



NEWSLETTER SPRING 2023

Fresh Start: A Home Where Women Can Grow

HERE WHEN YOU NEED US

2023 Board of Directors

Tad Hunt, President
Huron Consulting Group

Michael Reinmiller, Vice President
The AV Dude Photo and Video

Tam Lawson, Secretary
Crete Carrier Corporation

Amy Achuleta, Treasurer
NEBCO

Amber Bogle
Mueller Robak

Katy Farrell
Nelnet

Nikki Gohring
UNL

Seth Hansen
Employers Insurance

Sara Hernandez
Union Bank & Trust

Michelle Keogh
Hampton Enterprises

Melinda Kentfield
Nebraska Methodist Health System

Sarah Quimby
NEBCO

Hannah Schmidt
Ameritas

Kristi Wamstad
Institute for Sustainable Infrastructure

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



"Yet again, Fresh Start was there when I needed it! And it felt just like home as if I never left! I was washing my car across the street, and somehow the doors locked- with my keys, phone, and wallet inside. The doors of Fresh Start were my first thought! I sat with staff (Cassie), and called a 24 hour locksmith. Thank God she was here, and Lincoln has many 24-hour lock smiths! And I have the money for a locksmith! None of it would be possible without all the help I got at Fresh Start.

I wouldn't have a car, a job or the funds to pay for it. I graduated from housing in August of this year- I phased out due to higher income. I just got a new job. Things are good. So, I just wanted to tell you THANK YOU!"

This was shared by Rachel (name has been changed), an alumna of Fresh Start. Rachel lived at Fresh Start a few years ago. At that time, she was new to recovery, looking for a full time job, and working to regain custody of her children. While at Fresh Start, she continued her sobriety journey, became employed in a professional setting, and bought a car. She moved into her own apartment and, most importantly, got her kids back.

"This place is an amazing asset in Lincoln."

Rachel said this about her experience at Fresh Start, "Unbelievable staff - they really do care. Their goal is to help women become successful members of society. As such, they hold the women accountable and expect them to be adults. I absolutely love them for this. I'm overwhelmingly grateful for the fresh start home, all the staff, the board of directors and the community that supports it all. I am beyond grateful to Fresh Start."

"It's been a great journey that I could not have done without the staff at Fresh Start."

SAFE AND SECURE

It doesn't seem like so long ago, but it's been 16 years since Fresh Start moved into our home in Havelock! Buildings require constant upkeep and upgrades, and our shelter is no different. Thanks to ARPA funds from the City of Lincoln and Lancaster County, Fresh Start recently was able to replace our fire panel and system. This upgrade is an important part of the safety and security measures we have in place for our residents, staff, and guests.



Stay tuned for news about more upgrades to our home, coming in 2023!

NO SMALL CHANGE



Recently, while doing some spring cleaning at home, we found spare change in a few different places around the house. Pennies, nickels, dimes, and quarters found in drawers, under a chair, in various random places. There wasn't a lot of it, but all of those pennies added up to something more, when put together. Did you know in 2022, the approximate cost of each meal provided at Fresh Start was just 84 cents? That's small change with a big impact.

Perhaps people are like change. Some of us have the capacity to contribute more, some less. I don't only mean financially, that's just one piece. I also mean contributions of time, talent, and our emotional efforts. When you provide a listening and supportive ear, you are providing your time and an emotional investment. Also like money, when you "spend" your time or other resources, you get something in return. Often, you receive more than you spend; it comes back to you in intangible ways. Kindness, contributing to a sense of community, helping others- those are priceless actions. Unlike the different coins we found, each and every one of us has the same worth, the same value. All of us are the special silver dollar.

Every small step is movement towards a larger goal. Every positive action, no matter how small, can create a ripple effect of goodness. There's no small change.

TEAM TIME

Fresh Start staff recently participated in a team retreat. The day offered an opportunity to review policies and procedures, program components and goal planning. We challenged ourselves to identify ways to better serve and support our residents. Staff also took turns leading team building exercises and shared inspirational "mission moments" from 2022. Holding the retreat offsite afforded more time to really connect, without the regular interruptions that occur in the shelter. "This is the best team ever. I love working here," shared Red Nelson, one of our residential case managers.



CURRENT NEEDS



Cleaning supplies

- dish soap
- sponges
- non bleach cleaners
- window cleaner
- paper towels



HELP US REACH OUR GOAL

Mark your calendars to support
Fresh Start on **Wednesday, May 24!**
For 24 hours, on Give to Lincoln Day, every donation
given to local nonprofits is made bigger by matching
funds. We have a goal to raise \$45,000 on G2LD!
Can you help?

Go online to [GiveToLincoln.com](https://www.GiveToLincoln.com) on
Wednesday, May 24 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
- _____ \$25: Welcome basket for a new resident

In honor of: _____

Indicate if you would NOT like to be acknowledged. _____

Name: _____

Address: _____

Phone: _____

Would you like to receive this mailing electronically? Yes No

Email: _____

Scan code to donate



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

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

SHELTER HAPPENINGS



Name that tune! Do you remember that game show? Well, Fresh Start staff offer a similar activity- music bingo!

Team member Dawn organizes a music bingo competition with the shelter residents about once a month. She creates a playlist on her phone, and we have bingo cards. The residents compete to see who can guess the song, and mark the square.

Themes include cartoon theme songs, hair bands, and movie soundtracks. We also have seasonal playlists for Halloween and Christmas holidays. This spring she's adding playlists for and April Fool's Day (songs that copied other music or sound like other songs) and a one hit wonder list.

Fun activities like music bingo are more than a way to pass the time on a Saturday night. It's a time for residents to get together and take a break from the many stressors in their lives. It's one of the many ways we foster a sense of belongingness, which is key part of growth, building self esteem, and recovery.

"I do it because it's fun and upbeat. It's nice to hear the ladies sing along to the music and dance a little in their chairs. The music brings back happy memories. They get excited when they are the first one to pick the correct song," says Dawn. "I love to see them happy."





6433 Havelock Avenue
Lincoln NE 68507

Return Service Requested

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



The Daisy is open
Wednesday and
Thursday from 4-6pm

Friday and Saturday
from 10am-4pm

THANK YOU, CINDY

In 2006, our Board of Directors was in the middle of renovating an old church in Havelock, which would be the new home of Fresh Start. Occupancy was moving from 16 to 24 women, and the bedrooms would all be on the lower level of the building. There was a lot of potential on the main floor, and someone suggested opening a small thrift shop to make use of the clothing donations the residents did not need. Cindy Piester, who had previously volunteered for the Junior League thrift shop (since closed), offered to gather information. That idea became The Daisy Thrift Shop.



Cindy still isn't quite sure how she was roped into becoming the first manager, but she agreed to get the shop up and running. The rest is history. Her partner in this endeavor since the beginning has been Karen Lenzen, another dedicated Fresh Start advocate. Every week for the past 16 years they have donated countless hours of their time to haul donations, sort them, and stock the shop. Cindy also has been the primary contact for the shop volunteers.



Karen Lenzen (left) and Cindy Piester pictured at the 10th anniversary event.

Succession planning included new leadership stepping forward in 2020. Then, Covid-19 hit. Cindy did not want the new manager to have to navigate learning the role and also figuring out what had to be adjusted for the pandemic. She continued to lead the group. Now, Cindy is passing the reins to Lina Bostwick, another former board member and long time Daisy volunteer. Cindy looks forward to traveling, including visits to see her children and grandchildren. She's not leaving completely; Cindy plans to continue to volunteer in the shop as needed.

Executive Director Monica Zinke shared, "I do not have the words to express the depth of my gratitude to Cindy for her many years of dedication to The Daisy, Fresh Start, and our mission. Cindy is a shining example of what it means to have a kind and generous heart."

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