

# 2021 A Year in Review

The past year has been another interesting study in human behavior, global issues impacting local ones, and how we all deal with challenges forced upon us by the external environment. As an organization, Recovery International has been resilient because of the people involved. Board, staff, leaders, members and donors have all rallied to continue offering meetings, welcoming newcomers, and provide much-needed support to keep our doors open and programs running. At the office we are consumed with operations and tasks like reports, scheduling, accounting, state registrations, keeping the database updated, processing contributions, restocking the bookstore, responding to questions, and providing customer service. But we do it with a purpose—to help people improve their mental health!

More than 60,000 attendees joined in our meetings from all over the world last year. We had Zoom and phone participants from Africa, India, Ireland, Canada, and Israel. We opened a new Spanish language Zoom meeting in addition to the one run by our Puerto Rico colleagues. The Power Your Mind youth program has been featured in several conferences and piloted in schools in four different cities.

However, the number of meetings and people served are still only half of what they were before the pandemic, and

meeting contributions are down by two-thirds. Therefore, we are even more grateful than ever to those who are able to contribute a little extra through higher-level memberships and philanthropic gifts. This generosity is what enables us to support our leaders in the field, offer newcomer and leader training, and work to modernize our programs and materials.

Most heartwarming, though, are the stories of success we hear every day—gratitude from people who have benefitted from the Recovery Method. You will read many of these stories in this and other issues of the *Reporter*. That is why we are here: to bring hope to people who were anxious and discouraged, to bring peace to people who used to be in temper, to help you and others achieve better mental health.

With best wishes,



*Joanne Lampey*

Joanne Lampey  
President



*Sandra Wilcoxon*

Sandra Wilcoxon  
CEO

## Programs and Outreach

Our programs serve the mission to help people gain skills to lead more peaceful and productive lives using the method and tools created by Dr. Low. While ongoing concerns brought about by the pandemic limit our ability to re-open more than 200 in-person meetings, our work continues. Highlights of the past year include:

- Opened eight more Zoom and telephone meetings.
- Re-opened 40 Community meetings throughout the country.
- Held 142 peer-led meetings each week, serving more than 68,000 participants.
- Opened a second online Newcomer Welcome Meeting.
- Opened a second online Spanish Meeting.
- Held 14 training and continuing education sessions for Group Leaders and Power Your Mind Leaders.
- Held monthly meetings for Area Leaders and Group Leaders.
- Held the Annual Meeting and holiday event via Zoom.
- Published the *Better. Mental. Health. Nature Journal*.
- Presented at one national and five regional mental health conferences.
- Reached more than 1,300 mental health professionals, veterans, first responders and other groups.
- Partnered with The Shift mental health rallies in Los Angeles and Chicago.
- Participated in the San Diego Honor Flight welcome event as part of the Veterans Initiative.
- Continued Daily Spots, Weekly Wisdoms, and the quarterly Recovery Reporter.
- Expanded online outreach through Facebook, Google Ads and LinkedIn.

Thank you for being part of the RI community—these accomplishments would not be possible without you! We have many ambitious goals to reach new people, offer new technologies, and provide more support and educational content to our members and leaders in the future.

# 2021 Financial Statements

In 2021 Recovery International again benefitted from generous bequests and the Federal government's Payroll Protection Program. These two items enabled us to survive the second pandemic year even though nearly 300 community meetings were still closed. The impact of the closed meetings can be seen on the financial reports in declines in Area and Meeting Revenues and volunteer time. Introducing more remote meetings—online and via teleconference—has enabled us to reach new people and fulfill our mission. We also took out a low-interest, long-term loan in order to invest in new technology and create applications to reach the next generation. -Hal Casey, Treasurer

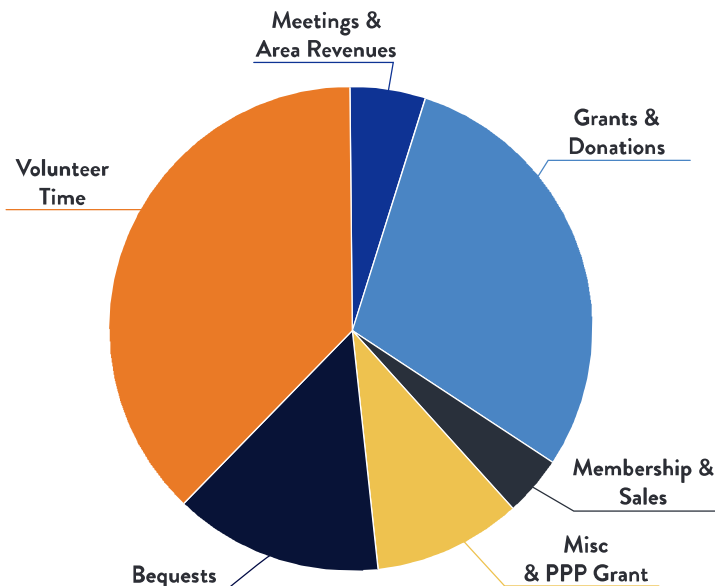
## Balance Sheet

	2021	2020
Current Assets	\$ 3,429,927	\$1,946,488
Fixed Assets	\$ 10,599	\$ 18,783
<b>Total Assets</b>	<b>\$ 3,440,526</b>	<b>\$ 1,965,271</b>
Current Liabilities	\$ 12,930	\$ 13,605
Long-term Liabilities	\$ 1,352,186	\$ -
Equity	\$ 2,075,410	\$ 1,951,666
<b>Total Liabilities &amp; Equity</b>	<b>\$ 3,440,526</b>	<b>\$ 1,965,271</b>

## Financial Activity

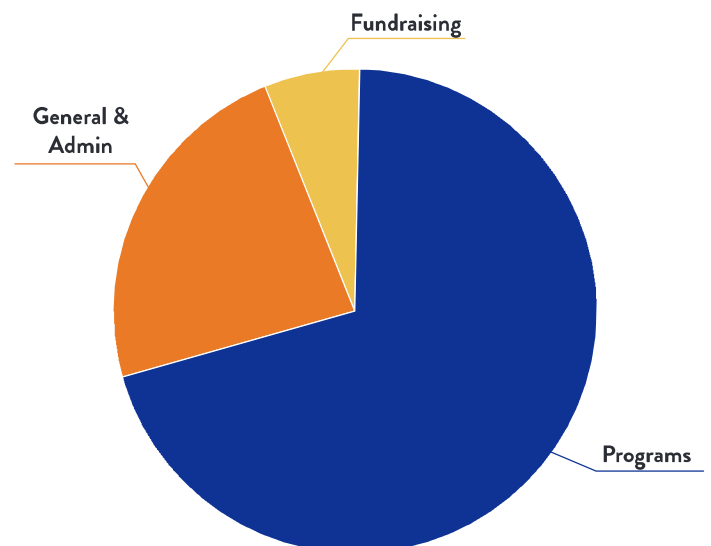
### Revenues

	2021	2020
Meetings & Area Revenues	\$ 61,492	\$ 84,466
Grants & Donations	\$ 389,881	\$ 316,094
Membership & Sales	\$ 50,133	\$ 64,346
Misc & PPP Grant	\$ 129,737	\$ 93,358
Bequests	\$ 183,852	\$ 385,021
Volunteer Time	\$ 494,521	\$ 373,509
<b>Total</b>	<b>\$ 1,309,616</b>	<b>\$ 1,316,794</b>



### Expenses

	2021	2020
Programs	\$ 847,696	\$ 773,628
General & Admin	\$ 275,872	\$ 242,034
Fundraising	\$ 74,808	\$ 65,199
<b>Total</b>	<b>\$ 1,198,376</b>	<b>\$ 1,080,861</b>
<b>Net</b>	<b>\$ 111,240</b>	<b>\$ 235,933</b>



Surplus from bequests used to rebuild cash reserves & endowment

# Donor Spotlight

## Future Legacy Gift to Recovery International

One of Recovery International's members of more than 20 years from Pennsylvania has decided to join the Society of Dear Ones. He has formalized his will and is leaving his entire estate, currently valued at \$3 million, to RI in recognition of how helpful the method has been to his success in life. Though he wishes to remain anonymous, he agreed to share his story.

This member got involved with Recovery International when he was feeling anxiety, depression, heart palpitations, and was agoraphobic. He went to his doctor, who prescribed sedatives and recommended yoga. The sedatives and yoga did not do enough to address his symptoms, so he went looking for other solutions. The member found Recovery's website, purchased a book, and then went to his first meeting.

At that first meeting he quickly learned from the group leader that "you have to do the work and there is no quick fix." The group leader then said, "time and effort put in will equal results." As the result of Dr. Low's teachings and lots of practice of the method, he changed from a nervous patient to an average nervous person. He also learned early on that setbacks are unavoidable, "but with training and applying Dr. Low's teachings, they became short and mild."

One day, as he read the *Recovery Reporter*, he noticed a list of members who had pledged to leave a legacy and join the Society of Dear Ones. This spurred his interest to donate. He met with his financial planner and made the decision to leave his estate to Recovery International, feeling this would be the best way for his legacy to have a lasting impact.

"After seeing what Recovery International has done for me, it was a no-brainer to select this organization to receive my bequest." We are truly grateful to this special longstanding supporter and newest member of the Society of Dear Ones for being group-minded and taking action that will benefit others in the future.

# Society of Dear Ones

Recovery would not have survived the past several years without generous bequests from people who appreciated the role Dr. Low's method played in their lives. We are able to continue our work through the thoughtful, forward-thinking and group-minded actions of people who have planned ahead and included Recovery in their wills.

## Recent Bequests

We honor the memory of friends who made gifts from their estates in the past two years:

Michael F. Agin	James Lawrence Books, Sr.
Mary Brawley	Philip Dahlgren
Geraldine Halland	Harold Koebke
Nancy Maier	Philip Mancuso
Stephen Millard	Susan Miller
Stanley Pahota	Merdith Ransohoff
Harold VanDeest	Beverly J. Zweig

## Society of Dear Ones

We salute the people who have already let us know that Recovery International is included in their estate plans:

Anonymous (3)	Marcian Ashby
Mariam Ballatine	Stella Benkel
Phyllis Low Berning	Robert Bessen
Susan Beyerlein	Cliff Brown
Lynette Bryant	Thomas Burt
Donna Cable	Edith Campbell
Hal Casey	Alice Clawson
Gary Collier	Darlene Day
Nancy Downes	Ann Dunbar
Mary Ann Fastook	Colleen Ferguson
Penelope Gillespie	Phyllis Greenberg
Robert Gros	Donna Gunnison
Triss Hansen	Robert Holcomb
Denise Holmes	Susan Holt
Peter Jardine	Celinda Jungheim
Steve Kunze	Everett LeCompte
Gloria Lippmann	Mike Loeffelholz
Marilyn Low Schmitt	Kathy Majka
Dale Marxen	Pamela Memmer
Meta Moder	Diane Peskin
Randall Petersen	Sheila Rabel
Jane Razza	Linda Reese
Ruth Reynolds	Harry Rubin
Hector Solivan	John Stepanik
Marie Svokos	Richard Sweeney
Mike Timmons	Linda Weintraub
Anne Welsh	David Wood
James Zubulak	

This generosity will keep the work alive to serve generations to come—please help us in expressing our gratitude to the members of the Society of Dear Ones and consider joining them by including a gift to Recovery in your will or estate plans. For more information about planned giving, please contact Marc Saffren at [marc@recoveryinternational.org](mailto:marc@recoveryinternational.org).



# Donor Honor Roll

We rely on meeting contributions, memberships, gifts and grants to operate. This support is vital to continuing programs and to ensuring that no one is turned away for inability to pay. We especially wish to recognize the following members and donors:

## Foundations & Organizations

Anonymous  
Bruce D & Treasure Sachnoff  
Charitable Family  
Foundation  
SHARE!  
Dillon Marcus LTD.  
Recovery Canada  
Communities Actively Living  
Independent & Free  
Community Research  
Foundation  
AmTrust North America  
United Way of Bucks County  
Precision Oncology  
State Fund Insurance  
Noteworthy Music™

## Platinum Patrons

Anonymous  
Judith Bakke  
Judith Bassette  
Estate of Mary Brawley+  
Thomas Burt  
Estate of Phillip Dahlgren+  
Estate of Susan Miller+  
Ronald Mouw  
Michael & Carolyn Polizzi  
Mark Zausmer

## Gold Patrons

Anonymous  
Raymond Arenofsky  
Stella Benkel  
Phyllis Berning  
Harry Boehm  
Michael Boldt  
Lawrence J. Books+  
Patricia Bosvay  
Terese Boveri  
Loretta J. Call  
Olene Chard  
Gary Collier  
Jim Crawford  
Donna Eyman  
Beth Fertig Friedman  
William Flavelle  
James Fratrack

Fran Goldstein  
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Dorothy Johnson  
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Dale Lombardo  
Martinique Marron  
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Tina Nies  
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John Pendergrass  
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Christy Ray  
Ruth Reynolds  
Albert Schafer  
Charlotte Smith  
Janice Smith  
Eva Suchow  
Richard Sweeney  
Daniel Thielen  
David Wood  
Robert Zanelli

## Silver Patrons

Anonymous  
Tim Andaya  
Jane Bardolf  
Patty Boisvert  
William Boyd  
Gerald Chamales  
Paul Chevalier  
Robert Cleary  
Margot Conard  
Susan DeCesari  
Virginia Edgerton  
Katie Elsila  
Deborah Gawron  
Amy & Howard Gold  
Philip Gorelick  
Emily Gross  
Patricia Gruntorad  
Thomas Gunderson  
Tom Kane  
Robert Klein  
Margaret Kreutzkampf  
Gene LeFort  
Jackie & Stan Levine

Christina Martinez  
Roger Mattioli  
Paul Medus  
William Mulloy  
Kelly O'Keefe  
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John Seney  
Mary Sommerfeld  
Linda Stanton  
Gregory Stark  
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Eric Stiles  
Olivia Triana  
Richard Urey  
Alan & Ann Vollmann  
Jan Wilcke  
Sandra Wilcoxon  
Kate Wilks  
Martha Zausmer

## Bronze Patrons

Anonymous  
Carol Abram  
Sharon Alverson  
Karen Anthony  
Robert & Elaine Appel  
Lesley Baehr-Sinkin  
Elneta Baqi  
Ian Barry  
Keene Benson  
Robert Bessen  
Peter Bronson  
Sonja Bruni  
Barbara Buscareno  
Pamela Busch  
Pam Carlino  
Helen Carniglia  
Vincent Cassano  
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Eugene Cliff  
Clayton Conard  
Joan Crable  
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John De Rosa

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Norma Steiner  
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Donna Swartz  
Ronald Tempest  
Sam Thein  
Shelley Uram  
Ellen Van den Bergh  
Annmarie Vierick  
Terence Vrchota  
Linda Weintraub  
Frederic Weller  
Rebecca Williams  
Lorraine Wright  
Michael Young  
Dorothy Yuhas  
James Zubulake

+ Indicates Deceased.

While space prevents us from listing gifts under \$250, we are grateful for all contributions, of every amount! (If we have inadvertently omitted or misspelled your name, please forgive us, and let us know so that we can update our records by contacting Everlean at [info@recoveryinternational.org](mailto:info@recoveryinternational.org).)



# Continuing Education for Leaders

At the beginning of this year, the Training & Recertification Task Force rolled out continuing education programs for leaders/ leaders in training. To-date, we conducted the following sessions via Zoom: How to Open a Meeting, Dealing with Disturbing Behaviors, How to Use meetup.com to Promote RI Meetings, Group Leader Trainings, and Power Your Mind Overviews.

For those Leaders wishing to facilitate a program, applications are required and are sent to the Program Committee for review. Session proposals are vetted based on the following criteria:

- advances RI mission
- contributes to RI Method and knowledge base
- aids members in advancing their technology skills to lead meetings
- furthers mentoring of new leaders
- provides ways to attract newcomers and market meetings.

These sessions are free to Leaders. To obtain an application to conduct a session or if you wish to become a Leader and participate in these personal development opportunities, contact [angela@recoveryinternational.org](mailto:angela@recoveryinternational.org) or 312-337-5661.

## Decide, Plan and Act: Judith Bassette

Last fall, on a national Group Leader meeting, Judy Bassette heard that meeting donations were down more than \$100,000 – due to the pandemic. Judy *decided* this was the year to make an extra donation to Recovery International, she made her *plan*, and *acted*. And we received a most generous check from Judy, many times her usual annual gift, to help RI during these challenging times!

I called Judy to thank her, and learned she has been involved in RI for 43 years. When her children were small, she suffered from feelings of helplessness, hopelessness, fatigue, anxiety, panic, crying spells, and heart palpitations. She laid on the sofa or bed all day, only getting up to do what absolutely had to get done. For three years, doctors were not able to help her, but one finally suggested she might try Recovery meetings. She went that same week, and found tools to help with her symptoms.

“Recovery showed me how I could use my muscles to get up and take care of myself, my family and my home. Thanks to Recovery, I was able to achieve a better quality of life. I was able to get my Master’s Degree and worked as a Spanish and Latin language teacher for 20 years.” Judy continued, “I wanted to give the donation to Recovery in intense gratitude for giving me the knowledge of all the coping tools I use in everyday situations.”

Judy went on to become a Group Leader, and is the Western New York Area publicity chairman. She has conducted many demonstration panels introducing RI to area ministers and civic groups, and is currently working on scheduling a radio interview on Buffalo Senior Radio.

Judy knows RI works for others, too. There were people in her group over the years who have had suicidal thoughts. They found hope in the tools Recovery provided, and now lead productive lives. She also does mutual aid calls with past group members who live in nursing homes and can’t get to meetings, and sometimes she mails out lists of coping tools to friends.

“I encourage everyone who attends Recovery meetings to drop the stigma of their own mental health problems so they can bring awareness of RI to others,” Judy says. “Continue to give your time, talent and treasure to Recovery so that future generations will be able to benefit from RI Method.”

