



A Home Where Women Can Grow

Newsletter Fall 2016

Fresh Start: A Home Where Women Can Grow

52

By Monica Zinke, Executive Director



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Team Members

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

Case Managers: Christine,
Deanna, Deb, Julie

Overnight Staff: Lanita,
Stephanie

On Call Workers: Demetria,
Hayle, Ronicka, Sandy

52. What does that number represent? Weeks in a year? Number of cards in a deck? A highway in central Nebraska?

Sadly, as I write this, it also is the number of women on the wait list for Fresh Start. Did you know that Fresh Start has had a wait list for at least the past 10 years? The need is too great for our services, and the resources are too few. Our expansion to the home in Havelock increased our capacity from 16 to 24 beds in 2007, but we have enough people on the wait list right now to fill at least another 2 homes. The estimated wait time is 10-12 weeks, and it was as long as 6 months for part of last year. This number doesn't even include everyone. Many more women call each week, looking for a safe, supportive environment to address their barriers and rediscover their strengths. They are discouraged when they hear of the wait time and do not submit an application. Homelessness isn't conducive to waiting. The longer it takes to get back on your feet, the more barriers that exist. While we are proud to celebrate our 25th anniversary this year, we are challenged by the many needs that remain.

Just as our residents have many needs, so does Fresh Start as an organization. Securing funding for the shelter is never easy. This year we also have had major expenses arise, including the need for costly roof repairs. The leaky roof coupled with the rainy weather are resulting in other necessary repairs, all of which exceed our budget.

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 your support of our vital and much needed services for women who are homeless and striving to make a change. Together we can help those 52 women, and many more.

A long battle

Lucy has fought a long battle, longer than even she realized. Growing up in a loving middle class family, she didn't think she was the face of addiction. As Lucy says, "I now know I have been an addict my entire life." It took her then husband's health crisis and subsequent loss of employment, coupled with other struggles, for her to realize the extent of her issue. She would get sober, and then life would throw another loss at her and she would slide back. Lucy came to Fresh Start after treatment for her substance addiction. By this time, she was divorced, unemployed, and had lost custody of her children. She was ready to make lasting changes, and she found an environment to do that at Fresh Start.

Staff helped Lucy rediscover her strengths. They supported her as she worked to adjust her thinking and coping skills, as well as address health needs. She was given time to heal and become ready to look for work. With some assistance- and gentle nudging- Lucy began applying for jobs and eventually was hired.

She is now in her own apartment, and her children are living with her. She is still employed at the same place and is building a positive support network. Lucy still struggles but is healthier and happier than she has been in a long time. She is also still clean and sober, and often returns to Fresh Start to talk with current residents in recovery. We are so happy for her and proud of all that she has accomplished.

BOARD OF DIRECTORS

I Get by with a Little (A LOT!) of Help from My Friends

Ann Kontor, Board of Directors

Have you ever had one of those days, weeks, or months when nothing seems to go right? For me, 2016 has not been my best year. I recently lost my job, which is one of the ten most stressful events that can happen to a person.

The day it actually happened, I panicked. A million questions crowded my mind while I cleaned out my desk and as I desperately fought tears. *How am I going to pay the bills? How am I going to get health insurance? How can I afford my medication? How would I find a new position?*

I never felt so alone in my life. My future was one big question mark, and I had no answers.

All I could do was breathe and put one foot in front of the other. Hour by hour. Day by day.

It took some time and a lot of Googling, but I figured how to file for unemployment. After a couple hours on the phone, I was able to get affordable health insurance through the Affordable Care Act. Thanks to my friends and family, I began working my network to explore new career opportunities. And I have been a fixture at my parents' home most evenings. Free food!

I am lucky I have friends and family I can count on in this time of transition, and it is the same for the residents of Fresh Start. When residents arrive here, they begin to create a support system. The women who live here come for a variety of reasons; domestic violence, substance abuse, and mental health issues are just some of the barriers that prevent them from obtaining housing. Everyone's story is different, but they all come ready to begin the next chapter of their lives.

Their material needs are met through food, shelter, and clothing. This then gives the women time to heal and work on themselves. The Fresh Start staff works tirelessly to connect them with community resources for health care, employment opportunities, housing, treatment options, and ways to continue their education.

Just as our residents need their Fresh Start community, we need the Lincoln community. There is simply no way Fresh Start can provide the wonderful services they do to women in transition without your support:

- Make a donation to help us meet our goal of fixing our roof.
- Consider being a table captain for our upcoming *25th Anniversary Banquet* on Sept. 29.
- Become a community designer for *Project Funway* on November 18.
- Meet with your Thrivent Financial advisor to see how you can make a significant financial gift to Fresh Start.

No one can get through the most difficult times in their lives alone. Thank you for all your support so that Fresh Start can do what it does best: Help women overcome barriers to homelessness and thrive!

Just as our residents need their Fresh Start community, we need the Lincoln community.

Board Thanks

Thank you to Katie Cunningham and Jane Wood Bennett for all their hard work as members of the Board of Directors. Both are ending their terms this fall. Jane has served for over 4 years and Katie has served for just under 3 years.

Mission Moment

"If there's any place she can come and get things together and on track, it's here. I really believe that, or I wouldn't work here." Meg Damme, Program Coordinator, said this when discussing someone who has applied for the Fresh Start program. Fresh Start is grateful to have such a dedicated staff, who embrace our purpose of assisting women get back on their feet and thrive!

Honoring the Past, Looking to the Future

We've come a long way together since 1991. We went from sheltering 2 women to 24 at a time, from a cramped duplex to a renovated church, and more! Come celebrate with us on *Thursday September 29, 2016* at the Country Club of Lincoln. The reception begins at *6pm* and will be followed by a meal and a short program beginning at *6:30pm*. Speakers will include a Fresh Start alumna and Senator Kathy Campbell. Tickets are \$60 each. Donations also are welcome.

Can't make it? Sponsor a seat for alumni! We have alumni who are interested in attending and would appreciate help covering the cost of their meal. Proceeds will help Fresh Start begin our next 25 years, and help us with the cost of the roof repairs.

Contact Monica at monicaz@freshstarhome.org or 402-475-7777. Information is also available on our website www.FreshStartHome.org.

Mission Moment

One alumna who completed the program about two years ago called recently. Something had happened that reminded her of Fresh Start and she called to chat with staff. Donna (name has been changed) shared the following: "I'm very grateful for Fresh Start. You saved my life. I'm very happy to have had the opportunity to stay there. Thank you for everything." She also shared that she now lives in a yellow house, her car is running and she is doing okay. Thanks for the call Donna! We are happy that you are doing well!

Speakers Available

Need a speaker for your group? Fresh Start is here and available to assist with a program for a lunch and learn at your office, club meeting, church group, homeowners association meeting, or wherever you'd like to help educate a group about people in need in Lincoln. Presentations can be 5 minutes about Fresh Start, or longer and include information about homelessness in Lincoln and common causes and barriers to moving back to self-sufficiency. Contact Monica at monicaz@freshstarhome.org or call 402-475-7777 to schedule a presentation!

Fresh Start Board Welcomes New Staff

Welcome to 2 new members of the team, Lanita "Red" Nelson and Stephanie Woods! Both are joining us as Shelter Support Workers, covering the overnight shift. We also extend a happy welcome to Audrey Back, joining us as a Development Specialist.

Fresh Start currently has 8 employees who provide support to our residents 24 hours a day, 7 days a week. There are also on-call workers who assist us when regularly scheduled staff are out of the office at training, on vacation, or ill.

Pictured from left to right are Lanita Nelson, Monica Zinke, Meg Damme, Deanna Jaynes, Christine Zavodny, and Julie Demarre. Not pictured are Audrey Back and Stephanie Woods.



Photo by News Link — www.newslink.com

SUPPORTERS

Charitable Giving

Charitable giving is on the rise, and so are the ways to make your contributions to the charities like Fresh Start. According to *Giving USA 2016: The Annual Report on Philanthropy for the Year 2015*, charitable donations were at an all time high of approximately \$373 billion. Here are four ways you can offer support:

Monetary Contributions

If you donate cash (including checks or credit or debit card payments) to a qualified charity, such as those with a 501(c)(3) status, your gift is generally tax deductible.

Gifts of Property

Donating property is another option. These gifts range from clothing to marketable securities. For you to deduct gifts of clothing or household goods, the items generally must be in good used condition or better. Check with Fresh Start about ways to donate property, as some may require special arrangements.

Quid Pro Quo Contributions

In some cases, a charitable donor may receive a benefit in return for the contribution. These are referred to as "quid pro quo contributions." If you make a donation at least partially in exchange for goods or services exceeding \$75, the charity should provide you with a good faith estimate of the goods and services received and the amount of payment exceeding the value of the benefit. Your deduction is limited to the difference between these amounts. For example, the value of the meal at a charity banquet is not deductible but the rest of the ticket price is.

Donor-Advised Funds

A donor-advised fund is another option. It allows donors to work with an organization that will do all of the administrative work for you. They will manage the funds and disperse contributions on your behalf. The donor retains control over which agencies receive the funds and can still include stipulations regarding the use of those funds. A minimum deposit of at least \$5,000 may be required.

Please contact Fresh Start about these, or other ways, to make charitable contributions to support our mission. Together we will make Lincoln stronger by reducing homelessness and assisting women in need.

**This is not an endorsement of any specific giving option. Donors are encouraged to talk with the financial management or tax expert of your choice about planning giving.*

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 receive this mailing electronically? Yes No

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

E-mail _____

Contributors

On the following page, Fresh Start gratefully acknowledges the individuals and groups for their financial contributions between **January and June 2016**. This may include individuals who donated through a giving campaign or as part of 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 2016 will be recognized in the spring 2017 newsletter.

SUPPORTERS

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

Master Gardener \$1,000+

Donlan Foundation, Ken & Margaret Donlan
Eicher, Judy
Loudon, Joseph & Manning, Michelle
Piester, Dave & Cindy
Russell, Katy
St. Mark's UMC
Scott, Susan
Unitarian Church of Lincoln
Willard House, NWU

Sun Shiner \$750– 999

Northeast Sertoma Club

Water Bearer

Hemmer, Michael
Hillestad, Robert
Krier Schmitz, Kari
Kubert, Evelyn
Larsen, Gary & Phyllis
omt! divine women's resale
Volkmer, Lee & Mary

Planters \$100– 499

Belau, Joyce
Bennett, Chad
Beta Sigma Phi- Zeta Chapter
Bethany Women's Club
Blackwell, Susan
Bostwick, Lina
Brandt, Jeri & Peabody, David
Busch, Nancy
Carlson, Kristin
Cintani, Brian & Jennifer
Cirksena, Deb
Cole, Debbie
Coley, Charles & Lusk, Jeff
Crowl, Gavin
Dam, Dick and Lois
Eldridge, Franklin & Cheryl
Epsilon Sigma Alpha
Faubion, Pam & Brian
Frank, Alan & Barbara
Freytag, Michael
Harkins, Cynthia
Hemmingsen, Eric
Hershey, Marianne
Hood, Jane
Hruza, Thomas & Joan
Ihrig, Clara

Irwin, Danielle
Langness, Strelsa
Lautenschlager, Mary
Lawrence, Sue
Lenzen, Karen & Steve
Liliedahl, Jill
Marsh, Laurel and Clark, Danny
McHale, Joann
McKee, James & Hillegass, Linda
Meyer, Pat & Cheryl
New Covenant Church
Peterson, Cynthia
Random Acts of Kindness
Rickers, Frederick & Margaret
Roper, Bill & Judy
Rotthaus, Harry & Dlouhy, Helen
St. Mark's UMC Sisterhood of Faith
Scheffler, Jeremy & Heather
Schuldt, Gus & Ruth
Shotkoski & Associates, PC
Sim, Maxine
Southern Heights Presbyterian
Sujith, Sarah
Swanigan, Brooke
Thompson, Sara
Timperley, Dave & Cindy
Traynowicz, Mark
Vidlak, Lori
Ward, Betty
Washburn, Marilyn
Westling, Ernest
Wood, Andy & Liz
Wood- Bennett, Jane
Wright, Joshua
Ziegenbein, Don
Zinke, Linda
Zinke, Sondra

Seed Providers \$1– 99

Anderson, Joan
Anderson, Nathan
Anthony, Andrea
Archuleta, Amy
Baer, Jeanne
Bahl, Rachel
Barnes, Caitlin
Barnes & Noble
Barrett, Tami
Bates, Nicole A

Baum, Shirley
Beadell, Lorraine
Beals, Roberta
Beerman, Tera
Bellman, James
Berg, Lowell & Judy
Bjorkman, Steven & Linda
Bolz, Donna
Boyce III, Robert
Bryant, Lorrie E
Bukoski, Juliana
Burge, Candace
Conroy, Linda
Cowsky, Alexandra
Cunningham, Katherine
Didion, Cynthia
Diers, Susan
Dohner, Dennis & Stephanie
Faubel, Judy
Foerster, Mary
Fuller, Margaret
Gebhart, Elizabeth
Genoways, Hugh & Joyce
Glather, Judy
Hadfield, Robin
Hall, Kim
Hansbrough, James & Rebecca
Hargesheimer, Richard & Christy
Harns, Nancy
Harp, Carolyn
Heim, Janis
Henderson, Josephine
Herndon, Crystal & Lawrence Lee
Hoffman, Jeff
Hurst, Gwen
Jantzen, Kay
John, Linda
Johnson, Janelle
Johnson, Ruth
Jones, Christopher & Lisa
Keebler, Shelley
Kiser, Judy
Knapper, Celeste
Kontor, Ann
Kozisek, Robin
Kreifels, Allison
Lang- Kubic, Cindy
Lawlor, Sue
Lincoln Dental Hygienist Assoc
Lineberry, Sandy
Ludwig, Nick
Machacek, Rosemary
Maher, Cassandra
Mai, Sarah

Maslowski, Linda
Maynard, Linda
Maynard, C Edward
McCracken, Mary
McVay, Jane
Miranda, Kimberly
Northern Lighthouse
Pallesen, Lorraine
Paprocki, Amanda & Drew
Peterson, Christopher
Pfister, Grace
Potter, James
Puls, Jerry & Margaret
Ratliff, Terri
Ringsmuth, John & Susan
Robeson, Denise
Rockey, Dawn
Rump, Kris
Sayre, Catherine
Schroeder, Peter & Vi
Schubert, Jack
Shobe Jr, Bennie
Sievers, Joyce
Simon, Norman & Corrie
Skinner, Mark & Cynthia
Smith, Amy
Smith, Arta
Smith, Lynne
Sprouse, Tyler
Stevens, Georgia
Stilwell, Jean
Svoboda, Wayne & Bonnie
Taft, Elvon & Patricia
Ten Thousand Villages
Tichota, Sara
Ugai, Susan
Uridil, Laura
Verhoeff, James
Vogel, Krista
Wacker, Camilla
Wiebusch, Connie
Wittmann, Ruby
Wlaschin, Aaron
Wolfe, John & Catherine
Wolfe, Phil
Wortmann, Susan
Zillig, Elizabeth
Zinke, Michelle
Zinke, Monica

Credit card donations are accepted on our website and 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.

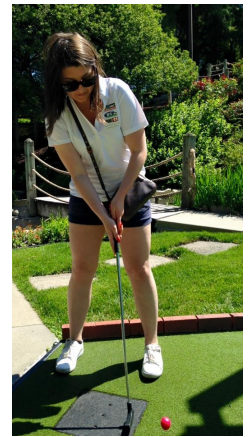
EVENTS

Mini Golf Merriment

It was a beautiful day for putt-putt golf! The 3rd Annual Mini Golf Tournament was held on *Saturday June 4, at Adventure Golf*. Thank you to sponsors Aesthetics Inc, Royal Neighbors, and Black Squirrel Consulting, as well as to Soroptimist International, who sponsored tickets for residents and alumni. This year's event grew to 124 golfers, who competed for prizes and bragging rights. The 2016 media challenge was between Matt McKay Mornings (106.3 KFRX) and JP & Lauren Mornings with Husker Nick (96.9 KZKX). Members of the Channel 10/11 news team also golfed. Prizes for best score, worst score, and best team name were awarded, along with the prize for the winning radio station! Winners had their pictures taken with the special Fresh Start Masters jackets.



Left: KZKX 96.9 New Country edged out 106.3 Lincoln's Hit Music for the win!



Above: Meghan Bragg of 10/11 news lines up her putt.

Left: Team KFRX 106.3

Fresh stART Benefit Held

Fresh Start held our first ever art show and benefit at Iron Tail Gallery in July 2016. An opening night reception was held on *Friday July 22* and the show ran for one week. Nine artists from all over the country, including three from Lincoln, donated nearly 250 beautiful and interesting works of art to support our services. Thank you to sponsors Constellation Studios, Gomez Art Supply, and Iron Tail Gallery. Over 100 guests enjoyed light refreshments while viewing—and purchasing—the art. Anthony Slattery, Pance Zaev, and Kjell Cronn provided wonderful music during the show!



Left: Board members Lina Bostwick, Denise Robeson, and Krista Vogel pose.



Right: Board member Kristin Carlson helps guest Linda Zinke.



Above: Iron Tail Gallery owners Anthony Slattery and Marie Kisling



CALLING ALL DESIGNERS, FASHIONISTAS, AND COUTURE AFICIONADOS!



Mark your calendars for *Friday, November 18*, and prepare to be at the Cornhusker Hotel for the seventh annual Project Funway. Last year's show was an amazing success, and we will plan to make this year even better! General admission tickets are \$40 and VIP tickets are \$60 each. Contact Monica at monicaz@freshstarthome.org or 402-475-7777. Information is also available on our website www.FreshStartHome.org.

Ways you can contribute:

- Signing up as a designer to be featured on the runway.
- Donating silent auction items.
- Volunteering for the event or donating in-kind services.
- Purchasing tickets at Fresh Start or on our website.

**PROJECT
FUNWAY**

Right: Design by Crystal Brakhage Modeled by Megan Culbertson



Above: Design by Maria Bartmettler Modeled by McKenzie Braun

Volunteer Highlights

Thank you

Many thanks to the following groups who did service projects or provided workshops:
Clinic with a Heart, Ronna Enck, Fiserv, Matt Talbot, Nicole, Nebraska Appleseed, Paul Mitchell: The School Lincoln, RSM.



Left: Volunteers from Fiserv participated in the United Way Spring Into Action Day

Right: Liz Gebhart and Philana Blakely at the Mini Golf event



The following organizations sent small groups to the shelter to cook Sunday dinner and eat with the residents during the last several months:

- First Plymouth Congregational Church
- New Covenant Community Church
- Piedmont Women's Ministry
- St. John's Church
- Unitarian Universalist Church of Lincoln

We still have Sundays available in 2016.
Call Christine at 402-475-7777 to sign up!

If you or your organization would like to volunteer, organize a donation drive, or request a speaker, please call Christine at (402)475-7777 or visit our website: www.FreshStartHome.org

Thank You

THE DAISY THRIFT SHOP

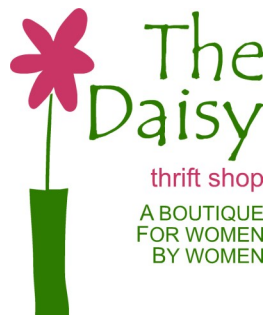
A Daisy by any other name

Trivia time! Do YOU know where the name for The Daisy came from? Well, rumor has it that the shop is named The Daisy because the Fresh Start logo features that flower. Daisies are a hardy flower, and are sometimes thought to represent modesty, stability, sympathy, among other things. Bees like them. They also have many uses including homeopathic ones. A daisy is really 2 flowers together! The white petals are one flower and technically the yellow center is a separate flower.

Well, you won't find bees or homeopathic remedies in the shop. But OUR Daisy is also twofold. Every purchase you make at The Daisy is not only a great buy on gently used clothes, it also supports Fresh Start's program for women who are homeless and striving to change their lives.

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

Return Service Requested

If you would like to be removed from this mailing list, or if you would like to receive this mailing electronically, please call Fresh Start at (402)475-7777 or email monicaz@freshstarthome.org

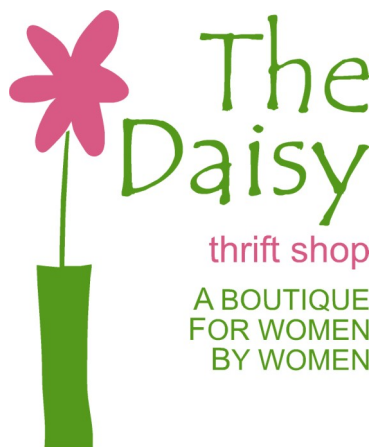
Non Profit
U.S. Postage
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Lincoln, NE



Save the Dates!

25th Anniversary Banquet: Thursday, September 29 2016

Project Funway: Friday, November 18 2016



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!

September– Chico's will be the featured brand, plus leather items.

October– Winterize your wardrobe with our selection of coat, boots, and more.

November– Holiday clothing and home décor will be featured.

December– The Daisy becomes a gift shop with many unique & new holiday gift items

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.