



**SCHEDULE OF EVENTS**

**March 5 & 19**

**Family Grief support group.** 6-7:30 p.m., 2 Station Way Road, Chadds Ford.

**March 13**

**Kennett Township Opioid Event**  
Kennett Twp. Police Department, Chadds Ford 6-7:30 p.m.

**March 18**

**Opioid Abuse Awareness** parent speaker series, Avon Grove High School. 6:30 p.m.

**April 10**

**"From Struggle to Strength:"**  
**Kevin Hines, speaker.**  
Coatesville Area High School 6-8 p.m.

**April 13**

**Kacie's Clash for a Cause**  
Wrestling show at Octorara High School, Atglen 2 p.m.

**April 27**

**YMCA Healthy Kids Day**

**April 28**

**Blessing of the Bikes**  
Power Place, Kennett

**May 3**

**First Friday Oxford**  
Main Street

**May 11**

**Cars for Kacie**  
Classic Auto Mall, Morgantown

**May 12**

**Kacie's Cause Mother's Day Walk**  
Parkesburg Point, Parkesburg

**May 25**

**Cars for Kacie,** Bloomsburg

**Xylazine Seen In Recent Deaths**

A drug used in horses has been identified in overdose deaths for the first time in Chester County.

Xylazine, a non-opioid sedative and anesthetic substance approved for veterinary use in large animals, was identified in two men who accidentally overdosed in January in the county, according to a press release from the Chester County Coroner's Office.

"This readily available large animal sedative represents a new threat on the streets," county Coroner Christina VandePol said in the press release.

Xylazine, also known by its brand names AnaSed and Rompun, depresses the central nervous system in humans and can

slow breathing, according to the press release. A large amount of xylazine was seized in November 2018 during a drug seizure in Anne Arundel County, Md.

On New Year's Day, a 26-year-old man died of combined drug intoxication with xylazine, fentanyl, acetyl fentanyl, and mitragynine. On Jan. 6, a 27-year-old man died of acute multiple drug intoxication with cocaine, fentanyl, xylazine, and acetyl fentanyl, according to the coroner's office.

Those who use the drug in veterinary practice or in caring for horses need to monitor the supply they have on hand and be alert to any missing drug.

For more information, go online to [www.chesco.org/209/coroner](http://www.chesco.org/209/coroner).

**Spotlight On The Board**

Cindy Wanamaker is the treasurer and vice president of Kacie's Cause. Each month we will spotlight a different board member.

**Name:** Cindy Wanamaker

**Background:** Cindy was originally born in Canada and moved to the US while in elementary school, living in north New Jersey.

Marriage connected her to the U.S. Army and took her to South Carolina and eventually Germany, which became a home base for other travel, then back to the United States, settling in Pennsylvania. Today, she is single and pretty much splits her time between her "day job" as a chief operations officer at a local financial institution and her passion for educating others as it relates to substance use and recovery.

Where does this passion and knowledge come from? Cindy's son Ryan, who is now 31, is in recovery.

Through their combined journeys of many years ... recovery, relapse, recovery, and all that goes with it, she has honed her skill of finding information and making connections, born from the days when she worked in a library on a military

base in Germany.

She believes education and support are the keys for a family member not only helping the person they love who is living with the challenges of substance use and mental health challenges but also for themselves and their own self-care and recovery.

A former board member for the Council of Southeast Pennsylvania, in Bucks County, she worked with others to establish the Chester County Chapter of PRO-ACT in 2014 and was active as their treasurer and inaugural advisory board.

She also facilitated PRO-ACT's Family Education Program in Delaware County.

She is an active member of both the Chester County Department of Drug and Alcohol Services Advisory Council, and



**CONTINUED** on back

**New Alliances**

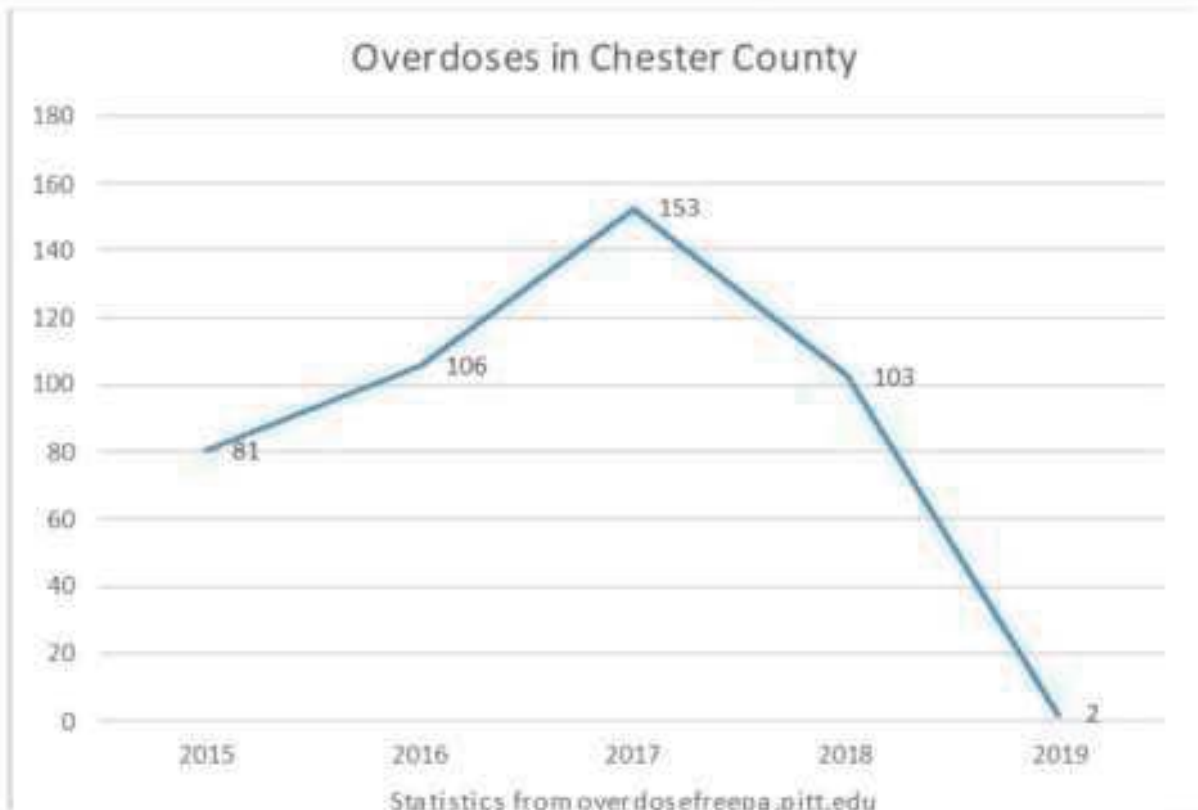
Kacie's Cause welcomes Landhope Farms as a new alliance.



# Preventing Overdoses

Thanks to a partnership with the Chester County Department of Drug and Alcohol Services, Kacie's Cause has received 1,726 doses of Naloxone (Narcan) that can treat opioid overdoses.

Forty-seven of those doses have been distributed in the last three months. Fentanyl, an opioid pain medicine, has been found in more than 50 percent of overdose deaths statewide since 2015, according to state statistics. Heroin is the second-most common drug found in overdose victims. **If you are a Chester County resident and need Naloxone, please contact one of our chapters or Andy Rumford ([andy.rumford@kaciescause.org](mailto:andy.rumford@kaciescause.org)).**



## Did You Know?

Since June 2018, Kacie's Cause has provided 22 recovery scholarships to various sober living homes. That is in addition to three high school scholarships (at Kennett, Octorara and Oxford), for a total of 25 scholarships!

Kacie's Cause has provided educational brochures to West Chester Family Practice, Landhope Farms and the West Chester Diner. If your business would like to receive brochures for your customers or to display, contact [andy\\_rumford@kaciescause.org](mailto:andy_rumford@kaciescause.org).

## Spotlight On Cindy Wanamaker

**CONTINUED** from front the Pennsylvania Parent Panel Advisory Council (PPAC) which works with the Department of Drug and Alcohol Program (DDAP) in the state.

Through PPAC, she has served on subcommittees related to Family Involvement and Grief Support.

She has also facilitated a faith-based parent support group for over ten years.

Through these connections she was introduced to Kacie's Cause by Luis Tovar whom she met at a PRO-ACT meeting.

She started participating in some Kacie's Cause events such as the Mother's

Day Walk and some town hall presentations, meeting Andy Rumford and others.

Cindy quickly realized she shared similar goals and passions as Andy and Luis, and was honored to be asked to sit on the inaugural Kacie's Cause board.

Today she serves as vice president and treasurer on the board and willingly shares her story to help educate and remove the stigma associated with substance use.

Cindy lives in Exton and is looking forward to retirement in May 2020 to give her more time to support Kacie's Cause and visit with her son and family in Chile, South America.

## RESOURCES

Looking for help for a loved one? There are a number of resources available.

**Always call 911** if you see any signs/symptoms of a drug overdose.

**800-662-4357:** SAMHSA (Substance Abuse

and Mental Health Services Administration)

**855-DRUGFREE:** Parent hotline by Partnership for Drug-Free Kids.

**866-268-3767:** Chester Co. Dept. of Drug and Alcohol Services

## SUPPORT GROUPS

**Parkesburg: Wednesdays 7-8 p.m.**  
The Parkesburg Point Chapel  
700 Main St  
Parkesburg, PA 19365

**Kennett Square: Thursdays 7-9 p.m.**  
First Baptist Church of Kennett Square  
415 W. State St.  
Kennett Square, PA 19348

## CHAPTERS

Each chapter of Kacie's Cause has a Facebook page with information relating to their group.

To contact them, use the information below.

**Kennett Square:** /kaciescausecom

**Parkesburg:** /Kaciescauseparkesburg

**Exton/Downingtown:** /Kaciescauseexton

**Oxford:** /Oxford-Chapter-Kacies-Cause

**Newark, Del.:** /Kacies-Cause-Newark-Chapter

**Coatesville:** /Kaciescausecoatesville

**Indiana, PA:** /Kacies-Cause-IUP-Chapter-1262509257248777

**West Chester:** /Kacies-Cause-West-Chester-Chapter

**Poconos:** /poconosregionkaciescause

## WHO WE ARE

Kacie's Cause is a nonprofit organization for parents, family and friends of those battling the disease of addiction.

It was founded by Andy and Donna Rumford on March 12, 2013 — the day their daughter, Kacie Erin Rumford, died of a heroin overdose.

The 501(c)3 organization is dedicated to Kacie Erin Rumford, her memory, her love of all of us and her desire to change this world to be a better place to live ... from her family and friends who love her.

To contact Kacie's Cause, e-mail [andy.kaciescause@gmail.com](mailto:andy.kaciescause@gmail.com) or go online at [www.kaciescause.com](http://www.kaciescause.com).

Newsletter prepared by First Baptist Church of Kennett Square and in partnership with Kacie's Cause



[www.firstbaptistkennettsquare.com](http://www.firstbaptistkennettsquare.com)