



NEWSLETTER SPRING 2020

Fresh Start: A Home Where Women Can Grow

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

Fresh Start is proud to partner with

LIVE UNITED



United Way of Lincoln
and Lancaster County

ALUMNA SPOTLIGHT: MALLORY'S JOURNEY

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. Having successfully completed treatment, she decided it would not be in her best interest to return home. She decided to do things differently this time.

Shortly after arriving at Fresh Start she was able to secure a job at a local convenience store. She started out working part time and after a short period of time was given full time hours. She began to save money and was able to return home at Christmas for a visit with her family. Upon her return, she applied for a housing voucher with the Lincoln Housing Authority and bring her children here to live with her.

While living at Fresh Start Mallory's father passed away. She managed to rent a car and travel to his funeral and return without incident or temptation to drink or use drugs, during this sad and stressful time. She kept in contact with staff and her peers, using the coping skills she learned in treatment.

In the spring she felt she was stable enough in her job to purchase a car. Using some of the money she saved she purchased a used car, insured, registered and licensed the car. She was also able to budget to pay all of her other expenses at the same time.

Mallory 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. She is a model resident and an inspiration to her peers.



OPEN HOUSE

Thursday, March 26

4 p.m. – 6 p.m.

6433 Havelock Ave

The Board of Directors invites the community to stop by for tours of the shelter, to shop The Daisy, enjoy appetizers, and to learn more about the services offered by Fresh Start.

FRESH START'S PLAYLIST



Music speaks to us all, though what it says depends on the listener. It is a powerful thing. Music transcends language. It's evocative. It can be educational, inspiration, or both. It can spark action and aid with feelings of solidarity, or bring peace. It makes you feel like you are not alone.

What's the music of Fresh Start? What's the soundtrack for each of our resident's lives? Sometimes, it's a cacophony of noises and it's hard to distinguish the melody or find the refrain. They are figuring out how to be the conductor. Other days it's a well-orchestrated concert.

Sometimes, the lack of music is just as powerful, and telling. At 3 a.m., silence means they have been able to rest and recharge. For that night, perhaps they are not plagued by their anxiety or trauma; the stress of the major life changes that keeps them awake is at bay.

Everyone in our Fresh Start family- from participants and alums to donors to volunteers- is part of our soundtrack. Each person involved is like an instrument or voice that, when combined, create beautiful music. Music that fosters change, healing, and hope. Thank you for being a part of the Fresh Start playlist.

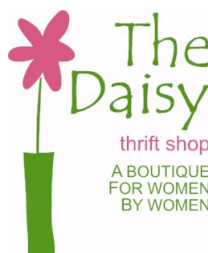
Monica Zinke
Executive Director

SHOP TO GIVE



Don't forget Fresh Start when you TAGG! TAGG makes it easy to support your favorite nonprofits like Fresh Start. Simply download the app, snap a photo of your receipt, submit photo, and TAGG does the rest. A portion of your purchase is donated. Participating businesses vary. Even small donations make a big impact.

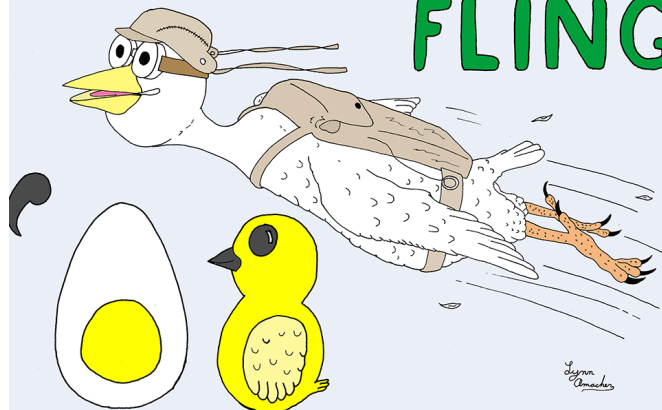
THRIFT SHOP CRAWL



Join us for the first annual thrift shop crawl, from March 15-21. You can find a list of participating thrift shops on The Daisy's Facebook page, [Facebook.com/thedaisythriftshop](https://www.facebook.com/thedaisythriftshop). Visit all eight shops, fill a punch card, and be entered to win prizes.

The Daisy is open Thursdays 4-7pm,
Fridays and Saturdays from 10am-4pm.

SPRING CHICKEN FLING



FEELING COOPED UP?

Then set your alarm-clucks for a Fresh Start peck-nic at Robinette Farms! Join us **Saturday, May 30** on the farm from **4-7 p.m.** for a rubber chicken toss tournament, donkey pie bingo, a farm tour, terrible chicken joke contest, and dinner prepared by Relish Catering featuring locally grown produce from Robinette Farms! An additional \$5 to participate in chicken toss tournament. Early bird tickets available until April 30.

\$30/person | Before April 30

\$40/person | After May 1

Register online at
www.FreshStartHome.org/events



SUPPORT FRESH START DURING THIS YEAR'S GIVE TO LINCOLN DAY

Give to Lincoln Day will be held on May 28! When you contribute to Fresh Start, you are not just donating to an organization, a cause or a woman. You're supporting your relentless belief that a person can transform. Chloe, one of our residents, is one example.

When she first came to Fresh Start, Chloe had undergone substance abuse treatment. With three grown children and serious health issues, Chloe wanted to change. Thanks to her determination and your support, Chloe is now sober, healthier, and with a car.

We find it remarkable that we've helped over 1,700 women since 1991. With your support, we will continue to raise our bar and our residents' spirits. This year, our goal is to sponsor one room for two residents for a whole year. A room costs \$75 per night, so we need your generosity to raise \$36,000. Please go to givetolincoln.com to donate.

This May 28 on Give to Lincoln Day, you can be the light source in a woman's life. We are grateful for open-hearted people like you, who continue to spread warmth into this summer to impact thousands of women's lives!

VOLUNTEER FOR FRESH START... YOUR MONDAY WILL NEVER BE THE SAME

Want to have the best three hours of your week? Volunteer at Fresh Start on Mondays and this can happen to you:

- Ride the dock lift up and down as you collect donations for The Daisy. Whee!
- Enjoy the smiles of generous people who are thrilled to see you. They love giving their things a new home.
- Feel powerful as you control the locked entrance. No one gets by YOU!
- Phone calls from real people. Not those annoying robo calls.



Contact Audrey at (402) 475-7777 / audreyb@FreshStartHome.org for more information.

ALLO GENEROUSLY ADDS FRESH START TO THEIR COMMUNITY CONNECT PROGRAM!



We are happy to announce Fresh Start is one of the 77 Lincoln non-profits to receive free internet for ten years offered by Allo. "Non-profit groups are all about creating change and opportunity for folks in our communities, and we're incredibly grateful for the chance to give back and help make a difference," said Allo. Fresh Start is excited to receive fast, reliable connection for the next ten years. Thank you, Allo!



6433 Havelock Avenue
Lincoln NE 68507

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Lincoln, NE

DOES YOUR EMPLOYER MATCH?

Companies and corporations often set up matching gift programs as an employee benefit. After an employee donates to a nonprofit, the employee can submit a matching gift request form to their employer and the company will donate to that same nonprofit. It's an easy way to increase if not double your contribution to your favorite nonprofits! Think of it as a 'buy one, get one' thing. Note your employer may have minimum and maximum donation ranges, as well as different ratios.

Sadly, many employees don't know this benefit exists at their places of work. If you're uncertain, check with HR or your employee handbook / company's intranet for information... but please ask, and then follow through if the answer is 'yes.' An estimated \$2-\$3 billion is annually donated through matching gifts. Sadly, it's also estimated that nationally, \$4-7 billion in matching gift revenue is left on the table each year — all you may have to do is ask for part of it.

Some employers may have different kinds of reward programs to recognize the ways their team members show care for the communities in which they live and work. Again, if you're unsure whether such a program exists at your place of work, please ask a knowledgeable resource.

Cynthia Peterson, Member of Board of Directors

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

Lincoln, NE 68507 | www.FreshStartHome.org | (402) 475-7777