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Fresh Start is proud to partner with



United Way
of Lincoln
and Lancaster County

NEWSLETTER SPRING 2021

Fresh Start: A Home Where Women Can Grow

CHERI SHARES HER JOURNEY



My journey led me to Fresh Start after incarceration and a short stay in an inpatient treatment center. Fresh Start was absolutely essential to my recovery. It gave me a safe place to call home and start rebuilding my life. That was the biggest challenge for me. At the time I felt I had no way out of my lifestyle. Being at Fresh Start enabled me to get a job, my driver's license, buy a car, and save money for my deposit and first month's rent.

The nonjudgmental caring staff gave me advice and resources, they listened and encouraged me. The staff became my family. I honestly don't think I would be where I am today had I not had the opportunity to go to Fresh Start. It's an empowering environment that provided me the support and confidence to rebuild my life. I now have my own house, but also continued support from the women at Fresh Start which means the world to me. No words describe the appreciation I feel for Fresh Start and the amazing women that made my success possible!

PUB QUIZ FOR A CAUSE: WINTER EDITION

3/18/21 @ 7 pm

This is a virtual event

\$40 for a team of 4

Dinner from Relish Lunch & Catering delivered the night of the event!

Stupid hats are encouraged.



Invite 3 of your favorite quarantine buddies over for shepherd's pie, cupcakes, and mocktails made for you by Relish Lunch and Catering and delivered to your home by our lovely volunteers. White Elm Brewery will also be selling a special beer for Fresh Start that day and you'll be able to order some to arrive with your dinner. All proceeds of this event benefit Fresh Start!

Purchase your tickets on our website at www.FreshStartHome.org.

TURNING WISHES INTO REALITY



Fresh Start was founded 30 years ago. Wow! Fresh Start has been on an amazing journey in those 30 years. We started with a group of people, led by 3 pioneering women, who wanted to assist the underserved within an already underserved and marginalized group: people experiencing homelessness. They started with borrowed space and served one woman. It took a lot of time and dedication to grow into our current program. We now have a building of our own that is home to 24 women at a time. The longer stay we offer means we serve fewer people in a year. How we serve them is just as important as the longer stay. We offer a quality, holistic case management program full of support, accountability, and empowerment.

I continue to be inspired every day by the women at Fresh Start. Women like Cheri, who have such adversity to overcome, and they are doing it, one day, one step, one goal at a time. They are turning their wishes for sobriety, better health, employment, and so much more into reality while they are at Fresh Start.

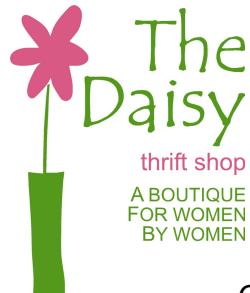
We have come a long way. We wish to go farther, and do even more good. That's where our 30th anniversary theme came from: 30 Wishes for Fresh Start. Be a wish granter by donating today. Every amount helps, from \$30 for a welcome basket to \$300 for a week of groceries and supplies. Or, donate needed items like cans of coffee or bottles of disinfectant. Join our Seeds for Change monthly giving program to be particularly impactful. You can go to our website, Facebook or Twitter pages for more information. Together, we can turn the wish for a home into a reality.

VOLUNTEERS NEEDED

Do you have a free hour one Tuesday a month? I hope so! Fresh Start needs volunteers to pick-up sorted donations to deliver to a non-profit or church hosting a free clothing give-away. If interested please contact Audrey Back at 402-432-3360 or audreyb@freshstarthome.org.



THE DAISY IS NOW OPEN



The Daisy is open Thursday from 4-7pm Friday and Saturday from 10am-4pm

Contact Monica Zinke at monicaz@freshstarthome.org to schedule a 30 minute appointment for up to 3 people. Masks are required.

give To Lincoln Day

HELP US REACH OUR GOAL OF \$36,000

Mark your calendars to support Fresh Start on **Tuesday, May 25!** For 24 hours, on Give to Lincoln Day, every donation given to local nonprofits is made bigger by matching funds.

Go online to GiveToLincoln.com on Tuesday, May 25 and give from 12:00 AM to 11:59 PM!

DONATE TO FRESH START

Thank you in advance for your generous support. You make a difference in the lives of women experiencing homelessness.

Please indicate the contribution you are able to give:

- \$750+: Support 24/7 shelter team
- \$300: Groceries and supplies for one week
- \$100: Internet and phone for shelter
- \$75: One night in our safe home
- \$30: Welcome basket for a new resident

In honor of: _____

Indicate if you would NOT like to be acknowledged. _____

Would you like to receive this mailing electronically? Yes No

Name: _____

Address: _____

Phone: _____

Previous Donor: YES NO

Would you like to be YES NO
on the mailing list?:

Email: _____

Please complete the following section if you would like to make a recurring monthly donation.

Monthly Donation Card Number: _____
Amount: \$ _____ Exp. Date: ____ / ____ CVV: _____

Fresh Start Releases 2020 Statistics, Your Support Makes an Impact on Women

Since its inception, Fresh Start has given a "fresh start" to nearly 1,800 women who wanted a better life. Fresh Start is a transitional shelter for women experiencing homelessness. Its 24-bed home shelters women for up to one year. The nonprofit provides real resources and assistance for women as they work to turn their lives around. Women who enter Fresh Start's program and do the work are on their way to a stable, self-sufficient future.

A common goal on their Individualized Goal Plan (IGP) is to secure employment. In 2020, only 9% of residents were employed at entry . That number increased to 71% employed at exit.

62% 
Increased Employment

Started a Savings Fund

72%

"I LOVED THE ABILITY TO TAKE MY TIME TO GET BACK ON MY FEET. WHATEVER I NEEDED WAS PROVIDED. THEY NEVER MADE ME FEEL LESS THAN, IT WAS ALWAYS A POSITIVE ENVIRONMENT."

 64
Women Served

The number served during the year was lower than average, due to the pandemic. In line with COVID guidelines, we reduced occupancy in order to have quarantine rooms available. We also extended our length of stay beyond one year.

6,330 
Nights of Lodging

 18,990
Meals Offered

7 
Women Participated
in Community
Support Services



6433 Havelock Avenue
Lincoln NE 68507

Non Profit
U.S. Postage
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Lincoln, NE

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 email audreyb@freshstarthome.org.

SHELTER HAPPENINGS



Just like the bathrooms in your own home, the ones at Fresh Start get used – a lot. With up to 24 residents at Fresh Start on any given day, seven days each week, the wear and tear and all that moisture eventually takes its toll, despite constant efforts to the contrary. Your donated dollars were put to work in a most visible way — repairing drywall, painting and generally spiffing up the downstairs bathroom.

While we dreamed about marble countertops, hand-crafted tile, pops of color, and a claw-footed soaker tub, we are delighted with our more practical results. Gone is the peeling drywall. Gone are the water and mildew stains. Meaning, it looks much nicer and is healthier, too.



Having a safe place to live — and that includes decent bathrooms — is a key to a resident's success in Fresh Start's program. Your donations make that happen, and often in tangible ways. Thank you for supporting Fresh Start!

