



News From the Home Team

Spring 2011

Fresh Start: A home where women can grow.

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The Board of Directors thanks the following individuals whose terms recently ended: JP Carlson, Kurt Clyne, Mike Fosdick and Robin Hadfield.

Spring Time at Fresh Start

What comes to mind when you think of spring? Plants budding, flowers blooming, refreshing rain, crisp breezes, and sunshine on my face after a long winter all come to my mind. Spring is a time when nature revitalizes itself and everything starts to grow again. It is a time to plant seeds and tend the garden. It is a time of change and of renewed energy.

At Fresh Start, similar things happen year round. Our home is where women who are homeless may come to revitalize their lives. The women who seek our services are looking for a place where they can bloom. Each woman we serve has the capacity to grow and change. Many are already on their way when they arrive here; others need a little more "tending." The Fresh Start "gardeners" strive to provide an atmosphere where this can happen. We plant seeds of hope and inspiration and provide showers of praise and encouragement. With a little sunshine, tending to and time to stretch their roots, women have the capacity to become stronger, heartier, healthier flowers. That is what our logo, the daisy, represents.

Monica Zinke, Executive Director

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." Anais Nin



Growing Stronger

When Dawn (name has been changed) came to Fresh Start, she was very quiet and shy. You almost never heard a peep from her. We learned that she had not had positive experiences with her family or in her relationships. Dawn shared that she had been very anxious about coming to a shelter. She did not know what to expect. She was worried about what it would be like and if she would be able to get back on her feet. She didn't know if she would be accepted by others.

While at Fresh Start, Dawn learned that not everyone is judgmental or hurtful. Slowly she became more comfortable around staff and the other residents. Dawn began talking and laughing with others. She even would take new residents under her wing and help them get used to living in the shelter. She learned to accept her many strengths and abilities. She learned about the resources in the community that could help her address many of her needs. Dawn volunteered at a local agency, which also helped her self esteem and job related skills. Dawn found employment while at Fresh Start and began to save money. She now lives in her own apartment. Although she still struggles at times with her self esteem, Dawn also continues to grow stronger and now believes that she can be successful.

Dawn is one of the many women helped by Fresh Start each year. The longer stay that a transitional program like Fresh Start offers gave Dawn more time to address her needs while living in a safe place. Each woman's "story" is different, yet they all need a place to heal and stretch their wings. Fresh Start is that place.

EVENTS

Lights! Camera! Laughter!



The Cornhusker Chapter of the National Association of Insurance & Financial Advisors selected Fresh Start as the beneficiary of their 2010-2011 fundraiser!



Please join us for a night of "improv" comedy with LypSchtick.

The event is **Thursday April 28, 2011 at the Haymarket Theatre beginning at 5:30PM.**

Tickets are \$30 and include admission to the show, hors d'oeuvres, and opportunities to bid on silent and live auction items. Items on the auction currently include a week stay in Breckenridge, a weekend stay in the Black Hills area, a family sports trip to Kansas City, home décor, clothing, jewelry and many other fabulous items! All proceeds benefit Fresh Start and the services we provide to women in need.

Seating is limited, so call for your ticket today! Call Fresh Start at 402-475-7777 or NAIFA at 402-483-6848



Lincoln Lutheran Choir Partners with Fresh Start

The Lincoln Lutheran Choir's spring concert is entitled "Eternal Light" and includes a chamber orchestra and organ. Works include the Faure Requiem and a newly commissioned piece by local Lincoln composer Kurt Knecht. There is no charge for admission but a free will offering will be taken at intermission. The concert is sponsored in part by Thrivent Financial Lutherans and made possible by a grant from the Nebraska Arts Council. For more information go to www.LincolnLutheranChoir.org. Please join us for this special Mother's Day concert. *Sunday May 8, 2011 at Holy Trinity Church (near 60th and A) at 7PM.*



Project Funway A Success

On November 5, 2010 Fresh Start held a new event called Project Funway. The design competition and runway show was a great success and even sold out weeks in advance! The clothing was designed and constructed by students in UNL's Dept. of Textiles, Clothing and Design in the College of Education and Human Services, along with a community designer. A panel of judges selected the winners and Kali Nicole from Channel 8 served as "MC." In addition to the runway show, graduate student Melissa Caldwell showcased a suit collection.

The event also featured a silent auction. Thank you to the many sponsors who provided items for the event, and a special thanks to event sponsor Talent +. Other sponsors included: St. Elizabeth Regional Medical Center, Erin's Edibles and Judy Niemack. Fresh Start plans to make this an annual event held every November. *Photos by Chelsea Taylor.*



Yes, I want to support Fresh Start

Please indicate the contribution you are able to give:

- | | | |
|--|-----------|---|
| <input type="checkbox"/> Seed Provider — to graciously offer a 'fresh start' | \$1-49 | Name: _____ |
| <input type="checkbox"/> Landscaper — to develop the foundation | \$50-99 | Address: _____ |
| <input type="checkbox"/> Planter — to cultivate a future | \$100-499 | _____ |
| <input type="checkbox"/> Water Bearer — to sustain growth | \$500-749 | Phone: _____ |
| <input type="checkbox"/> Sun Shiner — to nourish and enrich | \$750-999 | Previous Donor: YES NO |
| <input type="checkbox"/> Master Gardener — to tend with compassion | \$1,000+ | Would you like to be on the mailing list?: Yes No |

Indicate if you would NOT like to be acknowledged. ☐ Would you like to receive this mailing electronically? Yes No

Please remember Fresh Start in your will and estate planning. E-mail _____

SUPPORTERS

Fresh Start gratefully acknowledges the following for their financial contributions between July-December 2010. We also thank the donors who chose to remain anonymous and those who donated clothing and other items.

Master Gardener

(\$1,000+)

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Union Bank & Trust

Sun Shiner

(\$750-999)

Northeast Sertoma

Water Bearer

(\$500-749)

Donna Bolz
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Karen Flowers
Chris & Ron Harris
Joseph Loudon &
Michelle Manning
St. Mark's UMC Sisterhood
of Faith
UNL Athletic Department
Dave & Shirley Wilcox

Planter

(\$100-499)

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Andy & Elizabeth Wood
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Michelle Zinke
Monica Zinke

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(\$1-49)

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Fresh Start in your
charitable giving and estate
planning. Fresh Start is a
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contributions are tax
deducible.*



6433 Havelock Ave Lincoln NE 68507

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Comedy tonight! Look inside for details about an event on April 28, 2011.



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Fresh Start Plans 20th Birthday Celebration

Fresh Start was formed in 1991 and we will celebrate our 20th birthday this year! A celebration is being planned for August 4, 2011. Please contact Fresh Start at 402-475-7777 or check Facebook for more details about this event honoring the women we have helped and the people who have supported us along the way. If you would like to help or be a sponsor of the event please call Monica at Fresh Start 402-475-7777.

The Daisy

High on Quality, Low on Price

Open to the public Fridays and Saturdays 10AM– 4PM

Monthly specials and themes continue!

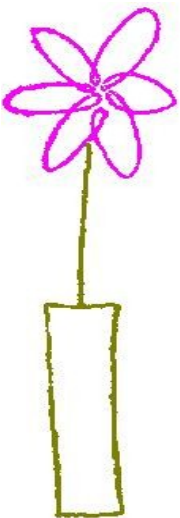
Find items to spruce up your home in April. May has a spectacular shoe sale.

June will feature purses and in July the “Bargain Blast” returns.

If you would like to volunteer for The Daisy team, please call Fresh Start at (402)475-7777.

Donations accepted Mondays and Thursdays 10AM – 1PM or by appointment.

Clothing received is first made available to residents of Fresh Start.



Fresh Start's mission is to ensure the provision of services to women who experience barriers in their lives and to assist restoration of these women to the community.