

Newsletter Spring 2018

Fresh Start: A Home Where Women Can Grow

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Team Members

Executive Director: Monica

Program Coordinator: Meg

Development Coordinator:
Audrey

Case Managers: Deanna,
Demetria, Hayle, Julie,
Marla

Overnight Staff: Stephanie,
Red

On Call Workers: Deb,
Kywanna, Sandy

You Helped Me Get Back Up

Irma came to Fresh Start following a stay at an emergency shelter. A short term stay wasn't long enough for her to get back on her feet; she needed additional time and support. She had started working at a local convenience store part-time. She was separated from her husband, estranged from her children, and did not have a sober support system. She also was having a difficult time managing her health concerns. She is diabetic and had trouble maintaining a healthy blood sugar level.

While at Fresh Start, she monitored and managed her diabetes through medication and improved diet. She received health insurance through her job and is earning a wage above the federal poverty level for the first time in years. Irma has been sober for over two years, and received her divorce. Irma left Fresh Start a role model, confidant, and support person for her peers. She had a reputation for being kind, giving, honest, and responsible.

Irma moved into her own apartment a year ago. She participates in community support, maintains her healthy support system and continues to work at a local convenience store. Irma said this about the Fresh Start program: "You allowed me to be myself, so I could learn and grow. I feel safe here. I can begin to process things from the past that happened that I couldn't deal with before. If you've fallen down in life, this is a place where you can work to get back up."

If You Don't Know This Man...You Should!

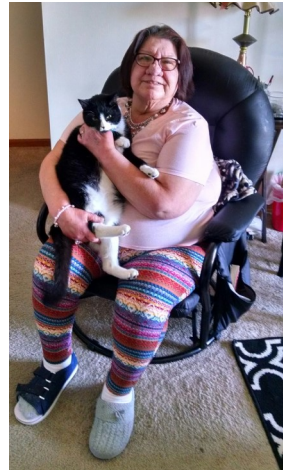
You may never see Jeff Damme at Fresh Start. He is often working behind the scenes. Jeff is also our Program Coordinator's (Meg) husband. Fresh Start sometimes has more clothing donations than the residents select and than The Daisy can store for the shop. Fresh Start has volunteers who pick up these items, after residents have had access to them. We see such a high volume of clothing that our weekly volunteer pickups aren't always enough. That's when Jeff saves the day! He's constantly picking up excess donations to disburse to other local non-profits.



Jeff is our "One Man and a Van"

Jeff is also Fresh Start's very own maintenance man. He's been known to fix emergency lights, cupboard doors, cut branches, weed wack, assemble lockers and move furniture throughout the house. These are just a few examples of the many tasks Jeff has tackled at Fresh Start.

Fresh Start is appreciative of the work Jeff does to support women who call Fresh Start home. He's more than a volunteer to us. He's a part of the Fresh Start family! Thank you Jeff, for going above and beyond to support the Fresh Start mission.



Irma and her cat Toby in their new home!



Jeff is all smiles about Fresh Start.

Fresh Squeezed by Community Cone

You scream, I scream, we all scream for ice cream! Ivanna Cone has you covered if you are craving delicious ice cream. The cherry on top is their new Community Cone program. Each month, Ivanna Cone creates a new flavor, and sales of that kind support an area nonprofit. Fresh Start has been selected for April 2018. Ivanna Cone is making batches of Fresh Squeezed, a lemon butter cream ice cream with sugar cookies and sprinkles. When you purchase Fresh Squeezed anytime during the month of April 2018, a portion of the sales goes to Fresh Start. On Tuesday, April 24th from 5-9 PM – 10% of all sales will be donated to Fresh Start.



Let's Exceed Our Goal of \$15,000 this Give to Lincoln Day!

Give to Lincoln Day returns on Thursday May 31, 2018. During the last 6 years, Lincoln's generous citizens have raised more than \$16 million for area nonprofits! Fresh Start has set a goal of \$15,000 raised during the event. You can help meet this goal by making a contribution at givetolincoln.com. Give to Lincoln Day's website this year, is administered by Firespring. The minimum contribution per the site is \$10. Donations can be made anytime starting May 1, 2018 and ending at 11:59pm on May 31, 2018. 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 2pm on May 31, 2018 and we'll deliver them to Lincoln Community Foundation 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 "Fresh Start has given me so much. I started learning, growing, and feeling confident. It taught me how to be a good citizen."



Mini Golf Returns Saturday, June 9 2018

This signature event returns on Saturday June 9, 2018. Register soon, as past years have sold out! This year you have two choices for your Mini Golf experience!

Morning: Event is from 8:45am-12pm and includes continental breakfast, mini golf, and a light lunch. There will be items available for raffle, and the celebrity team challenge! KX 96.9 plans to protect their title against 10/11 News. This is a family friendly event.

Evening: New for 2018 is an evening option from 7-9pm, geared towards adults wanting a casual night out! This event will feature mini golf, snacks, a raffle, and beer samples. While also family friendly, we encourage teams with little ones to participate in the morning event.

Both events include a team fundraising challenge and competition for the best team name and costume! "Fore" more information, including team registrations and sponsorships, visit our website at www.FreshStartHome.org!



Left: Team Strategic Putts won the 2017 team fundraising challenge.

Right: Team Teenage Mutant Ninja Putters had the best 2017 team average score, and costumes!



Volunteer Highlights

Thank you to the following individuals and groups who volunteered at Fresh Start between July– December 2017.

Sunday Night Suppers for the residents:

- ◆ Church of Christ
- ◆ Tracy Leet
- ◆ Light of the World Group
- ◆ New Covenant Community Church
- ◆ Piedmont Women's Ministry
- ◆ Unitarian Church of Lincoln
- ◆ Mary Morris, Shelli Mayer, and Linda Zinke

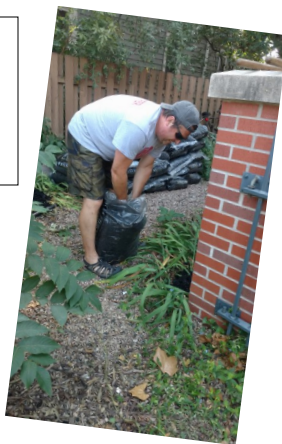
There's only a few Sundays left in 2018. Call us at 402-475-7777 or email audreyb@freshstarthome.org to sign up your group!

Service projects, workshops, and interns:

- ◆ Kayla Allmendinger
- ◆ Ameritas
- ◆ Bryan students
- ◆ Frontier Bank
- ◆ Cory Hinrichs- ContiTech
- ◆ Shana Johns
- ◆ Kywana Mumphrey
- ◆ Nelnet
- ◆ June Odette
- ◆ Wesleyan students



Cory participates in the United Way Day of Caring by helping clean-up.



Ameritas and Frontier Bank employees work together to ensure Fresh Start's Holiday Mailing is a success.

Thank You Kayla



Kayla helps make sure Project Funway runs smoothly.

Kayla completed an internship at Fresh Start from Metropolitan Community College. Kayla plans to become a Drug and Alcohol Counselor. Marla (Fresh Start site supervisor) had this to say about Kayla, "Kayla was one of the best student interns I have supervised. She was self motivated, dependable, timely and volunteered to help whenever she could. She will be an asset to any organization that employs her."

Kayla had this to say about her experience at Fresh Start. "The work that is done at Fresh Start is so meaningful to the residents they serve. Fresh Start is changing lives and helping women build new futures for

themselves. Being able to be a part of something as life-changing for women as Fresh Start, would have been enough, but the team of caseworkers and staff that work there are amazing. I got to see firsthand how a team works together and how different personality styles can work together to create something magical."

Kayla continues to stay connected to Fresh Start. Her family donated gift bags around Christmas for the women who are living at Fresh Start. It was Kayla's way of continuing to be a part of something that is life changing for so many.



Kayla and Marla posing for a selfie.

SUPPORTERS

Impact of Planned Giving

Fresh Start is driven by the generosity of churches, businesses, and friends. The collective impact of your financial contributions and leadership is critical to Fresh Start's mission. Each year, you provide an important portion of Fresh Start's operating budget and are vital in helping women succeed, allowing them to conquer barriers, and find hope again.

Planned giving offers many ways to make an even larger, and lasting impact. Through prudent planning, a donor may be able to make a considerable contribution by designating Fresh Start as the beneficiary of a life insurance policy, IRA, or other retirement plan; or by giving stock securities of cash, which can provide a donor with substantial tax savings. Contact your financial advisor or accountant for more planned giving options.

"I am so appreciative of my stay here. You were my family and became my home when I didn't have one. Thank you so much for your patience and understanding!" -Alumna

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

Fresh Start gratefully acknowledges these individuals and groups for their financial contributions between **July and December 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 January to June of 2018 will be recognized in the fall 2018 newsletter.

Master Gardener \$1,000+

Abel Foundation
Brenda Clements
Eastridge Presbyterian Church
Emergency Food and Shelter Program
Shirley Farmer
First Lutheran Church
In Honor of Marie Fischer
Adam & Sandy Karavas
Michelle Manning & Joseph Loudon
Pat & Cheryl Meyer
John Pfister
Rogers Foundation

The Viking Foundation
of Lincoln

Sun Shiner \$750-999

Unitarian Church of Lincoln

Water Bearer \$500-749

Blue Cross and Blue Shield of Nebraska
Jeff Lusk & Charles Coley
Electrical Enterprises
Bosch Security Systems Inc.

Planter \$100- 499

Gary & Vera Albers
Steve & Claudia Amen

Amy Archuleta
Jeanne Baer
Dr. Rod & Debbie Basler
Tim & Jennifer Bausch
Lorraine Beadell-Love
Pat Beck-Langfeldt
Connie Benjamin
Bethany Christian Church
Susan Blackwell
Donna Bolz
Robert Boyce III
Joann Brown
Judy Byrns
J Douglas Campbell
Peggy Caplinger
Douglas & Mary Carper

Chris & Debra Caudill
CATO Corporation
Christ United Methodist Church
Jim Clark
Maralee Cloran
Pamela Crawford
Chris & Shannon Cuciti
Daniel & Sharon Danaher
Jerry & Shirley Daugherty
Cliff & Jeanne Dill
Ella Durham
Louisa Ehrlich
Judy Eicher

Continued on the next page

SUPPORTERS

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

Cheryl Eldridge
 Mary Gangwish
 Ginny Gross
 Robin Hadfield
 Jill Hanshew
 Havelock United
 Methodist Church
 Jim Hawkins
 Marianne Hershey
 Tim & Susan Hester
 James McKee &
 Linda Hillegass
 Mary Ann Holmes
 HoriSun Hospice, Inc.
 Karen Houser
 Colleen Huls
 Gwen Hurst
 Cheryl & Kenneth Jenkins
 Bertha Johnson
 Dale Keller
 Ann Kontor
 Jim & Pat Kreifels
 Valerie Krueger
 Mahoney Manor
 Marilyn Moore
 Nichole Mulcahy
 Neln Foundation
 Newman United
 Methodist Church
 Margie Nielsen
 Wes & Linda Oestreich
 Pathology Medical Services
 Cynthia Peterson
 Jerry & Mary Ann Petr
 Andy Piester
 JoEllen Polzien
 PURE Fitness
 Redeemer Lutheran Church
 Michael & Melanie
 Reinmiller
 Patsy Rempel
 Jane Renner-Hood
 Revolution Wraps
 Judith Ruffo
 Tim & Julie Shaw
 Patricia Sim
 Sisterhood of Faith
 at St. Mark's UMC
 Joseph & Connie Stefkovich
 Georgia Stevens
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 Krista Vogel
 Robin & Jerry Westhoff

Ernest Westling
 Laura Weymouth
 Chad Wilken
 Bub & Kristen Windle
 Elizabeth Windle
 Rick & Susie Windle
 Iris Winkelhake
 Andy & Liz Wood
 Blythe Wood
 Chad Bennett & Jane
 Wood-Bennett
 Susan Wortmann
 Linda Zinke
 Monica Zinke

Seed Provider \$99-1
 Vicki & Ross Adams
 Jane Antholz
 Doug Barlow
 Lowell & Judy Berg
 Amy Birky
 Donna Bolz
 Phyliss Bourne
 Becky Breed
 Sam & Lorrie Bryant
 Carol & Domingo Cabacungan
 Bri Carlini
 Katie Cunningham
 Judith Degraff
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 Richard & Karen Vierk
 Shelia Vinton
 Sophia Weed
 Lea & Al Weiss
 David & Shirley Wilcox
 Lynn Willey
 John & Catherine Wolfe
 Carrie York
 Anthony Yound
 Michelle Zinke

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

Donor Spotlight



Above: Jane Wood-Bennett

Jane Wood-Bennett was first exposed to Fresh Start when she attended the second annual Project Funway event. Shortly after, Jane and her husband were approached to join the BOD. The more Jane learned about Fresh Start, the more she recognized the uniqueness of the program and how vital it is to the Lincoln community.

Jane recently shared, "As much as I would love to see the mission of Fresh Start become obsolete, I know that this will never happen in my lifetime. So as long as there are women in need of support, shelter, safety, and hope, I will continue to give my time and resources."

Thank you Jane, for continuing to support the women who call Fresh Start home. We appreciate you!

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

Zinke Named Executive of the Year

The Board of Directors congratulates Monica Zinke on her recent award! Ms. Zinke, Executive Director of Fresh Start, was named the 2017 Executive of the Year by the Association of Nonprofit Executives (ANPE). The award honors an individual who exemplifies leadership qualities and is decided by a vote of past recipients. Nominations must come from an organization's Board of Directors. A traveling plaque was presented during the luncheon on February 9, 2018. US Bank sponsored the luncheon, as well as the monetary awards of \$500 to organization and \$500 to the individual. Ms. Zinke dedicated the award to the Fresh Start staff, and to all of the women who have been in the program.



Four Past Presidents of the Fresh Start Board of Directors attended the luncheon. Pictured L-R: Wayne Svoboda, 2004 ANPE recipient; Lina Bostwick; Monica Zinke; Cynthia Peterson; and Susan Scott, 2005 ANPE recipient.



Pictured L-R: Dean Haist, President of the Association of Nonprofit Executives; Monica Zinke, Executive Director of Fresh Start; Morrie Enders, Executive Director of Lincoln Community Playhouse, luncheon keynote, and 2015 ANPE recipient.

Welcomes and Goodbyes

The Board of Directors thanks Chad Bennett, Olivia Bond, Lina Bostwick, Christine Dahl, and Ann Kontor for their service to Fresh Start. Lina Bostwick had this to share about her time on the Board of Directors: "It is infrequent for one to serve with a group of people having diverse minds, backgrounds, and experiences. My involvement with Fresh Start has been invaluable; it has changed how I think, because I have been afforded the opportunity to understand so much more. My suggestion to members of society (you and me) is global and of "muscle": don't be self-limiting, get involved where your passion lies. You will get back much more than you give."

The Board also extends a hearty welcome to our newest members! Joining our team are Jenn Beebe, Mindi Chollet, Lora Curry, and Michelle Keogh. Michelle's interest in serving on the Board of Directors aligns with Fresh Start's mission. She shared this, "I feel that I have been blessed and have been fortunate to have mentors that have helped me grow and I want to be able to give back especially to those that have had challenges in their lives."

Thanks to all of these individuals who have given their time and energy to Fresh Start and our mission to end homelessness in our community.



Board members Ann and Kristin volunteering at the 2016 Mini Golf Tournament.

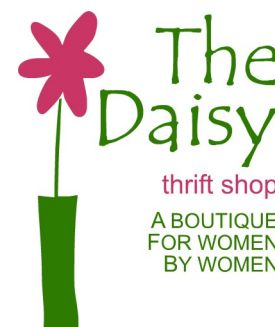


Board members Chad and Jane at the 2013 Garden Party.

THE DAISY THRIFT SHOP

The Daisy Recognized As One of the Best

Fresh Start recently received a notice that The Daisy is ranked one of the top ten thrift shops in Nebraska! The list was compiled by American Towns Media as part of their Best of American Towns campaign. This comes as no surprise to our regular customers. The generosity of the people who donate items, the hard work of all of the volunteers, and of course customers like you are what makes The Daisy successful. Indeed, in 2017 The Daisy raised over \$40,000 for Fresh Start. This is particularly amazing when you consider that the shop is only open 12 hours a week! *We'd love to hear from you! Stop by and let us know why YOU shop at The Daisy, or email monicaz@freshstarthome.org!*



The Daisy Seeks Volunteers

Want to be a part of this winning team? The Daisy is in need of more volunteers! The requested commitment is just one shift per month, approximately 4 hours long, during regular shop hours. To join The Daisy team, contact Noelle at 402-471-2705, or ask for an application when you are at the shop finding your next favorite outfit.

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.



The Daisy Volunteer Coordinator Noelle would love to hear from you!

Monthly specials and themes continue!

April: Spruce Up for Spring with capris, dresses, skirts, sandals

May: Stepping Out for Summer with flip flops, swimwear, and purses

June: Find Your Bling with Jewelry

July: Bargain Blast with all clothing \$1

August: Fresh Start for Fall with total shop inventory change

WISH LIST

Which One of These IS Like the Other



Spaghetti sauce. Paper towels. Dish soap. What do all of these items have in common? They are all items we need at Fresh Start! You may know that we accept gently used women's clothing and accessories. Did you know about all of the other items on our wish list? Fresh Start uses donations of all kinds of things! Here are some examples:

Household Items: laundry detergent, non bleach cleaning supplies, paper products, and hair products for women of color

Food: coffee and nonperishable food items

Other Items for Participants: gas cards and grocery cards

Of particular need in the spring and summer months are items like deodorant and reusable water bottles. A full list is available on our website, or by contacting Fresh Start.

Want to get your group involved? We can assist you with organizing a donation drive! Please let us know if you, your business, church group, or family would like to help in this way. Contact Audrey at audreyb@freshstarthome.org.



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Save the Dates!

Ivanna Cone Event Tuesday April 24, 2018 from 5-9pm
Mini Golf Tournament Saturday June 9, 2018 from 8:45am-12pm or 7-9pm

In The Know

Start by joining our email list or check out our website and Facebook page for more information! Be the first to know about our other upcoming events like the Fall Open House on September 20, 2018 and Project Funway on Friday November 2, 2018. Email Audrey at audreyb@freshstarthome.org to join the email list and receive regular emails about events and other Fresh Start happenings.

Get Social



www.FreshStartHome.org



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[@FreshStartLNK](https://twitter.com/FreshStartLNK)

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

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.