



The R.E.A.L. News

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

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

Founder, Bev Pomeroy

E stands for Empathy

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

How can we increase empathy in our world?

LIVE IT!

What is Empathy?

It is not sympathy or compassion although it does include them, empathy is the action of walking with someone where they are at. It will be obvious that you are empathetic when you have a desire to give support to the another person, understanding they are human just like you. Knowing they have a free-will just like you and may have different beliefs than you - yet you still want to navigate life with them.

Why is Empathy Important?

When we do not show someone empathy in their situation you are creating a barrier, a judgement, a stigma and depriving you and that person a chance at receiving and giving grace.

I recently read an article, *Cultivating Empathy*, that quoted

"... found empathy from parole officers can prevent adults on probation from reoffending." (*PNAS*, Vol. 118, No. 14, 2021) Think of the power in that!

What Does Empathy Look Like?

When you are witnessing empathy you will see kindness, caring, compassion, peace and connection.

How Can I Grow in Empathy?

If you find yourself struggling to understand someone or can't find grace in yourself to give them, try asking yourself "How would I respond to xxx situation? Is that a compassionate response?" OR kindly engage in a conversation that includes "I want to understand your situation better, can you give me some insight on how you have come to the position/situation/belief?"

I hope I have shed some light onto why we think EMPATHY is so important. No one is perfect at these active traits but with practice we can all make this world a better place to live in. #golivereal

Abramson, A. (2021, November 1). Cultivating empathy. *Monitor on Psychology*, 52(8). <https://www.apa.org/monitor/2021/11/feature-cultivating-empathy>

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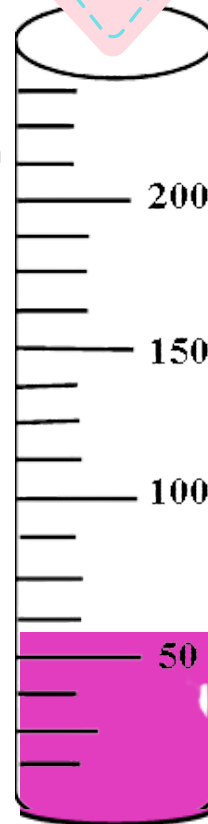
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NALOXONE TRAININGS
2023



FIND THE HIDDEN BUTTERFLY



Advocacy Through Experience

Testimonials & Support from your community members and partnering organizations.

The mission of the Live REAL Foundation closely aligns with our mission at The Prescription Playbook; preventing overdoses and saving lives in Illinois. Working alongside the Live REAL Foundation by partnering on different projects over the last several years has been an important step in allowing us to reach more individuals in Winnebago County communities. Supporting and collaborating with such a wonderful foundation has allowed us to reach so many more lives. We can't wait to see what we can do together next!



Abbie Lee from the Prevention Specialist Project Lead OMNI Youth Services, [IL Prescription Playbook.](#)

Social Media Isn't All Fun & Games

CHROMING: SOCIAL MEDIA TREND OF INHALING TOXIC CHEMICALS TO GET HIGH TAKES THE LIFE OF 13-YEAR-OLD National Post • [Lynn Chaya](#) Published May 25, 2023

A lethal social media trend called “chroming” is on the rise among young teenagers seeking to get a high. ... Most of the people who use solvents and aerosols are between 10 and 16 years old, [according to](#) the Centre for Addiction and Mental Health (CAMH). ... Chroming involves inhaling toxic chemicals through the nose or mouth in order to get a temporary high. These substances can be found in aerosol cans, paint, permanent markers, acetone, hairspray, deodorants, lighter fluid, glue, cleaning products or petrol, which mostly contain nitrous oxide otherwise known as “laughing gas”. ... Inhalants are breathed through the nose or the mouth in various ways.

- Sniffing: Sniffing or snorting fumes from containers.
- Spraying: Spraying aerosol containers directly into the nose or mouth.
- Bagging: Sniffing or inhaling fumes from substances sprayed or placed inside a plastic or paper bag.
- Huffing: Holding a rag soaked with inhalant up to the face or stuffing it in the mouth.

Chroming can result in seizures, heart attack, suffocation, sudden sniffing death, coma, and organ failure. ... While inhalants are not a new means of substance abuse, renewed attention is being paid to the trend with the rise of TikTok content creators. Social media users will post videos under the hashtag “WhipTok,” in reference to the term “whippit” — a small container of nitrous oxide intended for home use in whipped cream charging bottles but often used as an inhalant.

To read the full article and learn more about what happened to this 13-year-old, <https://nationalpost.com/health/chroming-social-media-trend-of-inhaling-toxic-chemicals-to-get-high-takes-life-of-13-year-old>

HAVE YOU LIKED, FOLLOWED & SHARED US YET?

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

www.golivereal.org

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

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

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

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

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



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!



It has been a busy 6 months!

LIVE UNITED



United Way
of Rock River Valley



We were accepted into the United Way's Strong Neighborhood Initiative!

We are proud to announce that the Live R.E.A.L Foundation (LRF), Secondary Success and Beyond, and the Tommy Corral Memorial Foundation (TCMF) are the new occupants of the Strong Neighborhood House at 825 Marie Avenue in Machesney Park.

We are so VERY thankful for the United Way of Rock River Valley, ZION Development and the Village of Machesney Park!

Check out the Facebook Page and our Community Garden Group!

ABOUT MARIE AVENUE STRONG NEIGHBORHOOD HOUSE

In 2019, United Way of Rock River Valley worked with ZION Development Corporation, a local nonprofit community development organization, to acquire the property at 825 Marie Avenue in Machesney Park and created a “home-like” office space for the purpose of being a community convenor for those living in and around the house. With many community partners and supporters, a Strong Neighborhood House was built. The house is owned and maintained by ZION Development Corporation while the Village of Machesney Park & United Way is responsible for the financial support and programming.

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

Contact [NAMI Northern Illinois](#)

and the

[Tommy Corral Memorial Foundation](#)

for other types of Support Groups Available



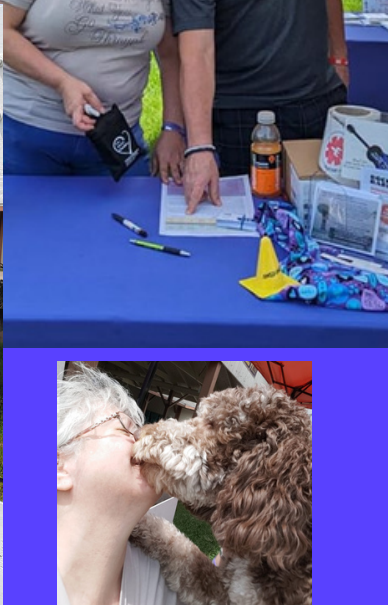
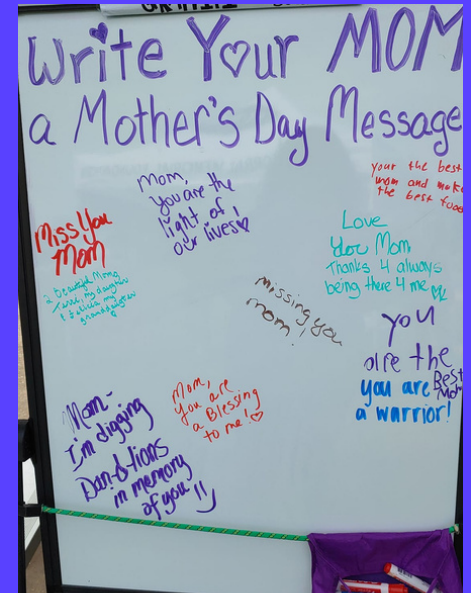
Grief never ends, but it changes.
It's a passage, not a place to stay.
Grief is not a sign of weakness,
nor a lack of faith.
It is the price for loving someone.
~ Author Unknown

FAMILY FUN FAIR

by Felicia Konaszewski

On Saturday May 13th, Live R.E.A.L. hosted a Family Fun Fair in Leland Park. It was held during National Prevention Week to help raise awareness about the importance of substance use, prevention, and mental health. Our organization loved being able to train members of the community on how to recognize an overdose and how to save a life by administering Naloxone, which was given out in free kits. From a dog kissing booth to a mental health booth, the Fair was nothing short of wonderful, mixing priceless information and resources with good old fashioned family fun! The park was filled with smiles as families enjoyed delicious food, played games, made crafts, and received some free goodies and art including caricatures and spray paint creations. Live R.E.A.L. would like to thank all of the amazing vendors who came out as well as those who attended. Keep an eye out on social media to see what cool things we have coming up next!

SAMHSA
NATIONAL PREVENTION WEEK
A CELEBRATION OF POSSIBILITY



LIVE R.E.A.L FOUNDATION PRESENTS...

STEREO

24 K GOLD VIP TABLE

6-PERSON TABLE

6 ADMISSIONS,

TSHIRTS & SWAG

\$300

SOUL SHINE SEATS

4-PERSON TABLE

4 ADMISSIONS

& T-SHIRTS \$150

GENERAL

ADMISSION

\$20

ALL PRICES GO UP

DAY OF SHOW



Lester Johnson

& The New Souls

Rockin' for Live R.E.A.L.

STAY GOLD
BENEFIT CONCERT

Sat Sep 23rd 7:00PM

District Bar & Grill, Rockford.

205 W. STATE ST



www.golivereall.org.

Tickets
go on sale
June 23

SCAN ME



Music
Silent Auction
Raffles
Trivia
Contest

HTTPS://WWW.EVENTBRITE.COM/E/2ND-ANNUAL-ROCKIN-FOR-LIVE-REAL-BENEFIT-CONCERT-TICKETS-638862544067

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...

CURRENT NEEDS



VOLUNTEER APPRECIATION

A big THANK YOU to our new volunteer, DANA!

Dana put together a huge stack of O.D.O.R. Class resource folders in just 2 days! We are so thankful for her willingness to put together folders, fold brochures or cut flyers.



We LOVE it when teens want to help us!

Recently, Michael folded hundreds of LRF brochures and cut our Grief group flyers into the postcard size.



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

Creativity is intelligence
having fun.

ALBERT EINSTEIN