

From: Sue Polston <spolston@sunriseinasheville.org>
Sent: 12/29/2021 8:53:19 AM
To: eball@ashevillenc.gov
Cc:
Subject: Happy Holidays! Re: Invitation: Catching up @ Wed Dec 29, 2021 9am - 9:45am (EST) (spolston@sunriseinasheville.org)

I will be out of the office beginning 12/17 and return 1/10 to rest, heal, recharge & celebratethe the holidays with my family.

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 Drop-In Center:
828-552-3858

Blair H. Clark Respite Intake line: 828-279-2847

WNC Regional Listening Line:
828-547-4547

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

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

For all RCC questions, applications & technical assistance contact:
Justin Wright
jwright@sunriseinasheville.org
828-273-2820

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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)