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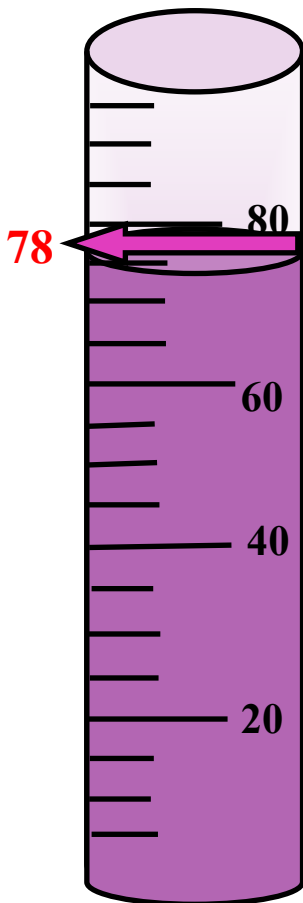
R.E.A.L. News

Special Thanks to...

All those who have given of your time, a monetary donation and

- The Miller Family for the full color copier!
- The Reid's for the Graffiti Board!
- Anonymous donor: for the projection screen! and
- Anonymous donor: for the Taj Mahal of 10x10 vendor tents and table covers!

Naloxone
trainings
completed since
May 2021...



Get Real About Drugs

Live R.E.A.L. Foundation participated in their first substance use & overdose prevention education series, *Get Real About Drugs*, on September 21, 2021 at the Hononegah Performing Arts Center. It was an exciting evening with lots of chatter about the reality of substance use in Northern Illinois.

The night began with Abbie Lee, *The Prescription Playbook*, bringing eye-opening statistics of fatal drug overdoses. In hopes to prevent these senseless deaths, they bring educational programs, resources, and products to give people to teach prevention of substance use and safe medication dis-

posal. "Over 94,000 people died in 2020 from a drug overdose. That is 1 ½ times the number of people that can fit in Soldier Field, at capacity." says Abbie Lee. Bev Pomeroy brought a heart-breaking presentation about her journey with her son Alex prior to his death on August 28, 2019, from a fentanyl overdose. As the Executive Director of *The Live R.E.A.L. Foundation*, Bev brings the passion to educate communities on substance use dependency by giving a compelling recount of her experiences as a parent of a teenager that experimentation with alcohol and marijuana that lead to an addiction to opioids. Bev asked, "is fentanyl mixed drugs a risk you are willing to accept as "a teenage phase"?"



This presentation was the first of three in the *Get Real About Drugs* seminar series. The next evening will be October 19 with Ret. Det. Wistocki from *BeSure Consulting* speaking to adults with his presentation titled, *HOW DO I KNOW, A Parent's Guide to Detect Vaping, Alcohol and Drug Use*.

The third and final night will be November 17 will be titled *Rescue, Recovery & Resources*. Free Naloxone training, stories of recovery and resources available.

Make sure you are there and BRING A FRIEND!

A Look Back from our Executive Director, Bev Pomeroy

WOW! It was a crazy 9 months for LRF.

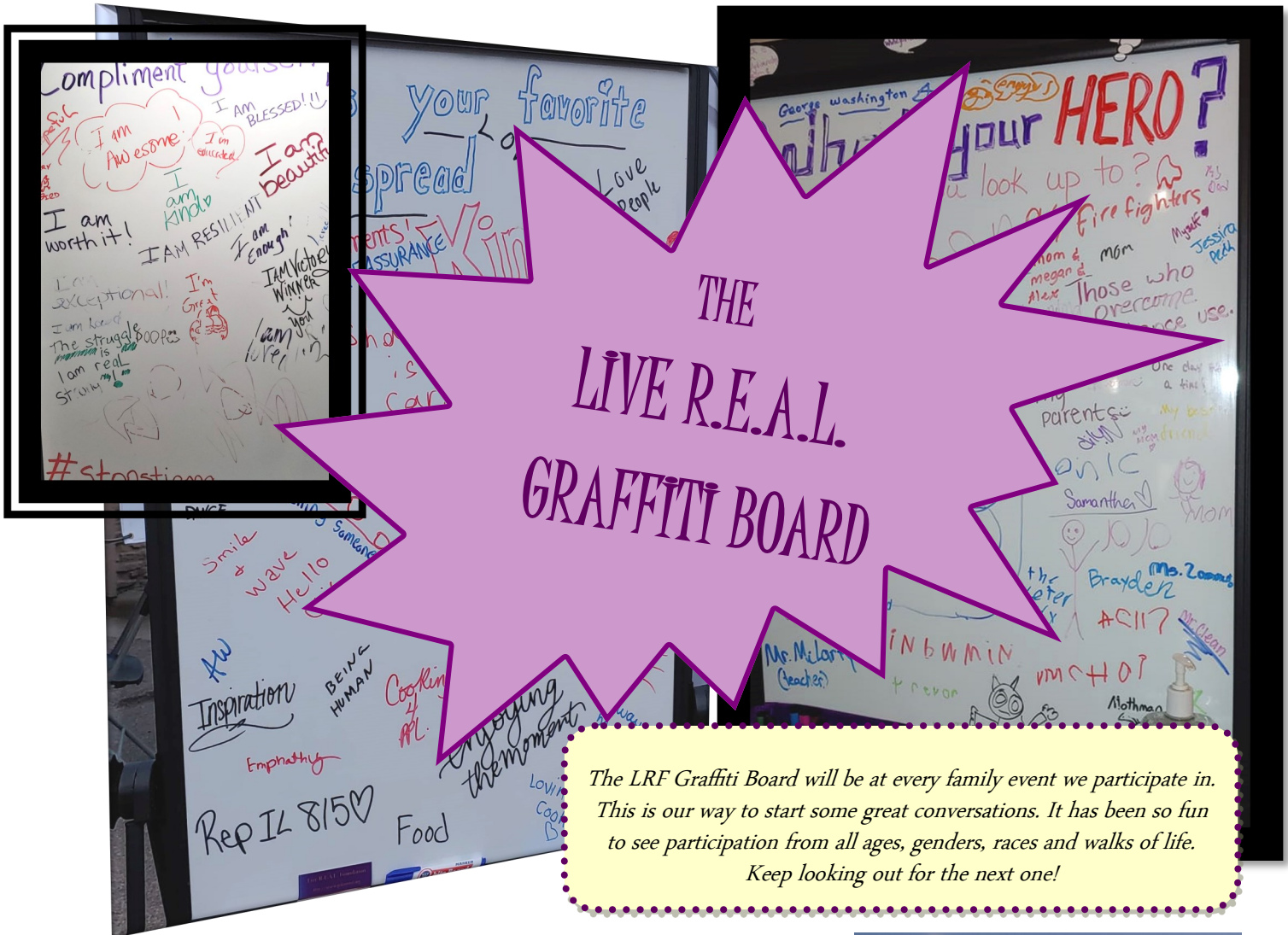
We revamped our website & social media sites (that's an on-going process), became officially registered as an Illinois Non-Profit Charity Foundation, given Federal 501(c)3 status, participated in 8 live events, taught 2- 1 hr Narcan classes, trained 78 people on how to save a life by stopping an opioid overdose, had HUNDREDS of

priceless conversations, established a number of great partnerships and gave our first substance use prevention presentation!

I have been amazed at the dedication of the Live R.E.A.L. Foundation Board of Directors! None of this would have been possible without the support, commitment and resilience of the backbone of this foundation. I personally say thank you!

Being the Executive Director of this foundation is more than just a position to me, It is my PASSION. I will not let 1 day go by without praying that lives are saved, families are spared and communities are strengthened by our efforts.

I am excited for the future of the foundation and teaching people that if we all start living R.E.A.L. we can change the world!

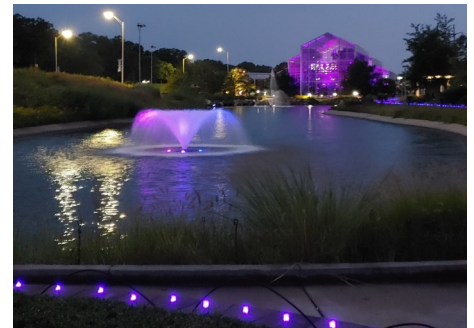


The LRF Graffiti Board will be at every family event we participate in. This is our way to start some great conversations. It has been so fun to see participation from all ages, genders, races and walks of life. Keep looking out for the next one!

Time to Remember, Time to Act

The Winnebago County chapter of Illinois' Drug Overdose Prevention Program sponsored a Memorial Event to bring awareness to International Overdose Awareness Day on August 31, 2021. Collaborating partners were Winnebago County Opioid Response Team, TASC, Remedies, Winnebago County Sheriffs Department, Rosecrance, Rockford Fire Department, NAMI Northern Illinois, Crusader Clinic and the Live R.E.A.L. Foundation. The event took place during the Food Truck Tuesday event that the Nicholas Conservatory held each week during the summer months. Some of the partners set up tables and brought resources for substance addiction recovery, mental health services, safe medication disposal and free Narcan

training. The highlight of the night was the Memorial that was held at 7:00 p.m.; [BertAndLindy](#) * played beautiful instrumental music, Bev Pomeroy spoke about the 94,000+ people that died in the United States in 2020 and then released 3,513 flower petals into the lagoon to honor each Illinois resident that passed away from a drug overdose in 2020. People who walked along the Sinnissippi Bike Path could see memorial lawn signs that pictured lost loved ones, their names and a tidbit of information about them. The Live R.E.A.L. Foundation created a beautiful memorial that lined the lagoon made from clear bags filled with flower petals. There was a bag for each state of the union and inside was one petal for each person who died from a drug overdose.



Nicholas Conservatory, Rockford, IL Lit up for the support of International Overdose Awareness day which is August 31st every year.



The beautiful flower petal memorial.

* <https://www.facebook.com/BertAndLindy>



The Live R.E.A.L. Foundation

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**Live R.E.A.L. Every Day
&
Everywhere!**

**FIND US ON
THE WEB:**



DONATE



Automatic donations can be set up on our website!

Set Us Up As Your... **amazon smile**

The Live R.E.A.L. Foundation is a charity foundation breaking the stigma of mental illnesses and substance use dependency by providing education and awareness to our communities, along with resources and support to those who are struggling and for those who have lost loved ones from a drug overdose.

If you have questions or desire to get involved, contact us at administrator@golivereal.org, or on Facebook [@goliverealorg](https://www.facebook.com/goliverealorg).

BOARD OF DIRECTORS

President: Jessica Zimbelman

Vice-President: Chris Doering

Secretary: vacant

Treasurer: Sherry Spring



Executive Director: Bev Pomeroy

Ex-Officio Director: Christina Doering

Live R.E.A.L. Foundation ~ What's Next?

<i>Get Real About Drugs</i> seminar series, Hononegah PAC Det. Wistocki, "HOW DO I KNOW, A Parent's Guide..."	6:30pm, Tuesday, 10/19/2021
Opioid Overdose & Naloxone Training, Have us come to your business and train employees.	Contact Us to Schedule!
<i>Get Real About Drugs</i> seminar series, Hononegah PAC Multiple Speakers & Vendors, <i>Rescue, Recovery & Resources</i>	6:30pm, Wednesday, 11/17/2021

"It is impossible to understand addiction without asking what belief the addict finds, or hopes to find, in the drug or the addictive behavior." — Gabor Mate