

Newsletter Fall 2017

Fresh Start: A Home Where Women Can Grow

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Executive Director: Monica

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Case Managers: Amber,

Deanna, Demetria, Julie,

Marla

Overnight Staff: Stephanie,

Red

On Call Workers: Deb,

Kywanna, Sandy

I can't believe this is happening!

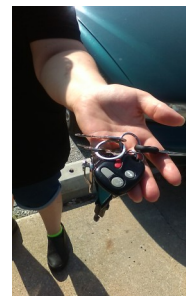


"Really? I can't believe this is happening.

Oh my gosh are you serious." Those were the remarks heard from Kara while tears of joy filled her eyes after Fresh Start told her someone was interested in donating a car to an individual in need. The donor said, "I want to donate my car to someone who could use a little help getting back on their feet." Fresh Start let the donor know

we had an individual who is working very hard to accomplish her goals on her IGP and was in need of her own transportation. The day Kara moved into Fresh Start, she started looking for employment. Kara is very determined, compassionate, kind-hearted, and has wonderful people skills. She has become one of our role models for other women.

In addition to how much it helps her with work, Kara shares "This car has been a blessing. Before, if I wanted to go to Walmart, it would've taken me three hours round trip. Now, I can jump in; get my errands done in no time. I'm very grateful that the car can take me to the lake on my day off and places I never would've gone before. Now, I can go visit my family more often. I'm very thankful this car was donated to me."



Only the Beginning

Kywanna began her journey with Fresh Start by volunteering 3-4 hours a week, every Friday in February. She then completed 150 hours serving as an intern. She recently graduated from the University of Nebraska-Lincoln in August 2017, with a Bachelor's in Child Youth and Family Studies. Her degree will allow her to focus on family science and human development. Fresh Start can happily announce Kywanna has been hired as an on-call worker at Fresh Start, what she hopes will lead to a full-time case management position someday.



Kywanna never leaves a task unfinished. She has put several hours into organizing our storage room including; hygiene products, jewelry, art supplies, clothing, and various other items. As an intern, she developed a supply list, interacted with residents, assisted with Intakes and move ins, and attended case management meetings. Kywanna was asked why do you volunteer at Fresh Start? Her response was, "I love their mission statement, of helping women that come from different backgrounds and to assist them in living a more stable life. Fresh Start allows these women to open up their minds to new life styles that they may have never encountered before."



Fall Open House

The Board of Directors invites you to come tour the shelter and ask questions you may have about Fresh Start with staff and Board members on Thursday September 7. There will be light refreshments provided by New Covenant Community Church and door prizes. We are happy to thank current supporters and meet new friends during this time. You even will have the opportunity to tour the lower level, which includes the residents' bedrooms and private living area. Lower level tours are only offered during the Open House. The Daisy thrift shop will be open special hours, from 4-6pm.



If you can't make it, guess what? You may contact Fresh Start at 402-475-7777 or audreyb@freshstarthome.org to schedule a tour for your group outside of an Open House.



Project Funway Returns in October

This unique event returns for its 8th year! Be sure to mark your calendars, as this year it's being held on Friday October 13, 2017, one month earlier than in the past. Project Funway continues to grow in popularity and people are encouraged to purchase their tickets now!

The silent and live auctions will again feature a diverse array of items, from food and beverage to family friendly and date night activities. The highlight of the event is of course the runway show! Expect interesting and surprising designs again this year, and be ready to vote for your favorite! In addition to the popular choice winners, our panel of judges will select winners for Best in Show, Most Innovative, and Best Integrity of Original Material. Veteran judge Dr. Robert Hillestad, Professor Emeritus at UNL, who is known far and wide for his textile work, is returning this year. There are three new judges this year. The 2017 Mrs. Nebraska, Sarah Christianson, will grace our



Save the Date for Project Funway
Friday October 13, 2017! Visit our website for more details, information on being a designer or becoming a sponsor!



Photo by John Nollendorfs. 2016 Project Funway
See more designs from the runway on the Fresh Start Facebook page!

event. Megan Ehrke, owner of Select Style— Premier Fashion Boutique for Modern Women, joins us as a judge and also a boutique sponsor. UNL alumna and the Omaha Fashion Week 2016 SAC Fashion Cup winner Breanne Reiss will also be a judge.

There's still time to enter as designer and showcase your own creation! It must be an original design, and constructed out of recycled or thrift shop clothing. Along with designers from the UNL Department of Textiles, Fashion Merchandizing and Design program in the College of Education and Human Sciences, anyone in the community is welcome to participate.

Event sponsored in part by:



Volunteer Highlights

The following people or members of these organizations provided Sunday dinners for the residents during January-June 2017.

- *Capitol City Church*
- *Kramer Family*
- *Light of the World*
- *Lincoln Church of Christ*
- *New Covenant Community Church*
- *Northeast Missionary Church*
- *Piedmont Women's Ministry*
- *Unitarian Universalist Church of Lincoln*
- *Mary Morris, Shelli Mayer, and Linda Zinke*

There's only ONE Sunday left in 2017. Call 402-475-7777 or email audreyb@freshstarthome.org to sign up your group!



Left/Right:
Resource Pro helped Fresh Start by painting the women's showers.



Thank you to the following groups who completed service projects or provided workshops:

- ◆ The Big Event
- ◆ Bryan Students
- ◆ Fiserv
- ◆ Holly Blanchard
- ◆ Devan Martin
- ◆ Holly Nastasi
- ◆ Resource Pro
- ◆ Taylor Schulz
- ◆ United Way Spring Into Action teams
- ◆ YWCA (Samantha Samms)



Left: Northeast Missionary Church provided a delicious Sunday Supper.

They've helped me more than I've helped them

Teri Bullock has been a lifetime volunteer within our community. She started 20 years ago coaching her children in various sport activities such as baseball, softball, and girls' basketball. Teri became blind five years ago, leaving her battling with depression. Her support system suggested she start volunteering again. Teri wanted to give back to her neighborhood. She contacted Aging Partners and Fresh Start. She now volunteers five days a week with a total of 18 hours between the two organizations.

Teri always arrives with a smile. She helps Fresh Start by answering phones, taking notes, and transferring phone calls during donation times. When Teri was asked what she likes about Fresh Start, she shared she loves the whole atmosphere from staff to Fresh Start as a whole. She also stated, "They (the women) don't realize it, but they've helped me more than I've helped them in that the openness of their stories, have helped me open up and be able to face my own story and share with others. I feel like I have a purpose!"



SUPPORTERS

Growing Day by Day

Mary came to Fresh Start after fleeing a domestic violence situation. Having found a job almost immediately, Mary was concerned about saving enough money for her future needs. While a resident at Fresh Start, Mary has become more confident in her abilities to provide for herself. She obtained her driver's license, was able to seek medical attention for her current health concerns, and is addressing her past due bills while continuing to keep all other bills current. She has also been working with Fresh Start and other community services for her long term needs, including assistance with applying for apartments.

Throughout this whole process, Mary has grown confident in her ability to provide for herself and has built a community of support to surround herself. An example of her growth was when she recognized a toxic environment at her second job and removed herself from the situation while still maintaining her full-time employment.



YES! I support Fresh Start!

Please indicate the contribution you are able to give:

_____ Seed Provider — to graciously offer a 'fresh start' \$1-99	Name: _____
_____ Planter — to cultivate a future \$100-499	Address: _____
_____ Water Bearer — to sustain growth \$500-749	_____
_____ Sun Shiner — to nourish and enrich \$750-999	Phone: _____
_____ Master Gardener — to tend with compassion \$1,000+	Previous Donor: YES NO

In honor of: _____

Indicate if you would NOT like to be acknowledged. _____

Would you like to be on the mailing list?: Yes No

Would you like to receive this mailing electronically? Yes No

E-mail _____

Contributors

Fresh Start gratefully acknowledges the individuals and groups for their financial contributions between **January and June 2017**. This may include individuals who donated through the United Way campaign or during events. We also thank the donors who chose to remain anonymous, and those who donated clothing and other items. Contributions received from July to December of 2017 will be recognized in the spring 2018 newsletter.

Master Gardener \$1,000+

Baxter Chrysler Dodge
Jeep Ram Lincoln
Brenda Clements
Judy Eicher
Steve & Julie Enersen
First Lutheran Church
In Honor of Marie Fischer
Robert & Lily Hans
Brandon & Annie Meyers
Nebraska Wesleyan
Willard House
Dave & Cindy Piester
St. Marks United
Methodist Church

Water Bearer \$500-749

Jeff Lusk & Charles Coley
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Planter \$100- 499

Aesthetic, Inc.
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IBM
In Honor of Betty Lee Johnson
Erica Klemisz
Carol Knolle-Faulkner
Robin Kozisek
Mary Lautensch-lager

Continued on the next page

SUPPORTERS

Thank you to the following individuals, groups, churches, and businesses for making a difference in our community!

Sue Lawlor	Becky Boesen
Susan Lawrence	Donna Bolz
Karen & Steve Lenzen	Robert Boyce III
Carol Leonhardt	Juliana Bukoski
Cassandra Maher	Joyce Burgess
Linda Maslowski	Bradley Cain
Marilyn Moore	John & Penny Cariotto
Nebraskaland	Ann Cerveney
Siding & Windows	Evelyn Conrad
Northeast Sertoma Club	Kathleen Cook
Northern Lighthouse Church	Alex Cowsky
Cynthia Peterson	Noel DeKalb
Andy Piester	Babetter Dickinson
Doreen Primavera– Wailes	Cynthia Didion
Julie Reager & Ryan Anderson	Susan M Diers
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Susan Scott	Elizabeth Gebhart
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Spirit of Hope Lincoln	Ken & Dorothy Gettman
SouthPointe Pavilions	Nikki Gohring
Shopping Center	Larry Gregg
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	Kathy Kuehn
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Sheila Vinton

Krista Vogel
Connie Wiebusch
Marilyn Williams
James Bub Windle
Phil Wolfe
Andy & Liz Wood
Anthony Yound
Monica Zinke
Sondra Zinke

Credit card donations are accepted on our website and processed by PayPal or Square.



Above: Jack Schubert has been supporting Fresh Start for several years. He was familiar with our home- the old historical church in Havelock that he raised his four kids in. Jack attended an Open House and a resident at the time helped him outside to his car. Jack said, he supports Fresh Start because, "It's a way to help women and provide encouragement in some small way."

Thanks Jack for your continuous support and kind worded cards you send.

Please remember **Fresh Start** in your charitable giving and estate planning. **Fresh Start** is a 501(c)(3) organization and contributions are tax deductible. Please contact Fresh Start to discuss your planned giving.

BOARD OF DIRECTORS



Back Row L-R: Bub Windle, Christopher Peterson, Krista Vogel, Liz Gebhart, Denise Robeson, Cynthia Peterson, Emily Green, Nikki Gohring, Chad Bennett

Front Row L-R: Michael Reinmiller, Tari Miller, Lina Bostwick, Sue Wortmann, Monica Zinke, Nick Ludwig

Not A Cheerleader

By: Monica Zinke, Executive Director



I was not a cheerleader in high school. I was shy and not one to be in front of the crowd;. I was very involved in activities, but always behind the scenes. This is why I find it odd that I sometimes refer to myself and Fresh Start staff as cheerleaders.

Many of us have our own personal cheerleaders. Who is yours? Maybe it's a family member, a close friend, a coworker. That person who believes in you and your abilities, who cheers you on towards success. Many of our residents have never had that person, or that experience of unconditional love and support. They have to deal with so many challenges and difficult situations and not only do they not have a cheerleader, they have the opposite. They have people chipping away at their self esteem. Other residents do have a positive support system, but their life experiences have eroded their belief in themselves.

Fresh Start staff members play many roles. Case manager, advocate, crisis worker, volunteer coordinator, grocery shopper- even handyman and janitor at times. One of our most important roles is that of cheerleader. We try to be a positive voice to counteract the negative ones that are all too often the loudest and most frequently heard. This has been part of our mission for the past 25 years, and we couldn't do it without you on the team as well.

Just as our residents have many needs, so does Fresh Start as an organization. Securing funding for the shelter is never easy. This past year we also had major expenses arise, including the need for a new roof. Please do what you can to support us, and help us keep a roof- literally- over our residents' heads for the next 25 years. Thank you for being a Fresh Start cheerleader!

THE DAISY THRIFT SHOP

A Little Help From Our Friends

The Daisy continues to grow in so many ways! This includes a new partnership with Crazy 4 Consignment (C4C)! Crazy 4 Consignment opened 4 years ago and over 2,000 women have consigned items in their shop. Just like The Daisy, Crazy 4 Consignment prides itself on offering high quality clothing in great condition. The owner, Diana Weiser, is now providing an option of receiving a percentage of the consignment sale, or donating it to a participating nonprofit. The Daisy had already been working with C4C and jumped on the chance to grow this partnership as an additional way to raise funds for Fresh Start services. Diana said she understands the importance of organizations that help women and children in need, and wants to give back to the community. Shopping at Crazy 4 Consignment will also help, as a portion of the sale will benefit Fresh Start and other local nonprofits. For more information, visit Crazy4consignment.com or contact Diana at 402-488-0444. Crazy 4 Consignment is located at 5740 Old Cheney Road, Ste 20.



Fresh Start also remains thankful for support from other shops, like omt! divine women's resale. Shop owners have been committed to the Fresh Start mission for many years. They support The Daisy and Fresh Start through donations of consigned items that do not sell, donating a nickel every time

someone brings their own bag, and by now holding Sunday Super Sales, with all net proceeds supporting Fresh Start services.

The Daisy could use more volunteers. To join this fun team, contact Noelle at 402-471-2705, or pick one up an application in The Daisy the next time you are shopping!



Thank you for 10 amazing years!

Donations are accepted on Mondays and Thursdays, from 10AM to 1PM, or by appointment.

Donated clothing is first made available to Fresh Start residents, then is placed in The Daisy and offered for sale to the public. All net proceeds from The Daisy benefit Fresh Start.



Daisy celebrates 10 years

Did you know that The Daisy turned 10 years old in August? Here are some fun facts about the shop.



Kay Jantzen helps restock The Daisy.

- ◆ Estimate number of items sold is close to 100,000.
- ◆ The customers are also generous and since August 2007 have donated \$7,118.25 from rounding up their sales.
- ◆ Total raised by the shop for Fresh Start (net): \$294,706.20!
- ◆ The money raised by The Daisy is equivalent to 5,894 individual nights of lodging.
- ◆ Over 40 women work to make the shop ready, by sorting donations, being a shop clerk, management and marketing tasks.
- ◆ The name for the shop came from the Fresh Start logo, which features a daisy flower.



Karen Lenzen starts restocking the whole shop after the July sale.



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Save the Dates!

Open House Thursday 7, 2017
Project Funway Friday October 13, 2017

More details inside!

Together we can end homelessness!

Start by joining our email list or check out our website and Facebook page for more information on other upcoming events like:

Tour De Brew on Thursday September 21, 2017

Garden Party on Thursday September 28, 2017

Email Audrey at audreyb@freshstarthome.org to join the email list and receive regular emails about events and other Fresh Start happenings.

www.FreshStartHome.org

www.facebook.com/FreshStartHomeLincoln

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CELEBRATING
25 Years!

Fresh Start is a transitional shelter that empowers homeless women to change their lives by recognizing and utilizing their strengths to overcome barriers to self-sufficiency.