

The R.E.A.L. News

Are The Tasks On Your To-Do List

Encouraging, Energizing, Motivating & Giving Back?

Do you find yourself overwhelmed with so many activities that you can't keep them all straight? I would answer yes but I will give you the same challenge I have given myself to - prioritize your to do list. The challenge is not just to have a look but take that list and decide if they are all necessary. Do these tasks encourage you or others? Are they depleting you of emotional energy? Are they on your list for selfish gain?

If your list is lacking encouragement, energy, motivation and giving back to the community, look no further.

The Live R.E.A.L. foundation has opportunities that can fill that void. Don't hesitate to ask us how you can help us achieve our goals.

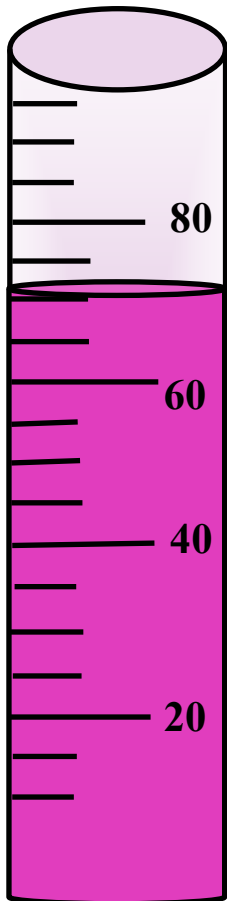


LRF

Naloxone Trainings for 2022... as of July 31

Keep the trainings coming!
I'll get a bigger tube!!

CONTACT US TODAY TO TRAIN YOUR EMPLOYEES.



DEA responds to nationwide increase of fentanyl-related mass-overdose events.

“Fentanyl is driving the nationwide overdose epidemic: the CDC estimates that in the 12-month period ending in October 2021, over 105,000 Americans died of drug overdoses and over 66% of those deaths were related to fentanyl and other synthetic opioids.

Last year, the United States suffered more fentanyl-related deaths than gun-related and auto-related deaths combined.

[DEA_Letter-Polydrug_Incidents-April_6_2022-Web_0.pdf](#)

[Link to Article](#)

New Synthetic Opioid Protonitazene Increasing in Prevalence as “Nitazenes” Gain Traction Across the United States and Canada

In vitro pharmacological data suggest that this new opioid exhibits potency similar to other recently emergent “nitazene” opioids, and is approximately three times more potent than fentanyl.

[Public-Alert_Protonitazene_NPS-Discovery_121021.pdf \(npsdiscovery.org\)](#)

[Link to Article](#)

ADVOCACY THROUGH EXPERIENCE

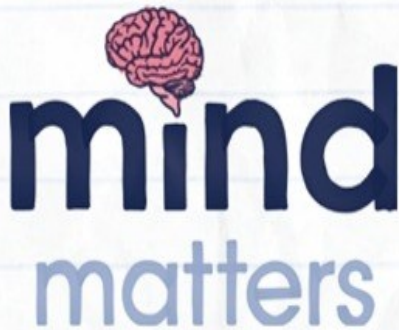
TESTIMONIALS FROM YOUR COMMUNITY MEMBERS

Do you have a story to tell about how the Live R.E.A.L. Foundation has made a difference in your life? Please share it with us so we can then share it with others.

Email your experience to : administrator@golivereal.org

Thank you!

#golivereal



The National Institute on Drug Abuse (NIDA) has launched a redesigned series of booklets geared towards educating middle school students about substance use.

The series was designed to help students in grades 5 through 8 understand the effects and consequences of drug use on the brain and body. The accompanying online Teacher's Guide includes science-based information and engaging activities to enhance learning. In addition, short video clips are available to supplement the lessons.

<https://nida.nih.gov/publications/mind-matters-series>

Marijuana is linked to some mental illnesses. Although scientists don't yet fully understand how the use of marijuana may impact the development of mental illness, high doses can bring on an acute psychosis (thinking that is detached from reality, sometimes including hallucinations) or panic attack. In people who already have schizophrenia (a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking), marijuana use can worsen these symptoms. Also, evidence suggests that early marijuana use may increase the risk of psychotic disorders among those at higher genetic risk for these disorders.

Our Programs

Awareness

Interactive Community Events - Advocacy, Awareness & Education of opioids, substance use, addiction risks, overdoses & mental wellness activities

The R.E.A.L. News - Quarterly Newsletter - LRF Updates, Stories & Information

Sign up for automatic email on our website, www.golivereal.org

Livein' R.E.A.L. Facebook Group - a place where our community members share R.E.A.L. events & examples they have witnessed

Advocacy Through Experience

Livein' R.E.A.L. with Grief - Support for Substance Use or Mental Illness Related Loss
2nd Monday of Each Month - Hope Church, Roscoe (use main door in rear)

Coming soon...

A Life Lived R.E.A.L. podcast - stories of people living R.E.A.L. through addiction & beyond

FREE Opioids, Overdose & Naloxone Training

Community Training - open to the public & FREE

Occupational Training - 1 hr training presentation for employees

Pop-up Training - Random locations, walk-up 5 minute quick trainings on how to use Narcan

ALL TRAININGS INCLUDE: Opioid Overdose Death Prevention Kits - Valued at \$100

& given free to everyone trained

Education Seminars — 3-night series

Get REAL About Drugs: We're Not in the 80s Anymore

- 1 Substance Use Prevention, 2 The Reality of Social Media & 3 Rescue, Recovery & Resources

Coming soon... Support Instead of Stigmas— 1 The 5 W's of Stigmas, 2 Personal Journeys, 3

Role Playing (2 hours each & can be consecutive, 1-night weekly OR 1-night monthly)

Contact Us Today

Livin' R.E.A.L.

with *Grief*

A support group for those who have lost someone to substance use.

Life after someone you love dies from substance use related incident is devastating in ways that other deaths don't see.

Loss of a loved one is hard and when you add stigmas, shame & shunning, it can keep you frozen in grief.

Whether you have experienced any ostracism or not, this co-ed support group can bring comfort, understanding, a safe place to express your true feelings, and a way to help others who feel some of the same feelings as you.

If you have lost a loved one (related or not), please reach out to us for support.

LRG meets the 2nd Monday of Each Month
6:30 - 8:30, Hope Church, Roscoe

If you have questions or need someone to relate before the next meeting, you can call or text
Bev Pomeroy, 815-742-8427.

REMAINING 2022 EVENTS

- August 31** - International Overdose Awareness Day 5 - 8 pm
Memorial & Resource Event during the Roscoe River Market
Winnebago County Coroner will be speaking on the reality of drugs in our county.
- September 9-11** - Roscoe Fall Festival, Leland Park all weekend
- September 24** - Rockin' for Live R.E.A.L. Benefit Concert 6 pm - 1 am
the District Bar & Grill, 205 W. State St, Rockford
Silent Auction, Raffles, 80's Jammin' Glam Outfit Contest &
The Sunset Strip - 80's Hairband Tribute
- LRF pop-ups, Seminars, Public & Occupational Opioid classes Schedule Yours Today!

WATCH OUR FACEBOOK FOR ADDITIONAL EVENTS OR CHANGES

Change your thoughts and
you'll c hange your actions.
Change your actions and
you'll c hange your world.
Change YOUR world and
you'll c hange THE world.

LRF VOLUNTEer Opportunities

Classes:

Assist with set-up, handing out papers, kits, resources and clean-up.

Seminars and Awareness & Memorial Events:

Assist with set-up, talking with the public about the foundation, selling merchandise, encourage event participation, solicit donations, encourage class sign ups, mini walk-up trainings and clean-up.

Behind the Scenes:

Label merchandise, prepare merchandise for sale, fold pamphlets, stamp bags & envelopes, pack kits, other activities, as needed.

Are you looking for a deeper involvement?

Board of Directors: Officer and General seats (open 2yr terms)

(contact Bev Pomeroy to learn more about the terms of our positions and apply)

Secretary - work with the Executive Director in creating meeting agendas, maintain records, schedule and publish notices of meetings, record the minutes of all meetings, store & organize all official contracts, records and documents of the organization on the designated cloud apps, maintain current contact information on all board members and track board officer terms, work with other Directors as they need assistance with documents and records.

Director of Donor Experience - will lead fundraising efforts by working closely with the Executive Director & the other Board Officers to create campaigns, events and donor opportunities. They will work to create a diverse network of donors that regularly support the foundation in all types of donations. The Director of Donor Experience will ensure our donors are felt appreciated and know the important role they play in the mission of Live R.E.A.L.

Director of Marketing & Communication - will co-lead the development of communications strategies for the organization, in partnership with the Executive Director, for specific platforms including but not limited to website, email, print, and social media. In collaboration with the Director of Donor Experience, the Director of M & C will assess opportunities, story mining, and communications with the public to uphold the foundation's image and increase the number of supporters of the foundation. Duties will also include create and publish digital content, as well as monitoring community responses. This position will also work closely with the E.D. creating the *Community Connections* podcast.

Directors, general seats - will assist all other Directors and Officers with duties as needed, work on special committees as they are created for projects, campaigns and events.

***Have you Liked, Followed & Shared
our website or social media sites?
Don't wait. Tell your friends today!***



International

verdose

wareness

Day

Resource Fair & Memorial Event
Wednesday, August 31, 5p-8p

at the Rockton River Market,

Hawick St, Rockton, IL

**Honoring the 107,000+ people who died
in the US from a drug related death in 2021.**

VENDORS

INCLUDE

The Live R.E.A.L. Foundation, Crusader Community Health, IL HPP
Prescription Playbook, Rosecrance, NAMI Northern Illinois, Tommy
Corral Memorial Fund, RAMP, Winnebago County Opioid Response
Team, AND More!

Jennifer Muraski

***Director of Operations, Winnebago County Coroner's
Office will speak on the reality of overdoses in our county.***

YOU WON'T WANT TO MISS THIS!

**The Rockton River Market is all about fun in downtown Rockton
at Settlers Park, 125 E. Hawick Street**

SEPTEMBER 24
8 PM

2022
ROCK IN
1st Annual
for
LIVE R.E.A.L.
Benefit Concert

Featuring
the Midwest's Premier 80's Hairband Tribute

SUNSET STRIP



Prices go up
day of show!



\$25 General
Admission

Auctions & Raffles Start @ 6pm

DISTRICT BAR & GRILL



205 W. STATE ST. - ROCKFORD IL

The Live R.E.A.L. Foundation

Web: <https://www.golivereall.org>
 EIN: 86-1778433

Registered 501(c)3 Charity Foundation

Phone: 815-742-8427
 Email: administrator@golivereall.org

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@golivereall.org,

BOARD OF DIRECTORS

President: Chris Doering

Secretary: Sherry Spring—OPENING SOON APPLY TODAY!

Treasurer: Nannette Reid

Media Coordinator: APPLY TODAY!

Director of Donor Experience : APPLY TODAY!

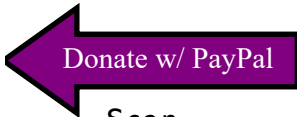
Director of Marketing & Communications : APPLY TODAY

Board Member: APPLY TODAY!

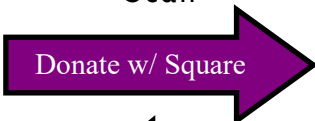
Executive Director: Bev Pomeroy



All icons are Hyperlinked!
 Click to Open...



Scan



FREE Workplace Naloxone Trainings	SCHEDULE YOURS TODAY
FREE Community Naloxone Trainings	Scheduled Monthly Check FB & website for details
Livin' R.E.A.L. with <i>Grief</i> Hope Church, 5656 Elevator Rd, Roscoe, IL	Support Group 6:30-8:30 pm 2nd Monday of Each Month

“There is prodigious strength in sorrow and despair.

~ Charles Dickens