



1979

Experts believed that women with an addiction suffered more with guilt and fear that most men. *“Society has a stereotyped image of what is expected of women and when women are not fulfilling it, they feel real guilt,”* said Evelyn Penny, Villa Director.

She explained that women have great fear – of loss and control, of doing without alcohol or drugs, and of the disgrace should people find out about their disease. A woman’s addiction was often precipitated by family or relationship problems including divorce, widowhood or traumatic life experiences, while in men, it was more often believed to be the result of job-related stress. Women tended to be problem drinkers long before seeking treatment. At this time, 80% of women at the Villa were addicted to both drugs and alcohol; it takes longer to detoxify when facing dual addictions and can result in more medical complications. Unfortunately in many cases, women were prescribed drugs to deal with stress and anxiety, which was actually a symptom of their addiction to alcohol. Rather than being treated for their primary addiction, they were now battling a combination of drugs and alcohol. Statistics showed that women with addictions were less likely to have the support of a spouse, were more likely to commit suicide, and also more likely to die of cirrhosis than men.

In May 1979, a seminar held at the Bethany Care Centre in Calgary and attended by community and social workers, looked at the long-reaching effects alcohol addiction had on society. Delegates were told that while it was estimated that 100,000 Albertans were addicted to alcohol at that time, when families, friends and employers were also considered, the number of those touched by addiction jumped to approximately 500,000! Family and friends often bear the heavy emotional burden of resentment, fear, and hopelessness due to the addictions of their loved ones. Spouses are more likely to be victims of domestic violence, may suffer emotional harm, neglect their own health, and become socially withdrawn. Children may carry the problematic effects of their family environment into their adult relationships and have difficulty developing healthy, trusting relationships. Family members may also become codependent, unable to separate from the unhealthy relationship, blame themselves or feel responsible for their loved-ones feelings and problems.

Another Co-op book exchange grant



Mrs. Evelyn Penny (l) director, “The Villa” receives \$500.00 Co-op Book Exchange grant from Miss Margery Gibson of the Member Relations Committee.

“The Villa” is a place of hope and inspiration for alcoholic women.

In May 1979, The Villa received a \$500 grant from the Co-op Book Exchange.

Villa Alumnae Association tea, bake sale and raffle will be at St. Pius Church Hall, 2424 24th Ave. N.W. from 1-3:30 p.m.

The Villa Alumnae Association helped out by holding bake sales and raffles to fundraise for activities.