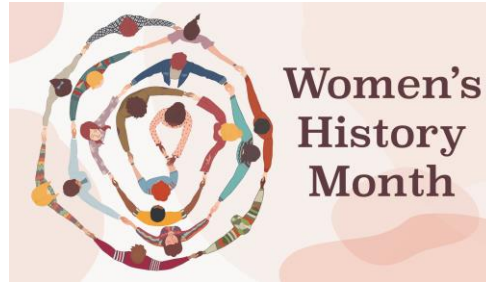


As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**



**Divine Light Behavioral Health
Client Newsletter
Issue 009
March 29, 2026**

March is designated as National Women's History Month in the United States to honor the contributions and achievements of women throughout history. President Jimmy Carter designated the first National Women's History Week, the week including March 8, in 1980. This week we will spotlight some of the women at Divine Light.

We celebrate our clients...



I scream peace, love, positivity, and light from the top of my lungs when I look at the beautiful sky each day. There was a time that I could not lift my head to see the sky above. I was held captive by my addiction. Now I am free and hopeful thanks to Divine Light. I have been born again with new and healthy skin. My face shines with sobriety and I love it. Thank you, Divine Light, for helping put my life back together. **Dynasty**

I'm a woman, Phenomenally. Phenomenal woman, That's me.
Maya Angelou

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**

Spotlight on Divine Light Staff...



Gina

Gina is a Residential Aide for Divine Light. She not only serves as a Residential Aide; but she also fills in as a Medtech when needed. Gina has never felt the pull of addiction; however, she has seen the disease affect family and close friends. Gina takes addiction very seriously. She encourages the clients to “stick and stay.” Gina treats each client with dignity. I have seen Gina go out of her way to help the clients of Divine Light. No matter how energetic or exhausted, Gina always gives her all. When the clients have the "store run" on the weekend, she ensures that all clients have the chance to go to the store. This is important for the clients because we are unable to go to the store during the week, so we look forward to shopping at the weekends for snacks and personal items. Gina, you are a sweetheart, friend, confidante, and a true treasure. Thank you for all that you do.



Emani

Emani, Residential Aide, for Divine Light is 23 years old and supports her young children. Emani is no stranger to addiction. Even though she has never personally suffered from the disease, she has supported family members who suffered from addiction. Emani is a kind and thoughtful person. She is always willing to help a client when needed. She is encouraging and supportive. The clients really appreciate Emani for treating them with respect and dignity. Emani is a true asset to Divine Light. Thank you for all that you do.



Jydah

Jydah is a Residential Aide with Divine Light. Her story begins in sunny Florida where she was born and raised. This is also where her addiction began. Jydah battled the disease for many years. When she had enough, she decided to change people, places, and things by moving to Maryland. In Maryland, Jydah discovered Divine Light. In Divine Light, Jydah found her shine. Jydah came here as a client and successfully completed the program. Once she graduated, she began working for Divine Light. Here, she treats clients with respect and love. Jydah is very nurturing. She always has a ready smile and a kind word. Divine Light is a better place because of Jydah. Thank you, Jydah, for all that you do.

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**



Tracey

Tracey, a House Manager with Divine Light, has never personally faced addiction; however, she watched her oldest brother fight the disease. As she was growing up, she witnessed the arguments between her brother and her parents, the lost money, and the loss of himself. Eventually he succumbed to his addiction. Losing her brother gave her the initiative to pursue a career in the medical field. Tracey first worked with elderly patients and then chose employment working with people who faced addiction. Tracey has been employed with Divine Light for more than seven years. I asked her what keeps her going, what motivates her. She said very simply, Ms. Dean. When she met Ms. Dean for the first time, she was forever faithful to her vision for Divine Light. Tracey keeps this vision close to her heart. Whenever she feels frustrated or lost, she remembers Ms. Dean and her conviction is renewed. Thank you, Divine Light, for bringing us such a caring and loving individual.

Phenomenal Woman

BY MAYA ANGELOU

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.
I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**

And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.
Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them,
They say they still can't see.
I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.
Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing,
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**

Did you know.....

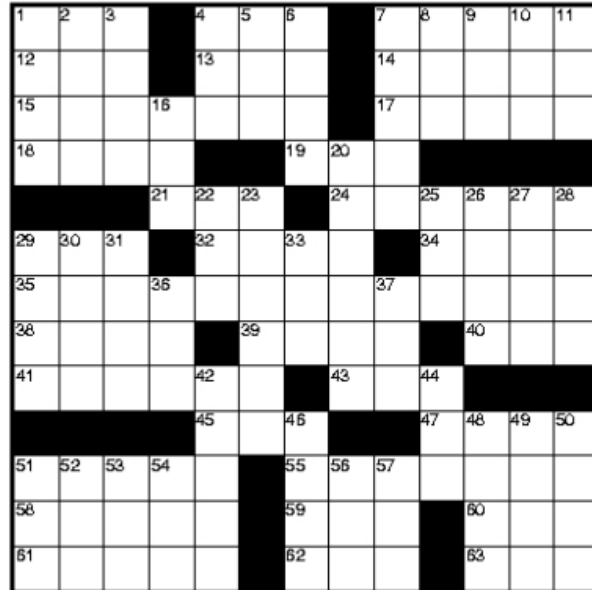
Divine Light has a **Client Advisory Board**. The Advisory board works with the clients to address issues and concerns. All concerns are documents on “Comment Sheets” then presented to upper management. All concerns are tracked by the Advisory Board until a resolution is found. The Advisory board helps with snacks for the newcomer, picking up trash in the different buildings, working with clients who need clothes and hygiene items. Please stop by and chat with any of the Advisory Board members if you need assistance. The Advisory Board members for PHP are as follows: Carey, Cody, Lisa W., and Mary. The Advisory Board members for IOP are as follows: Tavon, Katrina, James, and Ashley.

Divine Light has recently created a select group of individuals who are the new “**Eyes and Ears**” of Divine Light. They will work with the Client Advisory Board to document client concerns. The new group consists of the following individuals: Nyaira, Keisha, Reggie, Lakeysa, Heather, Doug, Rob, and MJ.

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**

ACROSS

- *1 ___ on the back (praise)
- *4 Peter Pan and Skippy competitor
- 7 More than ___ as many total entries as any other crossword dictionary
- *12 Keogh Plan alternative
- *13 2002 Winter Olympics host
- *14 Bret Harte character
- 15 The only crossword dictionary based on the clues in America's most ___ crosswords
- *17 "Cannery Row" star
- *18 Gloria Vanderbilt logo
- *19 Computer capacity unit, for short
- *21 Checkout scanner ID: Abbr.
- 24 More than ten times as many ___ (like "Titanic") as any other crossword dictionary
- *29 Wind heading: Abbr.
- *32 Mesopotamian kingdom
- *34 Saran ___
- 35 Appropriately, there are 40 entries under this word, meaning "thorough"
- *38 "Darling, Je Vous ___ Beaucoup" ('55 song)
- *39 Has brunch
- *40 NYSE regulator
- 41 More than ten times as many ___ (like Chevy and Oreo) as any other crossword dictionary
- *43 Former US Airways rival
- *45 Comparative suffix
- *47 Jay Leno prominent feature
- *51 Mr. T's TV group
- 55 The only crossword dictionary with full coverage of contemporary life and ___
- *58 Actress married to composer Kurt Weill
- *59 "Today I ___ man!"
- *60 Barnyard sound



- 61 The only crossword dictionary with "sound bite", "world-class" and thousands of other ___ terms
- *62 Lumberjack's tool
- *63 Alphabetic trio
- DOWN**
- *1 Gladys Knight's group
- *2 "Pretty maids all in ___"
- *3 Spanish snack
- *4 Summer mo.
- *5 "Love ___ Many-Splendored Thing!"
- *6 Pig's home
- *7 "The Rain in Spain" is one
- *8 Doctor of sci-fi
- *9 Crete, for example: Abbr.
- *10 Op. ___ (footnote phrase)
- *11 Ending for ethyl
- *16 Burmese statesman
- *20 Kelly the clown
- *22 ___ capita income
- *23 Monty Python member
- *25 Jettas and Beatles
- *26 Dame Judi Dench film
- *27 Icicle spot
- *28 Risky business, for short
- *29 Union bane
- *30 "Bon ___!" (French farewell)
- *31 Actress Thompson
- *33 "Take on Me" rock group
- *36 Magic Marker
- *37 Where Sydney is capital: Abbr.
- *42 Yankee great's nickname
- *44 Get busy
- *46 Some TVs
- *48 Dromedary feature
- *49 Desert Storm site
- *50 ___-miss (close call)
- *51 Caricaturist Hirschfeld et al.
- *52 ___ Aviv
- *53 Disney deer
- *54 First name of the author of "We the Living"
- *56 Actress Thurman
- *57 John Grisham's profession

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**



Pisces	Everything is a blur as the week begins. Your Monday and Tuesday could find you hard-pressed to sort out truths from half-truths (not to mention outright lies), and nothing ends up being quite what it seems. Proceed with caution. Wednesday and Thursday should both be better days for action. Your communication skills are unusually attuned, and others will swoon over your sweet, soft words. Starting on Friday and on into the weekend, you'll find yourself overwhelmed by details and considering surrender. Don't overreact like that. And, in fact, don't make any big moves right now. Everything is about to change anyway. On Sunday afternoon and evening, fun will find you.
Aries	Kick off your week with a surge of adventurous energy! On Monday and Tuesday, you'll be a veritable pioneer, boldly forging new trails and meeting new people everywhere you go. Expect that action to subside by Wednesday and Thursday as obstacles and obligations crop up to block your path. You'll need to show some flexibility and patience to persevere. On Friday and on through the weekend, you'll feel like a switchboard operator, quickly flipping through phone calls, emails, and other electronically enabled messages. You can communicate more clearly and quickly than ever right now, so use that extreme articulation to talk up a storm. On Sunday afternoon or evening, get something off your chest.
Taurus	Slow down on Monday and Tuesday! You'll find that you're in an unusual rush, which is weird for you, but just take a deep breath and resist any impulsive urges. On Wednesday and Thursday, you'll come back into your own, and how! All of your best traits, especially your persistence, practicality, and energetic stamina, will be magnified, and others will be amazed in your presence. Enjoy the flattery and make the most of the excitement (especially if romance is involved). Starting this Friday and on into the weekend, you'll find yourself in an uncharacteristic rush again, only this time that mental quickness will just help you communicate your feelings more clearly.
Gemini	Take the initiative as the week begins. You're a dynamo on Monday and Tuesday, able to communicate quickly and come up with new plans on the fly (with a little help from your friends, of course). On Wednesday and Thursday, you'll need to drop your speed back down to a relaxing coast. Unexpected obstacles could block your way, but some patience and mental maneuvering should see you through. On Friday and on through the weekend, expect to have amazing amounts of energy. You'll be doing what you love (meeting lots of new people and trying lots of new things) and the world will bend to your every whim.
Cancer	Don't overreact as the week begins. Monday and Tuesday could both present emotional challenges thanks to your temporarily extra-sensitive intellect. If you can stay calm, cool, and collected, though, you'll pull through fine. On Wednesday and Thursday, make plenty of time to socialize. You're entirely too charming right now to stay at home, unless, of course, you're just planning to have a big dinner party. Starting on Friday and on into the weekend, you'll find opportunities to break out of your shell. Go on and indulge yourself. You could use a walk on the wild side, however brief. On Sunday afternoon and evening, all eyes are on you.
Leo	Ready to learn something new? The beginning of this week should provide more than a few opportunities to discover interesting people and downright amazing ideas, and you'll even have some fun in the process. On Wednesday and Thursday, your focus will shift to big-picture thoughts on your reputation and career. Try to figure out how best to progress, but don't get caught up obsessing over your image. On Friday and on into the weekend, you'll have the most fun in big groups. Lead the way by getting everyone organized to do something new. On Sunday afternoon and evening, others will be drawn to your natural warmth.
Virgo	As the week begins, you'll be filled with an unusually assertive sense of purpose. Use this spirit and ambition to get things done on Monday and Tuesday, even if others are reluctant to help. On Wednesday and Thursday, take any opportunity to travel, even if it's just across town. A shift in perspective (even something as simple as a new place to eat) could clear up your mental outlook. On Friday and on through the weekend, expect to have a quick wit and super-sharp reasoning, which could be a big help taking care of smoothing out any small details. On Sunday afternoon and evening, spend time socializing.
Libra	You'll be called on to make a compromise in a one-on-one partnership as the week begins, but fortunately striking a balance is your personal specialty. Find win/win solutions on Monday and Tuesday. On Wednesday and Thursday, you'll continue your focus on partnerships and alliances, but others will ask you

As iron sharpens steel, we protect ourselves from the sharpened knife of addiction. **William**

	to intervene in their own affairs. Expect to be thanked (and admired) for your effortless diplomacy. On Friday and on into the weekend, you'll find yourself filled with enthusiasm and plenty of intellectual energy. Have fun batting around big ideas with someone close. On Sunday afternoon or evening, watch out for a disruption in your routine.
Scorpio	Watch out for trouble as the week begins! You're filled with initiative and energy on Monday and Tuesday, and it's a great time to start things, but that assertiveness could bring you into conflict if you're not careful. On Wednesday and Thursday, put more of a premium on flexibility. Your instinct might be to give your passions free rein and push ahead, but a slower, more flexible solution could do more good. On Friday and on into the weekend, exercise some care and caution. You might be tempted to take a risk, but you need to look before you leap. On Sunday afternoon and evening, try not to cling to control.
Sagittarius	You can accomplish almost anything as the week begins. Monday and Tuesday both find you filled with playful enthusiasm and an almost kid-like creativity, so put all that energy to good use. On Wednesday and Thursday, focus on the big picture. You'll have a good handle on what needs to be done and what details have to come together to make that happen. On Friday and all through the weekend, your mind is going into frenetic, intellectual overdrive. You'll be inspired to philosophize and seek out appropriately heady conversation (even it doesn't end up accomplishing much). On Sunday afternoon and evening, follow your mood.
Capricorn	You may have to put things off as the week begins. On Monday and Tuesday, events are at odds with your desires and plans, but be patient. You just need to show some perseverance. On Wednesday and Thursday, take at least some time off to relax and goof off, especially with friends and kids (or even just kid-like friends!). This could be a rare and fun interlude, a quick respite from your usual busyness. On Friday and on into the weekend, you'll get unwelcome attention from flighty people. Force them to stop with the gabbing and cut to the chase. On Sunday afternoon and evening, don't take anything personally.
Aquarius	The week begins on an altruistic note for you. On Monday and Tuesday, you'll find plenty of opportunities to lend a helping hand, and what goes around will surely come around. On Wednesday and Thursday, boredom could get the best of you if you're not careful. Find creative ways to mix things up, even if it's just swapping strange stories with friends. Starting on Friday and on into the weekend, the spotlight is on you! You're positively magnetic right now, and what you might consider a mere intellectual connection could turn into something much more. On Sunday afternoon and evening, get focused and keep your cool.