You don't have to tell anyone every detail of what is going on in your life. A simple "Things are a struggle right now." And then follow it up with, "I don't wish to go into any details right now". That is a simple, non-confrontational way to say how you really are and staying private at the same time.

The more we practice speaking how we feel, how we are, what we believe and what we want & don't want... the easier it will become. I also believe it will make it easier for those around us to do the same. As many of you have heard from me before; If we change our minds, we'll change our actions. If we change our actions then those around us may change their minds & their actions. And if that continues we can change our world.

Will you accept my challenge to make it main-stream "normal" to be **Perfectly Imperfect?** Or how about stopping the social pressure of fitting in by not judging people and allow people to be the individual they are? Let's be R.E.A.L. together!



Let's go wild
and make our goal
2024 naloxone kits
distributed this year!

Newsletter Highlights

Article written by our Executive Director

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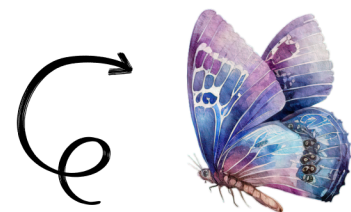
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GET A LOCAL SHOP'S GIFT CARD BY BEING THE FIRST TO FIND & NOTIFY US OF THE HIDDEN BUTTERFLY. SEND THE LOCATION & YOUR CONTACT INFO TO administrator@golivereal.org

Last issue's was in the top R photo of our new office.

Social Media Isn't All Fun & Games

Chinese Drug Dealers Use Risqué Ads to Sell Narcotics, Fentanyl Ingredients on US Social Media

Philip Lenczycki / @LenczyckiPhilip / December 18, 2023

Accounts claiming to represent Chinese drug manufacturers are using provocative images of women to advertise narcotics and fentanyl precursors on U.S. social media, according to a Daily Caller News Foundation review of hundreds of English and Chinese-language social media posts. [...]

The Daily Caller News Foundation identified several dozen LinkedIn accounts claiming to be saleswomen representing China-based manufacturers primarily located near Beijing or Wuhan. The accounts often featured images of women and teenage girls in advertisements for a wide variety of controlled substances including 4-piperidone, which is used to manufacture fentanyl. [...] Xylazine also happened to be among the most frequently advertised products by the LinkedIn accounts reviewed by the Daily Caller News Foundation.

In one such instance, a LinkedIn account for a saleswoman claiming to represent Hebei Ningnan Trade Co., Ltd. advertised 1019.5 grams of xylazine hydrochloride in an April 2023 post featuring an image of a bag of white powder on a scale. “New date with strong effect,” the caption read. [...]

In March 2023, a LinkedIn account for a saleswoman claiming to represent Henan Ruijiu Biotechnology Co., Ltd. advertised “eutylone” in a post featuring substances of several colors. In 2020, eutylone was involved in at least 343 overdose deaths in the U.S., many of which co-involved “illicitly manufactured fentanyls,” cocaine, or methamphetamines, according to the Centers for Disease Control and Prevention. [...]

In April 2023, a LinkedIn account for a saleswoman claiming to represent Wuhan Xiju Biotechnology Co., Ltd. posted a video advertisement for a brown liquid that the clip identified as “PMK oil,” which is “important to the manufacture of the Schedule I controlled substance 3,4-methylenedioxymethamphetamine (MDMA) and other ‘ecstasy’-type substances,” according to the Federal Register. An image of a teenage girl sticking out her tongue and the company logo of Wuhan Xiju Biotechnology were superimposed over the video advertisement, which was set to electronic dance music. [...]

Likewise, a YouTube account purportedly representing Hubei Amarvel Biotech Co., Ltd. advertised controlled substances like PMK. One ad stated that the company offered “customized packages” for its products including dog food bags, tubs of nuts and other “creative designs.” [...]

the full article can be read at <https://dailycallernewsfoundation.org/2023/12/14/exclusive-chinese-drug-dealers-use-risque-ads-to-sell-narcotics-fentanyl-ingredients-on-us-social-media/>

Advocacy Through Experience

Testimonials & words of support from your community members and partnering organizations.

Last summer I coordinated a memorial golf outing for my best friend who had passed away battling addiction. In doing so, I was looking to raise money and awareness for substance abuse in the local community. I was searching for charities that I thought could benefit from the donation in a way that would directly benefit and educate the local community about substance abuse. I came across the Live R.E.A.L. Foundation and went to their facility to sit down with Bev to get an idea of what exactly she was building over there. As I listened to her story and what her goals were for the local community, I knew that this woman genuinely wanted to change the story in the local community with opioid prevention/death so that families and loved ones wouldn't have to keep experiencing these awful tragedies. We began to chat more about substance abuse, I shared my story with her about me personally being in recovery (alcohol) and shared the story of the passing of my best friend. It turns out that my best friend's mom had actually utilized the grief groups that she puts on for families that have gone through these things. Right there I knew that this would be the foundation that I'd be partnering with in this golf memorial we have every summer. The knowledge she provides on such matters is very helpful for people in need. I truly believe this foundation/organization has already made and will continue to make a huge impact on educating the local community on overdose prevention and Narcan training and I look forward to being apart of it. As a person in recovery, I believe having people like Bev in your community pushing to help people in need so what happened to her doesn't happen to other families is nothing short of a blessing and the courage it takes to do the things she does after what she's been through is simply amazing and doesn't go unnoticed. From the bottom of my heart I thank you. ~ Kyle Smith

HAVE YOU LIKED, FOLLOWED & SHARED US YET?

www.golivereall.org



If you want to be on our program Contact Us Today!

<https://www.facebook.com/golivereallorg>

<https://www.instagram.com/golivereallorg/>

<https://www.pinterest.com/golivereallorg/>

<https://www.youtube.com/@golivereallorg/>

<https://www.linkedin.com/company/live-r-e-a-l-foundation/>



The *R.E.A.L. Life* is a YouTube vlog that shows how addiction and life collide. We discuss how addiction is not a moral failure and that addiction does not ONLY affect the individual. We have relationships, encounters, and interactions every day. How do those change when an addiction is present?

Let's talk about it!

LIVIN' R.E.A.L. WITH *Grief*

A grief support group hosted by the Live R.E.A.L. Foundation.

Death from substance use or result of a mental illness is devastating in ways that other deaths don't see. Life for those who are left behind is hard and when you add stigmas, shame & shunning, it can keep you frozen in grief.

If you have lost someone you love, (related or not), please reach out to us for support.

**The Group Meets the 2nd Monday Night
of Each Month, 6:30 - 8:30pm.**

**at the United Way,
Strong Neighborhood House
825 Marie Ave, Machesney Park, IL**

If you have questions,
call or text Bev Pomeroy,
815-742-8427

**** coming in 2024 ****

Grief for the Living

A LOSS WITHOUT LOSS SUPPORT GROUP

hosted by the Live R.E.A.L. Foundation



Grief for someone who is living is R.E.A.L. Sometimes our hopes & dreams for a relationship are broken when a loved one is battling a substance use dependence, a chronic mental illness, suffering from a long & painful medical condition, they're incarcerated, or trapped in depravity.

HOPE



Contact

[NAMI NI,](#)

[Marshmallows Hope](#)

and the [Tommy](#)

[Corral Memorial](#)

[Foundation](#)

for more Support
Groups Available

LRF'S Newest Initiative

The Live R.E.A.L. Foundation is here for you.
Life brings times that are full of sorrow & pain.
We want to help you find some joy in your journey
by giving you a few items to start the process.

HELPING YOU FIND
JOURN**EY**

Live R.E.A.L. Foundation
825 Marie Ave.
Machesney Park, IL 61115
www.golivereal.org
griefsupport@golivereal.org
815 742 8427

This program is a community support resource initiative. In these bags will be a list of grief resources, support group flyers, service brochures & a complimentary cup of coffee coupon.

These bags will be distributed to those who have recently lost a loved one in a traumatic manner or if they have been involved in a recent traumatic experience.

If the person then reaches out to the Live R.E.A.L.

Foundation through this

initiative, they will be given a Joy in Your Journey gift box.

We will begin an ongoing relationship with this person & their loved ones encouraging growth and healing.

Please DONATE TODAY to help us provide this much needed program to our community.

Thank you !



Secure Payment
Option

The Live R.E.A.L. Foundation is here for you.

Life brings times that are full of sorrow & pain.

We want to help you find some joy in your journey
by giving you a few items to start the process.

This box includes such as:

- Meal gift card
- e-book credit
- Journal/pen
- Self-care service certificate
- Flower Bouquet certificate
- Streaming music credits
- Coffee/ Drink Gift Card
- Counseling Support Referral
- List of Peer Support Groups
- and more!

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HELPING YOU FIND
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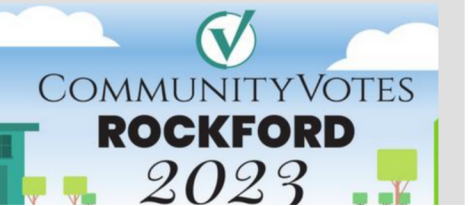
SPECIAL

EVENTS

& Magic Moments



Our first television commercial spot for IOAD 2023!



♥♥♥ Voted 4th, Bronze level, Non-Profit in our community! ♥♥♥
 We are amazed, honored and humbled by the support of our community!
 Winnebago county has the highest per capita rate of substance use fatalities in the ENTIRE state of Illinois. Overdose fatalities are the number one cause of death in Winnebago county. Your support will help us change that! THANK YOU ♥

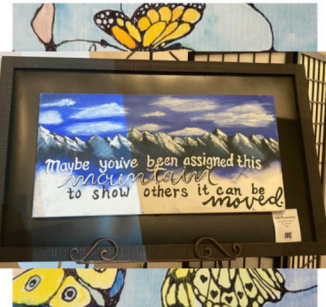
From Harm to Hope

A Multi-Artist Retrospective of Trauma & Recovery

Keynote speech by special guest Peter Gaumont, White House Office of National Drug Control Policy Senior Analyst

September 8th from 6 to 9pm

- Artists Include
- Alex Pomeroy
 - Amber Sessler
 - Angelina White
 - Angie Cornelius
 - Aubrey Lee
 - Sipula
 - Cecilia Guevara
 - Christine Bennett-Weber
 - Corrina Trumbo
 - Emily Maze
 - Emmanuel Lugo
 - Nikki Ranney
 - Wyatt Zakosek



- Artists Include
- Helen Krieger
 - Jasmine Arce
 - Jeremy Faivre
 - Julia Messina
 - Kenneth Anderson
 - Kevin Stock
 - Kimberly Muller
 - Lorena Malm
 - Matt Jagtsch
 - Shane Hassler
 - Shanna Dugan
 - Stephanie Znaniecki
 - E.J. Rodriguez

At the NCI ARTworks Gallery in the Westclox west wing entrance 400 5th Street, Peru, Illinois



SUNDAY JULY 16th
 9am first tee time
 The Ledges Golf Course
 7111 McCurry Rd.
 Roscoe, IL 61073

NATIONAL PREVENTION WEEK EVENT SERIES KICK-OFF

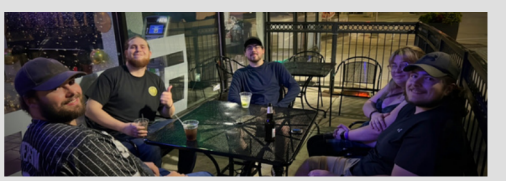
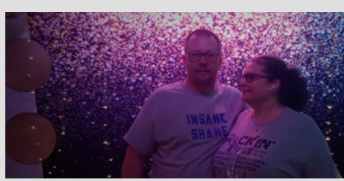
Bev did multiple public speaking events sharing our purpose, her story and about grief is a normal healthy emotion.



We had an **Amazing** night!!!



Shirts are still available if you missed out! \$15



Thank you to everyone who supported this year's benefit!

OVER \$3,000 RAISED TO FUND OUR PROGRAMS!

WE WANT YOU

2024 PROMISES TO BE ANOTHER GREAT YEAR!

CURRENT NEEDS

Will you share your talents, gifts & passions with us?

Are you a detail person?

- You can help us plan events.
Family Fun Fair in May
IOAD Awareness event 08/31
Rockin' for Live R.E.A.L. benefit in Sept

Are you a techie?

- You can help us record video, post on social media & update our website.

Are you more of a people person?

- You can help at events, classes & naloxone distribution

Are you quiet intravert that wants to stay behind the scenes?

- You can assemble rescue kits, joy boxes, fold brochures, cut post cards & more.



The R.E.A.L.
Hands & Feet
OF THE LIVE R.E.A.L. FOUNDATION

the Live R.E.A.L. Foundation

Office Location:

United Way's Strong Neighborhood Initiative

- Marie Ave House -

825 Marie Ave, Machesney Park, IL 61115

Phone: 815-742-8427

Web: <https://www.golivereal.org>

Email: administrator@golivereal.org

Registered 501(c)3 Charity Foundation

EIN: 86-1778433



All icons are Hyperlinked!
Click to Open...

Relational, Empathetic,

Live



R.E.A.L.

Foundation

Authentic & Loving

VOLUNTEER APPRECIATION

Thank you to our Officers & Board of Directors!

*The Live R.E.A.L. Foundation cannot exist without
our Officers and Directors.*

*They are the heart of the operations giving their own blood, sweat
& tears to bring awareness, education and trainings to
Winnebago County.*

*live
love
inspire*

Our Current Officers & Board Members

Bev Pomeroy, Executive Director

Wayne Weiser, President

Stacey Corder, Treasurer

Felicia Konaszewski, Secretary

Sherry Spring

Brad Schreiner

Val Schreiner

Logan White