

The R.E.A.L. News

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



R stands for RELATIONAL

By definition, Relational is the way in which two or more people are connected. I will take it further to say that the level of relation you give is very important. When I named this charity foundation, I defined relational as **being** more than an acquaintance. Take the time to get to know someone; what do they like, what do they hate, what are their dreams, are they struggling... I also want to emphasize the importance of doing this IN-PERSON.

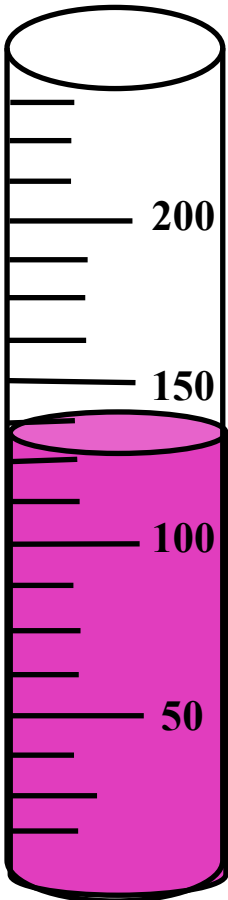
Continued on pg 6

LRF
Naloxone Trainings
this year ...
WE SURPASSED

100!

Will We Get
to 250 People
Trained in 2022?
Add yourself to
the beaker!

CONTACT US TODAY TO TRAIN YOUR EMPLOYEES.



Food for Thought

The Value of Knowing That a Patient Has Overdosed

Mitchell H. Katz, MD



In a study in San Diego County, California, the medical examiner randomized physicians to receive or not receive notification that a patient for whom they had prescribed a controlled substance had died of a drug overdose.¹ The notification also came with an injunction to prescribe safely. They found that physicians who received the notification prescribed fewer opioids to patients following receipt of the letter than those who did not receive the letter. In this issue of *JAMA Internal Medicine*, Kelley et al² extend their findings, showing that physicians who received the notification also prescribed fewer benzodiazepines to patients.

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2795327>

ADVOCACY THROUGH EXPERIENCE

TESTIMONIALS FROM YOUR COMMUNITY MEMBERS

While I love, admire, and respect, each family I work with at the funeral home. I'd like to talk about this lady here, her name is Bev. I worked with Bev when her father passed away, he was an adorable old man who had suspenders that looked like a ruler. They proudly showed his sobriety coins at his funeral, 36 years of dedicated hard work of sobriety. I met their whole family at his funeral. Then, a few months after his funeral, I got a call from Bev with the news that her 20-year-old son Alex, had passed away from fentanyl. Addiction is sneaky and I believe everyone, at some point in their life, will know someone or struggle themselves with substance abuse. Bev could have stayed in a dark place from such devastating losses in the same year. She could have been mad at the world and God (and I'm sure there was many times where she was) but, she chose to take one day at a time, and establish the Live REAL foundation and try to help families who have struggled in the same way she has. She created a mission to try to prevent opioid deaths by providing people with Narcan education and support. She leads with love and compassion to those who struggle with addiction. Addicts are not bad people, they are people struggling and some with mental illness. It can be treated with community support, love, compassion, and with people like Bev who care to sit with someone struggling and in pain. Don't let your next decision be your last decision. Don't wait to seek help. Just open your hand and be willing to receive, and I believe everyone has the capability to overcome the urges of self destruction. You deserve to be okay. ~ Makenzie, Local Mortician

THANK YOU !!!

The ²⁰²² **ROCKIN'**
1st Annual **for LIVE REAL.**

**benefit concert
was a HUGE success
bringing in**

**OVER
\$8,000!**

These donations will help
fund drug education
seminars, awareness
events, create new
programs and
allow us to continue to
give **FREE**
Opioid Overdose
Death Prevention kits
to everyone we meet.



**Everyone Had a
ROCKIN' Good Time !!!**



2022
ROCKIN' for LIVE R.E.A.L.
Benefit Concert at The District Bar & Grill
Saturday, September 24, 2022
205 W. State St., Rockford, IL

ROCKIN' THE 80s
 with **SUNSET STRIP**
 Thanks to Our Sponsors

ACKERSON GARAGE DOOR SALES
Stepping Stones child's center
DISTRICT BAR & GRILL
WOODWARD

PRICELESS SPONSORS

DISTRICT BAR & GRILL

<https://districtdowntown.com>

Always Something Going On
 Come join us on Tuesday nights for District jams night, Wednesday Dj battle nights, Thursday Karaoke and live music on Friday and Saturday nights. These events are subject to change

District
205 W. State St, Rockford, IL 61101
(815) 977-4524

OUR EMERALD DONORS!

Rock Cut
 PLANT
 One Woodward Way
 Loves Park, IL 61111
 Phone: +1-815-877-7441

WOODWARD

The Woodward Constitution provides the foundation for all Woodward activities, including our commitment to sustainability. It defines our business philosophy, identifies our stakeholders, establishes our values and principles, and describes our business purpose. We believe that living the values and principles of the Woodward Constitution is critical to achieving our business goals and to our long-term success.

Stepping Stones child's center

Our Contacts

11364 2nd Street
 Roscoe, IL 61073

We serve children from the ages of 6 weeks to 8 years, with transportation available to and from the Kinnikinnick school district

815-623-7282

Here at Stepping Stones we provide opportunities for children to develop their whole bodies through developmentally appropriate activities that will foster the social, emotional, intellectual and physical needs of our children and families. We believe in the uniqueness of each child we serve and promote high quality care, with a curriculum designed to promote learning through play, and opportunities to explore, experience and succeed.

ALEXANDRITE
In-Kind Donations
 FROM
CASTLETON MUSIC GO ROUND
 Indianapolis, IN

PIG MINDS BREWING
SUGAR BRITCHES OLD-FASHIONED CANDY
COSTCO WHOLESALE
CD SOURCE Records
ENCHANTED FAIRIES
pinnon. Premium Meats
Anna Maria's
 (815) 389-2645
 South Beloit

Tom Lefavre, Terry Pomeroy, Steve & Kayla Cotone, Employees of UW-Swedish American Home Health & Infusion Services, Sky Drysdale, Steve Hacker, Towns Square Media, Rockton-Roscoe News, Taylor Williams, Sharon Moreland, the individual Members of the Live R.E.A.L. Foundation's Board of Directors and the NUMEROUS anonymous donors.

SOCIAL MEDIA IS NOT ALL FUN & GAMES!

Launching an Unprecedented Public Awareness Campaign on the Dangers of Fentanyl
Public Notice Posted on *Snap, Inc.* on October 18, 2022

Today, we are pleased to help launch an unprecedented [public awareness campaign](#) with the Ad Council, also funded by YouTube, to help educate young people about the dangers of counterfeit pills and illicit drugs laced with fentanyl.

Drug overdose-related deaths have skyrocketed in recent years, with 2021 seeing a 52 percent increase over the previous two years. Based on [research from Morning Consult](#) that we commissioned last year to better understand young people's awareness of fentanyl, not only did we find that young people were significantly unaware of the extraordinary dangers of fentanyl, but it also brought to light the strong correlation between the larger mental health crisis and the increased abuse of prescription drugs. As a platform many young people use to communicate with their friends, we are committed to helping protect our community, and we believe we have a unique opportunity to inform Snapchatters about the deadly reality of fentanyl-laced pills. While we have been focused on doing our part to raise awareness and educate Snapchatters on our app, we also believe a holistic approach is needed. That's why we worked with the Ad Council over the past year to build support for this important educational campaign, and we're pleased to be launching this effort with the Ad Council and our industry partners.

The campaign, [Real Deal on Fentanyl](#), aims to educate young people living in the U.S. on the dangers of fentanyl and its prevalence in counterfeit prescription pills and illicit drugs. In the new public service ads, viewers will hear from former drug dealers as they teach high school students about the fentanyl crisis as part of their regular class subjects. [Shatterproof](#), a national nonprofit dedicated to reversing the addiction crisis in the U.S., served as an advisor to the campaign production. Song for Charlie, a national family-run nonprofit dedicated to raising awareness about 'fentapills' — fake pills made of fentanyl, is also serving in an advisory capacity, alongside a panel of public health organizations and experts, to provide key insights and data and ensure all aspects of these initiatives are accurately and medically informed. You can read more about the campaign and access additional resources and social graphics [here](#).

As part of this effort, Snapchat will also launch a series of new Augmented Reality Lenses, Filters, Stickers, and content that amplify the campaign's messages across our platform, which will also be available on our in-app drug educational portal, Heads Up. Additionally, Snap is providing \$1 million in ad credits to the Ad Council and working with a group of Snap Stars to help spread the word with our community.

This campaign builds on the work we have been doing over the past 18 months to help combat the fentanyl epidemic, in close collaboration with parents, experts in counternarcotics and specifically the fentanyl crisis, and law enforcement organizations. Together, we have developed new in-app tools and content to directly raise awareness with Snapchatters about the dangers of fentanyl and launched [Family Center](#), our in-app parental tool that gives parents insight into who their teens are communicating with on Snapchat. We have also dramatically improved our efforts to proactively detect and remove drug dealers who try to exploit Snapchat and increased our support for law enforcement investigations to bring these dealers to justice. You can read a recent update on our ongoing progress [here](#).

While we believe this public awareness campaign is an important step in helping to educate young people and offer them important resources, we know there is still more work to be done. We will continue to prioritize the health and well-being of our community, work to develop more safeguards to help protect Snapchatters on our platform, and work with governments and technology and public health sectors on this urgent national crisis.

Article link sources:

<https://snap.com/en-US/safety-and-impact>

<https://www.adcouncil.org/learn-with-us/press-releases/real-deal-on-fentanyl-awareness-campaign>

https://assets.ctfassets.net/gqgsr8avay9x/5EolnMWMUxEQdvGoMVFFJW/92e882a47bc8119aead9589ca95631dd/Dangers_of_Counterfeit_Drugs_and_Fentanyl_-_Key_Findings.pdf

<https://realdealonfentanyl.com/>

<https://www.shatterproof.org/>

<https://www.songforcharlie.org/>

<https://realdealonfentanyl.com/spread-the-word>

<https://snap.com/en-US/safety/family-center>

Our Programs

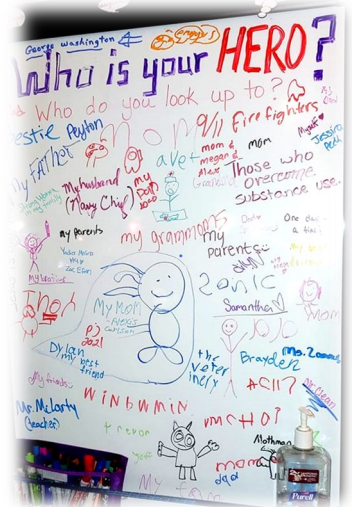
Awareness

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

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

Livin' R.E.A.L. Blog - Stories of Bev's Journey Through Life



Advocacy Through Experience

Livin' R.E.A.L. with Grief



Support Group for Substance Use or Mental Illness Related Loss

Coming soon...

Community Connections Vlog (YouTube)

- stories of people living R.E.A.L. through addiction & beyond
Siblings Support Group

FREE Opioids, Overdose & Naloxone Training

Community Training - open to the public & FREE

Occupational Training - 1 hr. training presentation for employees

SCHEDULE A TRAINING SESSION FOR YOUR EMPLOYEES

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

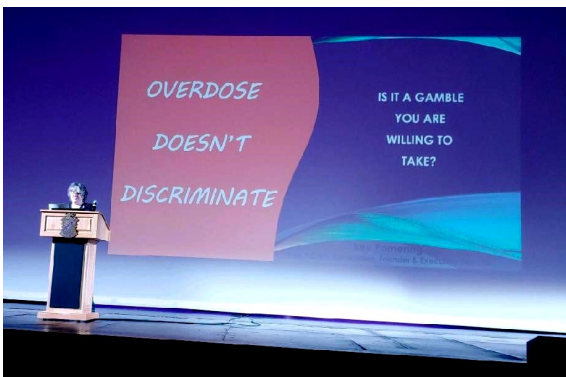
Opioid Overdose

Death Prevention Kits - FREE Narcan given to everyone who is trained.



Education Seminars

3-night series



(2 hours each & can be consecutive, 1-night weekly OR 1-night monthly) **GREAT EVENT FOR SCHOOLS & CORPORATIONS**

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

Risks of Substance Use - Comparing Social Use & Prescription Use, The Reality of Social Media & Rescue, Recovery & Resources

Livin' R.E.A.L. in *Grief*

Grief Support Group
for those who have lost someone to
substance use or mental health.

2nd Monday Each Month
6:30pm ~ 8:30pm

Hosted by the Live R.E.A.L. Foundation
At Hope Church, Roscoe

www.golivereall.org

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

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

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

*Have you Liked, Followed & Shared our
website or social media sites?*

Continued from page 1,

R stands for RELATIONAL



I believe that you cannot truly have a deep relationship with someone if it is not, at least part of the time, done face to face. If you cannot see the person, can you read their body language? Can you see the emotions in their eyes?

Can you see the passion on their face?

Our American culture feeds into separation, independence, and self-sufficiency. Yes, I do believe there is importance in being independent and able to provide for yourself but we, as a country, have become comfortable with going days, weeks, or even months without interacting with someone outside of social media or the phone.

You can communicate by talking on the phone, video chats, texting, emails and through posts on social media. Do you believe that the decrease in in-person interactions is a good thing?

Do you miss personal, interactive and physical relationships?

I challenge you to really think about how your relationships have changed.

Are you being RELATIONAL?

Call us today to become a member of our team to better your communities!

Volunteers can work as little as 3 hours but there is always more commitment if you prefer.



Opportunities include:

Classes:

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

Awareness Events:

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

Memorial Events:

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

Seminars:

Assist with set-up, talking with the public about the foundation, solicit donations, 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 and other activities, as needed.

We have current volunteer board member seats available. Contact us today!

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 feel appreciated and know the important role they play in the mission of Live R.E.A.L. This position is expected to bring in a minimum of \$10,000/year in donations of all kinds.

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 and create/publish digital content, as well as monitoring community responses. 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. This position will also assist in the creation and publication of the *Community Connections* vlog on YouTube.

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.

For everyone's protection, our foundation is insured for operational liabilities.

The Live R.E.A.L. Foundation

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

Registered 501(c)3 Charity Foundation

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

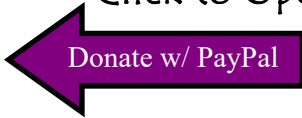
The Live R.E.A.L. Foundation is a charity foundation breaking the stigma of mental illnesses and substance use dependency by providing education and awareness to our communities, along with resources and support to those who are struggling and for those who have lost loved ones from a drug overdose.

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

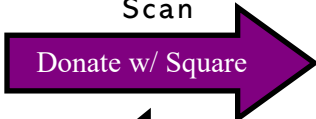


All icons are Hyperlinked!

Click to Open...



Scan



BOARD OF DIRECTORS



President: Chris Doering

Secretary: Sherry Spring—OPENING SOON APPLY TODAY!

Treasurer: Nannette Reid

Director of Marketing & Communication APPLY TODAY!

Director of Donor Experience : APPLY TODAY!

Board Member: APPLY TODAY!

.....
Executive Director: Bev Pomeroy

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

"Be there for others,
 but never leave yourself behind."
 ~ Dodinsky