



# NEWSLETTER | FALL 2023

## Fresh Start: A Home Where Women Can Grow MORE THAN A BUILDING

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Fresh Start Executive Director

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



Sam's life before Fresh Start did not give her much hope. She was in an unhealthy relationship. There were money struggles, and a lot of self doubt. These, along with increasing substance usage to cope, led to a great deal of instability in her life. She was arrested and given the option to come to Fresh Start as part of a pretrial program with Lancaster County Community Corrections. Sam did not know much about our program. She was in a hopeless place, without much support, and needed a change. She was skeptical that it would help, but willing to try.

***"This place was the only thing that kept me going."***

Now, Sam is in a different place, at least emotionally. While she still says Fresh Start keeps her going, she now has additional support from a recovery network and other positive relationships. She has been able to address health concerns, and will also soon celebrate 18 months of sobriety! She has a job and saved enough money for a car. She was sentenced to probation, in part due to how hard she has worked on her goals.

***"I heard about people getting sober. I knew it could happen, but I didn't think I could ever do it. I didn't think it could happen for me."***

Sam is getting ready to move into her own apartment soon. While she gives the credit to Fresh Start, we know it's her strength and perseverance that got her to this point. We provided the healing and hopeful environment, and she did the rest. This place is more than a building, more than a facility. It's a place where lives are changed.

## SMOOTH SAILING?

Many of you have felt the jarring ride down the driveway, due to settling and a large pothole that was dubbed "Lake Havelock" after a hard rain. Volunteers patched it last year, but it was getting worse.

With winter coming and the pothole becoming a growing safety issue, it needed to be fixed. Well, no more "sailing" on that lake! In October, Fresh Start was excited to replace our driveway and parking area!

Thank you to everyone for their patience and understanding while this work was completed.



# PLANTING ROOTS, TOGETHER



Like any home owner, there is always a long “honey do” list. Here at Fresh Start, the list of repairs and upgrades needed for our nearly 90-year-old building had been growing... and growing... and growing. The Board of Directors, with feedback from staff, decided to embark on a capital campaign. This was February 2020, and we all know what happened next! We did begin to raise funds for this campaign, and have been quietly doing so since late 2020. Now, we are going public with this effort.

In addition to repairs to address wear-and-tear and safety of the large, spacious kitchen, the remodel will turn underutilized spaces into computer areas for filling out applications and researching resources. Additional spaces of respite will be created in the loft, and the outside courtyard will be refreshed for greater usability. Some of the upgrades won't be as noticeable, like a new fire system and better security cameras. The campaign also allowed us to retire our mortgage, and includes funds for future building expenses and program expansion.

*We are at the point where we need your support.* The pandemic and rising costs of materials and labor, along with identifying a few more projects, has resulted in an end goal to raise \$1.5 million. The good news is that we have already raised 85% of the budget, thanks to generous foundations, corporations, and individuals! We need you to cross the finish line.

“The positive environment inside the walls of Fresh Start has improved situations, reunited families and even saved lives,” said Michael Reinmiller, Board President and member of the Capital Campaign Committee. “Gifts of all sizes will help make these spaces better suited for women in our community to continue to change their lives for the better.”

Visit our website for more details about this campaign, and to donate. Together, we will continue to have Fresh Start be an environment where women in need can plant roots for success.

[www.FreshStartHome.org](http://www.FreshStartHome.org)

## INTENSELY GRATEFUL

Recently while updating the residents about the building campaign, one of them shared how she feels about being in our home.

*She said, “The Fresh Start program has been one of the main positive influences in my life! They have provided a very comfortable and safe place for me to lay my head. The staff has provided me with positive motivational support when I needed it most. I’m intensely grateful for the Fresh Start program and staff.”*

Thanks for supporting her through your support of Fresh Start.



## WELCOME, TARA!

Tara began as an intern with Fresh Start this fall, as part of her Human Services Associate's degree program at SCC. She was drawn to Fresh Start because of our

unique program and population of underserved women. Tara has prior experience working with children and families and is looking to enhance her social services education and experience.

Now, Tara is beginning a new role with Fresh Start! She was recently hired as overnight/program support worker. We are excited to have her on the team!

# DONATE TO FRESH START

You may choose to support the capital campaign, or our day-to-day programming.

## PROGRAM SUPPORT

\$ \_\_\_\_\_ **Yes, I want to support women in need!**



To donate to our regular programming:

- Scan this code, or
- Go online to [FreshStartHome.org](http://FreshStartHome.org), or
- Mail your contribution to:

Fresh Start  
6433 Havelock Avenue  
Lincoln, NE 68507

Gift is in honor of: \_\_\_\_\_

Check if you would NOT like to be acknowledged publicly. \_\_\_\_\_

*Please complete the following section if you would like to be contacted about becoming a monthly donor for our regular program costs, or to discuss giving options.*

*Recurring gifts may also be arranged online on our website.*

Monthly Donation Amount: \$ \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## CAPITAL CAMPAIGN

Donors to the capital campaign have the opportunity to purchase a brick that will be placed in the front courtyard. These bricks could be to show your support, honor a loved one, or share an uplifting message. Bricks are available in two sizes. There are 8"x8" bricks with a \$500 donation (6 lines of text, 16 characters per line) or 4"x8" bricks with a \$250 donation. (3 lines of text, 16 characters per line).

Scan this code to give to the campaign, or visit [FreshStartHome.org](http://FreshStartHome.org)



Would you like to receive this mailing electronically? If yes, please provide your email address.

Email: \_\_\_\_\_

## SHELTER HAPPENINGS

Fresh Start recently announced the kickoff for our annual Adopt-A-Resident program for the 2023 holiday season. We are encouraging people with a giving heart to help the women at the shelter feel more at home this holiday season. Some residents have families that live far away, and others don't have family at all.



"Many of our residents do not have happy holiday memories. When the community gives them presents, it's about more than the gift itself. It's showing them that people do care about them, and want them to have a positive holiday experience." said Fresh Start Executive Director Monica Zinke. Gifts are needed for shelter residents as well as program alumna who have recently moved into their new homes.

***"Nobody's ever taken the time to get me exactly what I asked for before. This is amazing. Thank you."***

Anyone can help—churches, clubs, businesses, or individuals. Those interested can contact Program Coordinator Meg Damme at (402)475-7777 or [megd@freshstarthome.org](mailto:megd@freshstarthome.org). The donor will be given a woman's wish list for Christmas. Their top requests include items like gift cards to Walmart and Bath & Body Works, VISA cards, movie tickets, slippers, robes, fuzzy blankets, hair straighteners, pots and pans, and Tupperware.

In addition to gifts, we celebrate by coming together for a light-hearted event that includes party trays of food and cookies, and a holiday themed game. People may also sponsor the holiday gathering by donating food and drink. We always encourage you to shop local, but items may also be purchased on Amazon and delivered to Fresh Start. Search for "Fresh Start Lincoln NE wish list".



6433 Havelock Avenue  
Lincoln NE 68507

Return Service Requested

Non Profit  
U.S. Postage  
PAID  
Permit # 1486  
Lincoln, NE

The Daisy is open  
Wednesdays & Thursdays  
from 4-6pm  
Fridays & Saturdays  
from 10am-4pm

# THE DAISY

## LONG TIME VOLUNTEER IN NEW ROLE

Calling Lina Bostwick the “new” shop manager is a bit of a misnomer, as she has volunteered with Fresh Start and the Daisy for over a decade. Lina has served in many roles, varying from Daisy shop clerk to President of the Board of Directors. She has used her talents in research for a program survey project with residents and co facilitated a strategic planning session. In 2023, she stepped into a new role: Daisy Shop Manager.

The shop is led by a small group of volunteers. As manager, Lina will take care of scheduling people to work in the shop and provide support where needed to the rest of the committee and volunteers. Cindy Piester, who was the original shop manager, shared: “I have so much enjoyed my involvement with the shop and with all of the volunteers. They are an awesome group and I have been lucky to have connected to them through The Daisy. I will look forward to continued connection through volunteer hours at the shop.”

Lina is quick to give Cindy credit for the shop’s success, stating “While I am excited to step into this new role, no one can replace Cindy with all of her talents.”

Stop by The Daisy to meet Lina, Cindy, or one of our other 20+ volunteers who give their time and talents to support Fresh Start, through the shop. The Daisy is open Wednesdays and Thursdays from 4-6pm, Fridays and Saturdays 10am-4pm. If you are interested in volunteering, please contact Monica at [monicaz@freshstarthome.org](mailto:monicaz@freshstarthome.org).



Lina Bostwick, right, with original shop manager Cindy Piester