

The Freedom Flyer

The Newfound Freedom Newsletter



Sherine outside of Appletree, NFF's women's recovery house

The NFF Alumni
Check-in

Sherine Yordy: *Tough Love with a Soft Hand*

Today, Sherine Yordy has an amazing, productive life. She is in school to get her GED so that she can become a Certified Recovery Specialist and use her experience to help others. She is a loving and present mother and grandmother, able to be there and support her family. She is also the General Manager of Newfound Freedom's women's program, a position that is very close to her heart. This is a very different kind of life than she had three years ago when she first came to NFF.

When Sherine moved into Appletree in 2018, she had nothing. She had lost her career, her family didn't talk to her, and she had no home. As someone who was far from happy, she was taken aback by what she saw at the Monday Night Meeting:

"Everybody was always smiling at Newfound Freedom, which I thought was weird at first. I remember thinking, '*How can people be this happy?*'" Sherine wanted what they had, "and that was a smile on their face. That's it." She listened to, and learned from, those around her—the men and women who were working their programs and had some time. She took advice, followed the rules, and trusted the process.

"I didn't fight them on anything," she said "[Because] I had nothing to lose. And everything to gain." Through the structure of NFF, Sherine gained a lot. "Those little things, like making your bed, doing your chore, hitting your meetings, and being held accountable. Those little things set you up for the bigger things. Newfound Freedom taught me how to live again."

Sherine's love of NFF made her keep coming back to meetings and events, even after moving out. And somewhere, deep down, Sherine always knew she would be more directly involved.

"I always told Pops, 'I'm gonna be running this someday for these females,'" Sherine said. "And he told me, 'You can do that one of these days, if you just stay the course and stay clean.'" Sherine did just that, and in 2020, she got a call from Scott and Pops, who offered her the position of Women's GM. She was ready for the challenge—she believed in the women's program and wanted to see it flourish.

"I really thought, '*I can bring something to the table. Just give me a chance to make it better,*'" she said. "And that's what I've done. And I'm proud of this." Over the last year and a half, Sherine has successfully rebuilt the program and strengthened community connections. Today, it is known as a very solid program.

"When they tell me, 'You're running a good show over here,' I know I'm doing something right," she said. "I know I'm a part of something bigger than just me." Sherine put her heart into this role, so it means a lot to her. "I get really emotional, because I *worked* for this," she said. "We *work* for this."

One reason that the women's program is so successful is that Sherine is present and leads by example. She still works her program, shows up to meetings and events, and continues to "help the next one." Sherine knows there is a "better way of life", because she has it, and she wants her girls to see that.

"I WORKED FOR THIS.
WE WORK FOR THIS."

"I'm trying to show these women it's possible," she said. "Anything is possible. You can have anything you want as long as you don't use." Sherine's own experience in the recovery house has influenced her priorities and expectations as general manager.

"[Girls] call me on the phone and [say they're really nervous. And I tell them], 'I don't care about your money, where you came from, what you're doing. All I care about is the fact that you wanna stay clean. that you wanna be a part of life again. [And] I'm never gonna ask you to do anything I haven't already done myself.'"

Sherine has a tough job, but she handles it with strength and positivity. "I just wanna empower women, that's all I wanna do," she said. "[And] to watch these women grow is quite an amazing sight."

Though she currently works a "normal" job as a waitress to pay the bills, she believes her future is in the recovery field. She feels strongly that it's where she is meant to be; where her talents will be best utilized. While she is in recovery herself, she is also the mother of a recovered addict, and helping younger generations is close to her heart:

"There are a lot of addicts out there who are seriously young," she said. "This disease doesn't discriminate. I relate to the young ones. I really want to help youth." Once she has her CRS certification, Sherine plans on getting a certificate to become a youth advocate. She also wants to see the female program grow.

Sherine is now one of those NFF alumni with a smile on her face, inspiring the next generation of residents, much like she was inspired by those who came before her.

"I wanna thank the women that came before me," she said. "[They] showed me there's a better way... There's a beautiful life to live- just go get it. And I did. And now I have this amazing life. I'm way richer in other things than money. I'm rich in life. I'm just a productive member of society, and those things are priceless." ♦

Sprucing Up the NFF Houses

A few months ago, Scott asked us to do some landscaping and told us to have fun with it. And we did! We've been planting our way through the houses, yard by yard. Check out a bit of the process and some of the completed projects:



Top: The front bed at apple tree, with several new flowers and plants.
Bottom: New additions to Inkberry's front stone garden.



Top: In process at Birch.
Bottom: Brand new flower bed, complete with flowers and evergreens.



Top: Bringing new life to the pond at Blue Ridge.
Bottom: Revamping the garden at River.



Top: Making a new bed at 60 Jonquil.
Bottom: Full bed of plants around the tree and in front of the house.

The NFF Recovery Meeting is Back in Person!

Monday Nights
7pm-8pm

Keep an eye on the NFF Facebook Group each week for details!

CONGRATS TO ALL NFF RESIDENTS CELEBRATING AN ANNIVERSARY IN JUNE AND JULY!!



www.newfoundfreedom.com
info@newfoundfreedom.com
Facebook: Newfound Freedom Inc



Freedom Flyer Editor and Content Creator/Writer: Erin Fleming