

"Do what you can, with what you have, where you are."
-Theodore Roosevelt

NOT ALL HEROS WEAR CAPES

The words "thank you" do not seem to be sufficient to express our gratitude to all essential employees, specifically those at Covenant Community. Times like these remind us of how lucky we are to have such a strong team. Covenant Community has not missed a beat as we are adjusting to this new normal, and that is partly due to our House Managers. Read what some of our House Managers had to say about why they love their jobs as well as advice for recovery in such unique times.

"What I like most about my job is working and interacting with the clients. I remember being in the same exact spot a few years back. I was full of fear and out of hope. If I can instill the smallest amount of hope into one of the guys, I feel like I've done my job. To see the light bulb "go off" and for one of the guys to "get it" never gets old, and I love it. I love the success stories and every time I witness one (nothing short of a miracle), I know that everything I went through in active addiction was for a reason, even though it didn't make sense at the time. When the guys first arrive at CCI, there's not much to feel good or laugh about. I always tell them that if you're not laughing and having a good time in recovery, you're not doing it right...In my opinion, laughter is the best medicine and I try to show the guys this everytime that I work." -**Todd Foster**



"House managers have always been 'essential' at covenant. A position where you have to be present no matter what. The house managers haven't missed a beat still reporting to work as usual. Christmas, Thanksgiving, New Year's, snow storms, Birthdays and sometimes all 24 hours. One of the things I like about this job is seeing the residents striving to become productive and responsible and completing the program successfully...I absolutely love that! One of the my favorite memories that I have is seeing one of the residents son speaking at his celebration saying how good it is to have his father back and how proud he was of his dad. It got a little emotional after receiving a standing ovation. As far as advice for those in recovery during this pandemic: Do not use this pandemic as an excuse to use any mind or mood altering substance. Recovering individuals have been known to use their circumstances as an excuse to escape reality. I tell them often that once the drugs and alcohol are gone the reality is still there and it only makes your circumstances or situations worse."

-**Carl Palmer**



"I like that I get to help other through the trials and tribulations that I myself struggled with so badly. It keeps me working a program of recovery and active. I think what sticks with me the most is how much of myself I see in some of the guys. This pandemic has helped me because it gets me out of the house and back into society. I learned that despite having one leg, Tyrone is more active than I am. Definitely an inspiration to get my butt off the couch. I'm grateful for such a supporting place of business behind me. I have received nothing but support since starting working with CCI. Be still. Use this time learn how to be okay in your own head. Fight the demons that keep you up at night. Don't stop now".

-**Chris Redondo**



JUNE HOLIDAYS



PRIDE MONTH



JUNE 3RD:
GLOBAL
RUNNING DAY



JUNE 5TH:
NATIONAL
DONUT DAY



JUNE 10TH:
NATIONAL ICED
TEA DAY



JUNE 14TH:
FLAG DAY



JUNE 19TH:
JUNETEENTH



JUNE 21ST:
FATHER'S DAY

FOR THE MOST UP-TO-DATE
INFORMATION ABOUT EVENTS AND
ALL THINGS

COVENANT COMMUNITY, INC
FOLLOW US ON SOCIAL MEDIA



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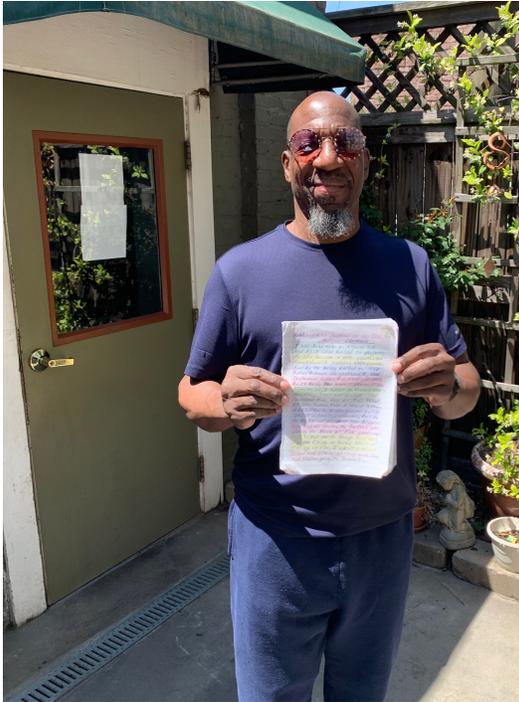
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COVENANT RESIDENT OF THE MONTH **ANTONIO**



How has CCI helped you with your recovery?

CCI has helped me tremendously. I've been at other recovery centers before, but something about this place has something different to offer. This place helped me realize that you can't go through this recovery process thinking you have it all together just because you're here; this is only the beginning. Before Covenant, I was living a lie, but now, I see my life excelling beyond here.

What have you learned the most since being at Covenant?

I've learned to quit analyzing my past.

What has been your fondest memory here at Covenant?

Today! This is such an amazing feeling (finding out I'm Resident of the Month). When you have joy of your accomplishments, it's okay to salute yourself, but don't get too comfortable or happy, there is still more to be done.

FUN FACTS

Favorite Song

He's Working it Out for You
X Shirley Caesar

Favorite Thing To Watch

Bishop T.D. Jakes

Favorite Book

The Holy Bible

Favorite Food

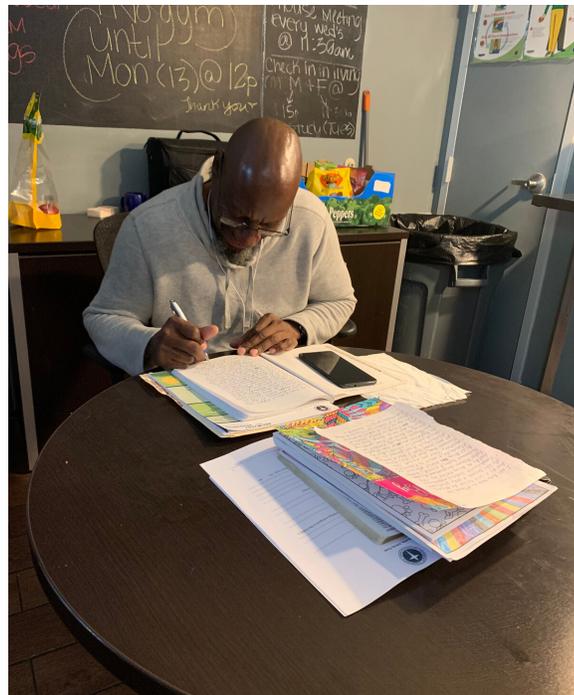
Philly Cheesesteak

One Thing You Can't Live Without

Meditaion and Prayer

Favorite Holiday

Mother's Day



STAFF

Johnathan Davis
I. Ugo Anikpe
Mercy Mutiso
Shawn Mason
Kristina Armstrong
Vernice Davis
Sharmin Blue
Bianca Long
Justin Harris
Charles Varner
Carl Palmer
Todd Foster
Corey Dawson
Jake Roberts
Caroline Echols
Chris Redondo
Bob Book
Deborah Bacote-Taylor
Richard Cook
Joanna Garcia
Vanessa Young



BOARD

Sheldon Taylor
Michael Gragnani
Wayne Williams
Laura Morse Brown
Judson Graves
Nelson O. Tyrone III
Andrea Hopkey
Tami Prince
Melynee Leftridge
Kevin Lyman
Linda Stewart
Dana Rouillard
Ellen Porter

ADVISORY COUNCIL

Elizabeth Klump
Holly Book
Ann Stuart Pearce
Bob Book

From Our Clinical Director, Merceline Mutiso:

For this months resident of the month, it was an easy choice! He came to us in February of 2020. As he fumbled his way around this new environment, he cautiously planted his feet and began to sprout. This wonderful man has been so positive, influential, passionate, and creative. His ability to cope with life, especially during the current crisis, has taken him from adult coloring to writing his autobiography and beyond. Without even a whimper, let alone a complaint! Even though he has only been here a few short months, I have been thoroughly impressed at his ability to get along with the guys, staff, all while sowing words of wisdom and compassion in all of his engagements. On his last programming form dated 5/15, Antonio wrote about "turning your stumbling blocks into stepping stones." I am constantly learning from this great guy and looking forward to witnessing where his stepping stones take him. Congrats Antonio!!!



COVENANT EMPLOYEE OF THE MONTH **BIANCA LONG**



How did your journey with Covenant begin?
 My CCI journey began this past September. I was a recent college graduate, and was looking for a job where I could use my social media skills as well as be in an environment where I could mature and learn from those around me. I got really lucky in that I am absolutely in love with my first job post-grad. A lot of people can't say that.

What's your favorite thing about working here?
 I love the tight-knit community feeling.

How do you see Covenant growing in the near future?
 I see CCI opening other facilities nation-wide so that there is no shortage of quality care.

"The employee of the month is Bianca Long. Bianca's commitment to performing well and love for Covenant Community are both impressive and heartwarming. In just a short period of time, she has radically changed our social media presence and continues to provide a ton of millennial-hip-energy to our work environment. I have thoroughly enjoyed working with Bianca over the previous months and I am looking forward to how she will lead our communications and social media efforts in the future. Congrats, Bianca! It's great having you around!"
 - Executive Director, Johnathan Davis

FUN FACTS

Favorite Quote?
 "The things that happen to us in life aren't designed to stop us, they're designed to reposition us to come in contact with what God really has for us." -Inky Johnson

Who is your Dream Celebrity Dinner Guest and why?
 I can't decide between Beyoncé and Michelle Obama. It's refreshing to see two powerful Black women carry themselves so well while maintaining who they are with incredible work ethics. I would love to pick their brains to hear the advice they would have given to their 24-year-old selves.

If you could only watch one show for the rest of your life what it would it be?
 FRIENDS. It's my favorite show and even though I've already seen every episode at least 12 times, I will never get tired of it.

Best way to start your day?
 Gospel music and a Vanilla Latte w/ Almond Milk and whipped cream, of course.

Favorite Movie and why?
 My favorite movie of all time is Remember the Titans. I am a HUGE football fan and the historical context behind the movie was truly inspiring. I also love Denzel Washington, for obvious reasons.

Unpopular food opinions?
 Pineapples BELONG on pizza.



ALWAYS BELIEVE IN YOU



Back on My Feet's Virtual Circle Up was one for the books! We are so thankful for our partnership with this phenomenal organization and how they have impacted so many lives, including one of our alumni, Logan. As the alumni speaker for this year's program, Logan shared his journey, progress and reminded us that his accomplishments to date are only the beginning. Thank you Logan for inspiring us all; we are so proud of you!



PRIDE IN RECOVERY

What has been your experience with being a member the LGBTQ community and recovery?

I realized that being a part of the LGBTQ community helps create some sort of bond with people who are in recovery. You both have such a unique story to tell. It helps broaden your horizons.

Any advice?

You're going to get a lot of heat simply because of who you are, but remember that you have to be stronger than most.

- Percy Durant- Harvey

NEW PARTNERSHIP SUPPORTING COVID-19 EFFORTS

**RECOVERY
RESOURCES**
ATLANTA MIDTOWN



Recovery Resources of Atlanta Midtown is excited to announce that we are working with Partners for Homes, a local non profit organization that's been tapped by the city of Atlanta to manage the Covid-hotel for the homeless population of Atlanta. We will be providing tele-health supports to the hotel's guests.

Those services include:

1. Individual check-ins done via the hotel phone or devices
2. Group check-ins (Dial in and video capability)
3. Mutual support groups (Dial in and video capability)