

Newsletter Spring 2017

Fresh Start: A Home Where Women Can Grow

A Life Well Lived

By Monica Zinke, Executive Director



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Team Members

Executive Director: Monica
Program Coordinator: Meg
Development Coordinator:
Audrey

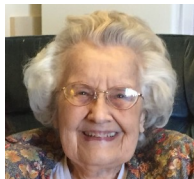
Case Managers: Amber,
Deanna, Deb, Demetria,
Julie, Marla

Overnight Staff: Stephanie,
Red

On Call Workers: Hayle,
Sandy

The incomparable Marie Fischer passed away recently. While a sad occasion, the celebration of life gathering was also an inspiration. An Eastmont staff member shared that Marie said she set these goals for herself for every day: to start with a prayer, and then to greet each day with happiness and to greet everyone with love. That last one also included her desire to make each person's life better by accepting them as they are and leaving them feeling better about themselves. Goal accomplished, Marie. Her efforts to make the world a better place, from across the globe with the African Rural Institute to Fresh Start here in Lincoln, was a reminder of how much one person can do. Fresh Start is blessed to be one of the places for memorial gifts in her honor. To say that Marie Fischer had a life well lived is an understatement. Marie was an amazing woman, with a kind and charitable heart, a passion for her faith and for serving others, and one of the warmest smiles I have had the good fortune to experience. Marie will continue to have an impact through the programs she supported, and the inspiration she remains to so many.

Here is one of Marie sources of inspirations, from Thomas Dreier:



M. Marie Fischer

To awaken each morning with a smile brightening my face;
To greet the day with reverence for the opportunities it contains;
To approach my work with a clean mind to hold ever before me, even in the doing of little things, the ultimate purpose toward which I am working;
To meet men and women with laughter on my lips and love in my heart;
To be gentle, kind, and courteous through all the hours;
To approach the night with weariness that ever woos sleep and the joy that comes from work well done,
This is how I desire to spend wisely my days.

This Time Will Be Different

Mallory came to Fresh Start from a substance abuse treatment center. Like so many others, her addiction led her to become involved with the criminal justice system. She was facing a lot of barriers from both of those. Mallory decided to do things differently this time.

After successfully completing treatment, Mallory decided it would not be in her best interest to return home. Shortly after arriving at Fresh Start, Mallory was able to secure a job at a local convenience store. She started working part time and soon was given full time hours due to her work ethic. She began to save money and was able to return home at Christmas for a visit with her family. Mallory applied for a housing voucher with the Lincoln Housing Authority for herself and her children.

While living at Fresh Start, Mallory's father passed away. This sad occasion also highlighted her strength. Due to improved budgeting skills, she had money saved that she used to travel to his funeral. She attended that without incident or temptation to drink or use drugs. Instead, Mallory kept in contact with Fresh Start staff and her peers, utilizing the coping skills she learned in treatment and had been practicing while at Fresh Start.

Mallory is getting ready to move into her own home. She is a wonderful example of the progress someone can make if they utilize the opportunity provided by Fresh Start to save money, build a support system, and become self sufficient. Mallory was and remains an inspiration to her peers.

BOARD OF DIRECTORS

Stronger Today Because of Yesterday

Tari Miller, Board of Directors

My last two years of high school were hit and miss whether we had heat or electricity. After my two older sisters moved out, it was just me and mom. Even though I worked part-time and my mom worked full-time, there wasn't always money to pay the bills and sometimes our food came from a local church. I've never been homeless, but I've felt the effects of poverty. I grew up in a suburb of Omaha and no one knew what was going on at home. When you have to worry about when you will have food or wondering if you will be warm at night, other things like school or work can fall to the wayside, but I was fortunate enough to move out and go to college with grants, scholarships and loans. My story is just a teeny blip among the millions who face poverty and homelessness every day.

When I found out about Fresh Start, I was immediately drawn to the mission of helping empower homeless women by utilizing their strengths. I am one of the four new Board members at Fresh Start, and I'm really excited to be able to help provide support through my own experiences and my career in human services. Each member of the Board, as well as each resident at Fresh Start, has their own unique background and strengths, and I look forward to contributing to this amazing local organization.

Welcomes and Goodbyes

Fresh Start welcomes four new community members to the Board of Directors! Joining our team are Nikki Gohring, Tari Miller, Michael Reinmiller, and Bub Windle.

Thank you to Alex Cowsky, Kristin Carlson, and Jane Wood Bennett who recently ended their terms of service at the end of 2016, and to Katie Cunningham whose term ends this spring. Jane Wood Bennett had this to share about her time on the Board of Directors: "I believe that your greatest success is measured by the positive impact you have on others. Serving on Fresh Start's board allowed me the opportunity to have that type of impact. The decisions we made, the hands-on experiences we had, the relationships we created, and the lessons we learned, were all done for the empowerment and success of our residents. I was truly honored to be part of that process, and am a better person as a result."

Celebrating

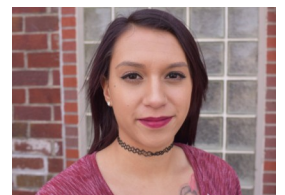


Members of the Board of Directors posed for a photo during the 25th Anniversary Banquet. Pictured from left to right are: Krista Vogel, Liz Gebhart, Denise Robeson, and Olivia Bond.

Thank you, Lauren!

Lauren completed two practicums at Fresh Start as part of her Human Services Associates degree program through Southeast Community College.

She assisted staff with a variety of duties related to the residents, program, and the facility.



Lauren had this to say about her experience. "Thank you to the team at Fresh Start for being such a wonderful group of people to me for the last 6 months. The experience I have gained will forever be a huge help to me in my future professions. You are AMAZING and I will miss being at Fresh Start. Thanks again." Thank YOU Lauren, for all you did to assist Fresh Start!

Happy Anniversary to Us

Fresh Start was humbled and grateful to celebrate our 25th Anniversary with a banquet on Thursday September 29, 2016. Alum Roberta welcomed guests and alum Lora was our featured speaker. Other speakers included Mayor Chris Beutler, Senator Kathy Campbell, Fresh Start founder Joyce Burgess, and Steve Enersen, son of Fresh Start founder Eleanor Enersen. Fresh Start Board President Lina Bostwick was the master of ceremonies.

It was a full house, with over 200 in attendance, including many alumna. Guests could wax nostalgic over items and awards from the Fresh Start history, and examples of the over 1,500 assisted to date were shared on each table. Guests also enjoyed delicious cupcakes from Goldenrod Pastries. Thank you to these event and table sponsors: Ameritas, Bryan Health, Cabela's, Eastridge Presbyterian Church, Green's HVAC & Plumbing, Robin Hadfield, Indigo Bridge Books, Sid Dillon, Union Bank & Trust, Woods & Aitken, and Zelle HR Solutions. Jim Budka, Denise Robeson, and Michelle Zinke provided photography services, and Junior League of Lincoln sponsored some of the seats for alumnae.



Left: Alum Lora had guests both crying and laughing as she recounted her path out of homelessness.

Right: Founder Joyce Burgess shared remembrances of the early days.



Left: Mayor Chris Beutler shared his thoughts, and also proclaimed it Fresh Start Day in the City of Lincoln.



Right: Senator Kathy Campbell also gave remarks.

CELEBRATING
25 Years!

Open House, Open Hearts

Over 100 people attended the Spring Open House on Thursday March 16, 2017. Guests were offered tours of the shelter and time to talk with members of the Fresh Start staff and Board of Directors. Light refreshments were provided by New Covenant Community Church and door prizes were provided by a member of the Board of Directors. We were happy to thank current supporters and meet new friends during this time. Many residents opened their rooms for guests to see the private living area and bedrooms on the lower level, which is off limits for tours other than during the Open House. The Daisy thrift shop was open from 4-7pm and guests found many great deals in their gently used clothing and home décor inventory.



Executive Director Monica Zinke, far left, starts the first tour of the evening.

Couldn't make it to the Open House? A video of the full house tour is posted on the Fresh Start Facebook page, and a short video look at The Daisy is posted on their page. Additional Open Houses will be scheduled in 2017 – watch the Facebook pages and our website for details. You also may contact Fresh Start at 402-475-7777 or monicaz@freshstarhome.org to schedule a tour for your group outside of an Open House.

SUPPORTERS

Give to Lincoln Day Returns for 6th year

Give to Lincoln Day returns on Thursday May 18, 2017. During the last 5 years, Lincoln's generous citizens have raised more than \$12million for area nonprofits! Fresh Start has set a goal of \$13,000 raised during the event. You can help meet this goal by making a contribution at givetolincoln.com. Your gift will go even farther, because nonprofits will receive a proportional share of a \$350,000 match fund! Give to Lincoln Day has a new website this year, administered by Firespring. The minimum contribution per the site is \$10. Donations can be made anytime starting May 1, 2017 and ending at 11:59pm on May 18, 2017. People with Donor Advised Funds at the Lincoln Community Foundation can make contributions through those. You also may drop off checks at Fresh Start by 3pm on May 18, 2017 and we'll deliver them Lincoln Community Foundation it for you! Checks are to be made out to LCF, with Fresh Start in the memo line.



Your gift will aid women like this alumna, who said "'I'll be moving out soon. I just wanted to thank you for all of your generosity. It's been a long journey but I'm finally moving on (to my own home)."

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 **July and December 2016**. 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 January to June of 2017 will be recognized in the fall 2017 newsletter.

Master Gardener \$1,000+

100s of Women Who Care
Ameritas Life Insurance Corp.
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Cabela's
Brenda Clements
Daniel & Sharon Danaher
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In Memory of Linda Stansbury

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Woods & Aitken, LLP

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In Memory of Carl Gauff
One More Time, Inc

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Jane Wood-Bennett
Zelle HR Solutions

Planter \$100- 499

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Martha Fritzen
Shannon Garron
Lisa Glathar
Nikki Gohring
Gomez Art Supply
Emily Green
Ginny Gross

Continued on the next page

SUPPORTERS

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

Planter \$100– 499

Tonya Haigh
Robin Hadfield
In Memory of
Laverne Hanneman
Jim Hawkins
Gerise Herndon
Marianne Hershey
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Clara Ihrig
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Susan Wortmann
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Linda Zinke
Michelle Zinke
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Barbara Keating
Connie Kargas
Judy & Stanley Kiser
Patsy Koch-Johns
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Katie Kontor
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Earl Kramer &
Mary Sommermeyer
Lincoln Landscaping Company
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Dick & Mary Ludwig
Cassandra Maher
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Sondra Zinke

*Credit card donations are
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processed by PayPal or Square.*

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.

EVENTS

Miniature Golf Tournament Returns in June

Don't miss out! Fresh Start is holding our 4th Annual Mini Golf Tournament on Saturday June 17, 2017 at Adventure Golf. Spots are limited, register today! Proceeds will aid our efforts to help end homelessness in the Lincoln community. Prizes for best score, worst score, and best team name will be awarded. Sign up now for this fun-filled family event on our website FreshStartHome.org. Team cost is \$80 for 4 people. You can also register as an individual for \$20 or in pairs for \$40 and be matched with others. A light breakfast and lunch will be provided. Event is from 8:45am-12pm and includes a light breakfast, light lunch, and mini golf. Teams are encouraged to participate in a fundraising challenge to raise even more for services for women in need.

Baxter

CHRYSLER • DODGE • JEEP • RAM
LINCOLN

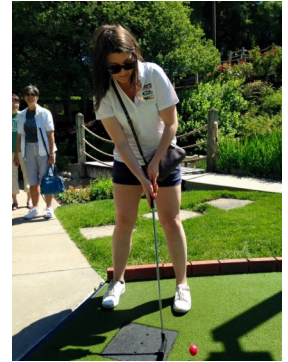
A huge **Thank You** to Baxter Chrysler Dodge Jeep Ram Lincoln for their event sponsorship!

Thank you also to Aesthetics, Inc for returning as a sponsor and to General Excavating for joining the event.



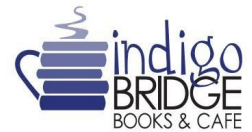
Left: 2016 Team Marky Mark & the Funky Bunch.

Right: Megan Bragg from 10/11 News lining up her putt at the 2016 event.



Books Make A House A Home

Indigo Bridge Books is holding a fundraiser for Fresh Start on Saturday April 29, 2017 from 5-8pm at their Haymarket store. There will be readings, a speaker, and light refreshments. There will be a silent auction, and customers will be asked to round up their purchase with the additional amount going to Fresh Start. Customers also will be given the opportunity to round up the purchases the week preceding the event, April 23-29. Come and stock up on your summer reading!



7th Annual Project Funway

The 7th annual Project Funway event was held on Friday, November 18th, 2016. This event featured clothing designed by students in UNL's Department of Textiles, Manufacturing and Fashion Design and talented community designers. Guests enjoyed a runway show featuring old designs transformed into new, one of kind fashions. In addition to hors d'oeuvres, guests were treated to desserts from The Cookie Company. Through ticket sales, donations, and the auction, \$17,700 was raised for the essential services provided by Fresh Start!

Special thanks to Lindsey Nielsen, from KFRX, who served as the Master of Ceremonies. We are happy to announce Lindsey will be returning in 2017! Thanks also to event sponsors Lincoln Industries, Pioneer Printing, Runza, and Shopko for sponsoring an event that helps support the empowerment of women. Consignment and thrift boutiques Crazy 4 Consignment, The Daisy, omt!, and Pearls & Pebbles were sponsors as well.

Right: Summertime Dime by Bridget Sayles, modeled by Megan Brichacek.

Left: Caped Out by Lynlee Medhi, modeled by Faron Medhi, 2017 Miss Nebraska Junior High.



PROJECT FUNWAY



Save the Date for Project Funway 2017, Friday October 13, 2017! Visit our website for more details, and for information about entering as a designer or becoming a sponsor!

Volunteer Highlights

The following people or members of these organizations provided Sunday dinners for the residents during the last several months:

- Brian & Jenny Kramer
- First Lutheran Church
- New Covenant Community Church
- Piedmont Women's Ministry
- St. Mark's UMC Sisters of Faith
- Simple Church 242
- Unitarian Universalist Church of Lincoln
- United Lutheran Church
- Mary Morris, Shelli Mayer, and Linda Zinke

We still have Sundays left in 2017. Call 402-475-7777 or email audreyb@freshstarhome.org or sign up your group!



Volunteers during the United Way Day of Caring, from Contitech, Olsson Associates, and Unico Group.

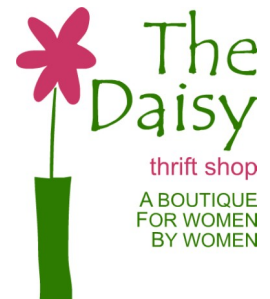


Thank you to the following groups who completed service projects or provided workshops: Arbor Day Foundation, A.T. Thomas Jewelers, Bethlehem Lutheran Church, Bryan LGH College of Health Sciences students, ContiTech, Fantastic 4 4H Club, Frontier Bank, LES employees, Nebraska Wesleyan University students, Nelnet employees, New Covenant Community Church members, NMPP Energy, Olsson Associates employees, Paul Mitchell students, Rise Lincoln/100s of Women Who Care, Unico Group, U.S. Bank and Nancy.

THE DAISY THRIFT SHOP

The Daisy Blooms

The Daisy continues to grow in so many ways! Fresh Start appreciates how energetic, dedicated, and wonderful our volunteers are. The generosity of the people who donate items, the hard work of all the volunteers, and our customers are what makes The Daisy successful. The shop is open 12 hours a week, running strictly on volunteers. Fresh Start thanks people like you, who support our mission to end homelessness in the Lincoln community.



When meeting with a couple of Daisy volunteers. The question was asked, "Why do you support The Daisy?" An active Daisy volunteer stated, "I've volunteered at a lot of different agencies, big and small. I've found a home at Fresh Start. I enjoy the idea of being a part of a smaller agency and the mission. Now I give both my monetary donations, time, and energy to watching the growth of The Daisy become more successful each year."

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

Right: Volunteers Marian, Cindy and Wanda are all smiles about volunteering!



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.



6433 Havelock Ave
Lincoln NE 68507

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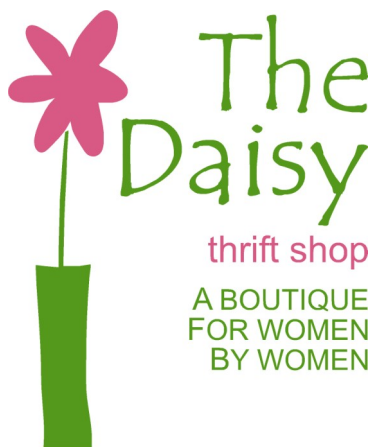
Save the Dates!

Indigo Bridge Book Benefit April 23, 2017 – April 29, 2017

Give to Lincoln Day May 18, 2017

Mini Golf Tournament Saturday June 17, 2017

Project Funway Friday October 13, 2017



6433 Havelock Ave.
Lincoln, NE 68507
(402) 475-7777

The Daisy

High on Quality, Low on Price

Store hours: Fridays and Saturdays,

10 AM to 4 PM

Third Thursday of the month,

4 to 7 PM

Monthly specials and themes continue!

April - Spring has sprung, check out spring outfits, including lots of skirts!

May - Dress Divas– the store will be stocked with all kinds of fashionable dresses.

June - Jewelry Showcase– fun mix and match jewelry and summer clothing.

July - Bargain Blast returns-all clothing will be just \$1, all month!

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.