

From: Sue Polston <spolston@sunriseinasheville.org>
Sent: 8/5/2021 3:00:31 PM
To: eball@ashevillenc.gov
Cc:
Subject: Please reach back out to me August 16, 2021 Re: Invitation: Homelessness & Healthcare @ Thu Aug 19, 2021 4pm - 5pm (EDT) (spolston@sunriseinasheville.org)

Away on vacation until August 16th! If you have an urgent need during this time, please feel free to reach out to Jacqui Derreberry 828-980-8677 jderreberry@sunriseinasheville.org.

*If you need to connect with me, please reach back out to me August 16th or later.

I plan to delete the vast majority of the emails received during my time away. It's not because you or your email isn't important to me -- it's for my own self-preservation and mental health balance. Through experience, I have found that the mental health and stress-relief benefits of taking a vacation are often obliterated when I return to the office and am faced with an overflowing email inbox on top of the work that is naturally waiting to be picked back up.

Thank you for your understanding!!

Recovery Community Center 828-552-3858

Blair H. Clark Respite and 24/7 Peer Support Warmline 828-280-2554

Jacqui Derreberry - Finance Director jderreberry@sunriseinasheville.org
828-980-8677

Justin Wright - Program Development, Technical Assistance & Faith Based Peer
jwright@sunriseinasheville.org
828-273-2820

Courtney (Mosley) Lytle - Operations Director cmosley@sunriseinasheville.org
828-279-1137

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*Sue Polston - **Executive Director*
CERTIFIED PEER SUPPORT SPECIALIST
*CCAR Recovery Coach **Academy** Trainer & **WRAP Facilitator *
Sunrise Community for Recovery & Wellness

mailing: PO BOX 845 Asheville, NC 28802
physical: 50 S. French Broad Ave. Asheville, NC 28801
office: 828.552.3858
cell: 828.205.1205
24/7 Peer Support Warmline 828.280.2554

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*WEBSITE *

(Due to my family/work balance you may receive emails from me outside of normal working hours - please do not feel obligated to respond outside of your own working pattern)