

**WE
recover**

**WE
grow**

**WE
support**

TOKEN 3 CLUB



**2 0 2 0
Annual
Report**

ABOUT us



Our History

In 1965 the Token 3 Club incorporated as a non-profit organization located at Colony Way in Louisville, Kentucky's St. Matthews area.

Our purpose in 1965 was "...to promote abstinence, continued sobriety, and the rehabilitation of persons who were alcoholic, by providing a meeting place for members..." AA meetings were held at this location, as well as social events and activities for the Club's members.

In the 1970's the Token 3 Club became a tax-exempt organization with a board of directors and by-laws, and moved to Dupont Circle, where the Club operated for 44 years. It was here that our facility began to offer support to those suffering from addiction of any kind.

In 2019 we had outgrown our space at Dupont Circle. and moved to our current location on Breckenridge Lane. The current location has three accessible meeting rooms, with a large common area and concessions.

Today

Addiction is a major crisis affecting individuals, families and communities across the nation. The Token 3 Club fills a niche in combating this epidemic in our community. We are a non-profit 501(c)(3) organization that provides a location for 12-step recovery meetings.

We offer daily 12-step meetings to individuals that provide "peer-to-peer" interaction through shared experience, strength and hope. Those just out of treatment can find others with long-term sobriety to guide them through life challenges. The benefits we provide for addicted individuals, families and to our community are immeasurable.

Although COVID-19 has led to a reduction in on-site meetings, we are still open seven days a week for meetings. We are holding 36 weekly meetings during the pandemic and hope to return to 60+ meetings once all restrictions are lifted. The Token 3 Club welcomes any 12-step recovery group wishing to gather in a safe space. All are welcome here to find support in their recovery journey.



From Our Executive Director

In looking back over this year, I could hardly have envisioned the events of 2020. A little over a year ago we had moved into our new location, celebrating our good fortune and your generosity. Our new space quickly filled with nearly 1500 people a week attending one of the 63 12-step meetings, enjoying a fellowship event, and flourishing in a safe and welcoming environment.

On March 20, this momentum came to sudden stop when the club closed because of the pandemic. We remained closed for two months, and upon reopening, we were met with a new set of challenges: social distancing requirements, limited capacity, a decrease in our operating revenue, and ensuring the health of our patrons.

I am so grateful to report that, with the dedication of our staff, board members and community supporters, the Token 3 Club has met these challenges. Half of our 12-step recovery groups have resumed in-person meetings, and our attendance is growing. We have implemented procedures to help ensure everyone's safety, and still offer a haven for those in need. The past, and present, generosity of our supporters has allowed us to continue to operate and meet our financial responsibilities.

These challenges have served to highlight the best qualities of our recovery community; generosity, perseverance, and an unwavering commitment to carrying the message of hope. Long after the effects of the pandemic have subsided, the Token 3 Club will continue to offer a safe, open, and loving environment in which anyone who wishes, may find recovery and support.



Dianna Timperman, Executive Director



OUR mission

**To provide a safe
and welcoming
gathering place
for 12-step
recovery from
addiction.**

BOARD of directors

Vertner Smith
Erin Fogarty
Mark Robinson
George Raque, M.D.
Ann O'Daniel
Greg Shade
Noreen Fenton
Sally Thompson
Stephen Roszell, M.D.
Abigail Mueller
Arhestus Exum
George Armstrong



From Our Board President

2020 has been a trying year for all of us. Having barely gotten settled in our new facility, we found it necessary to shut down due to the virus. COVID-19's effect on society has also, by all reports, dramatically increased alcohol and drug consumption which makes our Club even more important at this time. After working with local health officials and rearranging our space, we were able to safely reopen. While ZOOM meetings have been a lifesaver, many of us yearn for the live, in-person contact with others in recovery, so the Token 3 Club remains committed to keeping our doors open as long as it is permissible and safe.

And while we have struggled through this year, we all recognize that we have much to be grateful for.

My first gratitude goes to our Executive Director, Dianna Timperman, and her staff whose dedication helped guide us through these hard times with excellent efficiency and results. With their hard work and competence, we are continuing to build back the attendance and number of in-person meetings from its low point in the spring.

I would also like to thank our Board for their continued efforts on behalf of the Club at this time, all the while planning for a brighter future, post-COVID. Their dedication has been awe-inspiring to watch in action. One of our exciting, upcoming enhancements is an improved website – www.token3club.com – which we will launch soon.

Lastly, and most importantly, I would like to thank you, our donors. Your generosity has been extraordinary, allowing us not only to persevere through the times when we were closed, but to allow for a cushion to weather the tough months that lie ahead. Our rainy day funds are steadily being depleted though, so we earnestly ask for your continued financial support, so that your Token 3 Club will be strong and vibrant once this scourge is behind us.

Thanks to all for everything you have done and will do in the future to keep our Club a warm and welcoming place for everyone in 12 Step recovery. Wishing Happy Holidays to all!

Vertner Smith, President



COVID-19's Impact on Recovery

Isolation, stress, worry, anxiety, depression and the instability of the world due to COVID-19, has driven many people beyond their coping skills leading to an increase in substance abuse, relapse and suicides as the pandemic continues. Additionally, the number of overdose related deaths has spiked across Kentucky as in many other states caused by the ongoing social isolation and lack of employment opportunities.

Regrettably, substance use can make a person more susceptible to COVID-19 illness and often cause extra severe symptoms resulting in additional hardship for those already struggling with addictions. Alcohol misuse weakens immune functions and makes one more susceptible to lung infections. The use of opioids, methamphetamine, or other drugs that affect the lungs may be particularly vulnerable to COVID-19.

Distancing has kept people in their homes working alone, there are often no in person 12-step meetings, church services are frequently online, and social gatherings are discouraged. This loneliness from isolating is detrimental for those in recovery. Needed connections and social interactions have become difficult to develop during the pandemic. The inability to connect in person with others along with increased stressors, job instability, and family and friend interaction uncertainty, has added to the increased substance abuse.

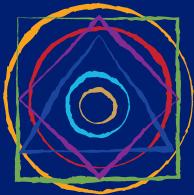
A social support system is a key ingredient in 12-step groups. During this time, it is important that we make extra efforts to reach out to others in recovery as we head into the holiday season. Encourage people to participate in online meetings, arrange to take a socially distanced walk with a friend or meet for coffee outside (safely) to curb isolation. The opposite of addiction is positive connections with others. It is imperative to maintain meaningful connections in some way as an essential piece of the recovery process.

Your supporting contributions sustain the ongoing costs to keep the Club open and operational during this critical time. Our ability to remain open and available to offer support allows us to continue changing lives and bettering our community during this difficult time.

OUR vision

**The 2020 vision
for the Token 3
Club is to become
THE meeting
place for recovery
in the Louisville
region by
formalizing
operations and
growing the
community.**

FINANCE report



The Token 3 Club uses both revenue-generating activities and voluntary contributions made by individuals, organizations and grants to sustain our operations. Earned income comes in the form of rent on our three meeting rooms which run from \$15-25 an hour, as well as concession sales, literature and recovery-related items. Our room 'rent' is a donation request but not a requirement.

Our most recent tax return for our fiscal year beginning September 1, 2018 and ending August 31, 2019 included our Capital Campaign fundraising, as it related to our move to Breckenridge Plaza in April 2018, as well as our Annual Fund efforts to cover on-going expenses. Thus, our revenues for Tax Year 2018 were significantly higher than normal, thanks mostly to generous donations and less than 25% of our revenues were earned in this year.

The Club's net assets and cash flows are in accordance with general accounting principles.

Tax Year 2018

- Total Revenue was \$430,632, up from \$253,345
- Revenue, less expenses, was \$232,401, up from \$77,732
- Net assets were \$319,111, up from \$86,710

Our 2018 tax return, from which these numbers are taken, is posted on our website, www.token3club.com.

