



## DECEMBER NEWSLETTER

### Cookie Decorating and Ornament Making



Don't miss out on our December alumni event- cookie decorating and ornament making with staff, alumni, family and friends! 🎄  
The event is 12/21, 12-4pm at the St Gregory's IOP office at 401 Grand Ave, WDSM, IA 50265  
Food and supplies will be provided. Please RSVP to Anna at 712-304-2722 

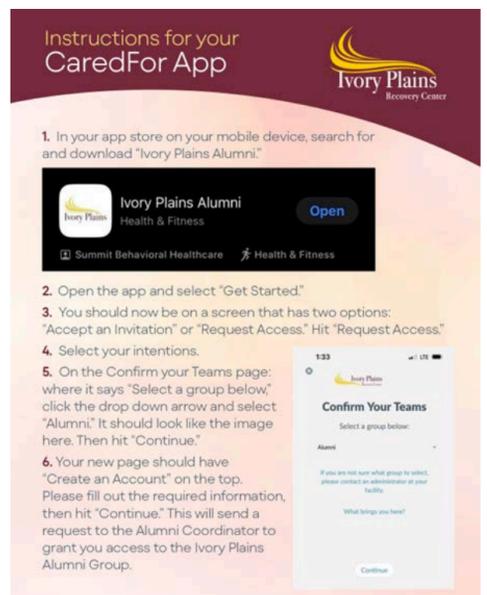
Ivory Plains had our first-ever alumni return to the facility on December 1st! Our very own Makayla S visited for her 11-month sobriety milestone to lead a speaker meeting during the client's peer-led NA and AA groups. Makayla was able to add her handprint to the graduation wall with her milestone date 1/1/25. There is also an alumni ambassador program in the works for those who are dedicated to the Ivory Plains Community! If you are interested in returning to the facility to speak to clients or hear more about the alumni ambassador program, reach out to Anna to discuss the opportunity: 712-304-2722.



#### Are you on our Ivory Plains app?

The app is essentially like any other social media platform, but **only** for alumni and staff, and HIPAA-compliant! From selfies, sober birthdays, event information, mental health & sobriety resources, and connecting with staff and other alumni - the app is key to staying connected with your friends from treatment and an amazing sober community.

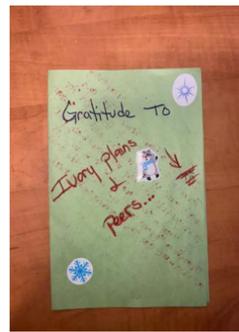
- Request access by following the directions to the right:



Instructions for your CaredFor App

- In your app store on your mobile device, search for and download "Ivory Plains Alumni."
- Open the app and select "Get Started."
- You should now be on a screen that has two options: "Accept an Invitation" or "Request Access." Hit "Request Access."
- Select your intentions.
- On the Confirm your Teams page: where it says "Select a group below," click the drop down arrow and select "Alumni." It should look like the image here. Then hit "Continue."
- Your new page should have "Create an Account" on the top. Please fill out the required information, then hit "Continue." This will send a request to the Alumni Coordinator to grant you access to the Ivory Plains Alumni Group.

During Thanksgiving, clients made gratitude letters to family, themselves, friends, or others close to them. "Gratitude is defiance of sorts, the defiance of kindness in the face of anger, of connection in the face of division, and of hope in the face of fear. Gratitude calls us to sit together, to imagine the world as a table of hospitality. To feed one another. To feast, to dance in the streets. To know and celebrate abundance." A gratitude check is always helpful to get the most out of the holidays. Give this exercise a try at home! ✨



A reset before the new year sets you up for a strong start! If you know anyone that could benefit from being a part of the Ivory Plains community, have them reach out to admissions at 515-325-5700 or to Anna at 712-304-2722.



Our work doesn't stop with you.

Refer a friend so we can continue our mission of

Improving the lives we touch.

ivoryplainsrecovery.com  
admissions: 515-325-5700 extension 1

