



Transitioning

Fall 2011

Celebrating Two Decades

By Monica Zinke, Executive Director



Recently, Fresh Start threw a party to celebrate the 20th anniversary of the incorporation of the organization. There was a lot to celebrate! Fresh Start has grown from a small shelter in someone's home with only a few beds to a transitional shelter program in a renovated historic building with 24 beds and extra living space. The program now has an increased emphasis on clients' strengths and working towards goals. We have struggled along the way, as is common for many nonprofit/community benefit organizations. I'm sure we will have more hardships— and many more successes—as an organization over the next 20 years. The celebration isn't really about Fresh Start as an organization. It's about celebrating the women who make a choice to come to Fresh Start during their time of need. It's about encouraging them as they to move forward and overcome a past that often includes trauma and abuse of various forms. It's not about forgetting the past or ignoring all of the barriers one has faced. It's about supporting the women as they acknowledge their past and learn from it. It's celebrating the bravery that these women have and the courage they need to address all of these issues. You can't be brave without first being afraid. At Fresh Start we strive to be a place where women can feel safe, have time to focus on goals and feel empowered to make positive changes their lives. Thanks to all of you in the community, we have been able to offer this safe place for 20 years. Please help us continue to do so for 20 more years.



Fresh Start Helps Client Achieve First Time Independence

By Cynthia Peterson, Board Member

Linda (not her real name), 59, had a "good middle class life" – married to her high school sweetheart for 34 years, three children, nice home and some disposable income. Things changed and Linda didn't see them coming.

Major surgeries affected her health; recovery was lengthy. The couple drifted apart. Her husband had an affair. The divorce was messy. "It surprised me," she said. Linda started "drinking heavily," but rebounded.

Linda had moved in with her daughter, who warned her mom she wouldn't tolerate more relapses. Her daughter "made good on her promise," when Linda did just that and five years later, she found herself without a place to live. Linda got the proverbial 'wake-up' call and she paid attention. "It was the best thing that happened to me, and I went to St. Monica's for treatment."

After St. Monica's, Linda knew she'd need an interim step before taking on the real world. She was enthusiastic after an intake interview at Fresh Start, and then worried when she heard about the waiting list. What was she going to do? "Fresh Start called me the Friday before I

was supposed to leave St. Monica's and told me they had a bed for me. It worked out perfectly. I know it was meant to be," said Linda.

"I can't say enough good things about Fresh Start. The staff is great! The whole program is great! I thank Fresh Start for helping me get where I am today," stated Linda. "Where" is being self-sufficient. "In fact, this is the first time I've ever lived on my own. It's a neat feeling," she laughed.

The roadmap she laid out for herself during her 11 months at Fresh Start was to get a job, an apartment and a car. "I did all three. I'm pretty proud of myself," she exclaimed. "I'm just happy – me and my cat."

Her biggest challenge her first few weeks at Fresh Start was "living with all those women, not knowing what to expect... and thinking I was going to have to cook," she joked. If she'd designed Fresh Start, Linda said she would have made the bedrooms larger – "more personal space would have been good."

"I'd be lying if I didn't say how much I miss Fresh Start. I love the staff. But, my life is OK. It has its ups and downs, just like sobriety. Today, it's OK!" ☺

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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.

NEWS AND EVENTS

Fresh Start Celebrates 20th Birthday

Fresh Start recognized its 20th anniversary at an event on August 4, 2011. The festivities included a short program and supper at Hillcrest Country Club. Over 100 people celebrated this milestone. Fresh Start was formed during 1991 and incorporated in September 1991. Shelter services began in the spring of 1992. Since that time, nearly 1,200 women have received help. Each table was named after a bedroom at Fresh Start such as Simplicity, Hope, Loyalty, Endurance and Strength. These names were chosen because they represent the traits of the women we serve. Tables also had cards highlighting the successes of women that have passed through Fresh Start's doors during the past two decades.



Fresh Start's anniversary celebration was featured in the September issue of "L" Magazine, Lincoln's Premier Lifestyle Magazine and in the Neighborhood Extra of the Lincoln Journal Star.

The program included:

Susan Scott, former President of the Board of Directors speaking about the history of Fresh Start.

Meg Damme, Fresh Start alumnus sharing her experiences with Fresh Start and her journey out of homelessness.

Tad Hunt, Vice President of the Board of Directors, speaking about current activities and support.

Thank you to event sponsors Lincoln Benefit Life, Margaret Puls and Susan Scott; table sponsors Judge Flowers, Talent Plus and West Gate Bank; and to Timeweavers' for the photography.



Susan Scott



Meg Damme



Tad and Amy Hunt and event guest

Team Members:

Monica Zinke,
Executive Director

Fannye Aguirre,
Case Manager

Melissa Eckert-Geiger,
Case Manager

Cassie Maher,
Office Assistant

Jan Nunes,
Overnight Worker

Chelsea Taylor,
Case Manager

Thanks to all of our on call workers: Cindy Cordova, Meg Damme, Carla Harrison, Sandy Marino and June Stark.

* Please help us continue *
* celebrating Fresh Start's *
* 20th Anniversary by donating *
* items needed for the shelter or *
* by organizing a donation drive *
* at your office or with your *
* church group or club. Items *
* are needed year round. *

Wish List:

- Paper goods and trash bags for the "home"
- Food (canned goods, produce, coffee)
- Hygiene supplies (body wash, deodorant, shampoo)
- Cleaning products (dish soap, cleaners)
- Stamps
- Linens (towels, XL twin sheets, pillows)
- Gift certificates to grocery stores

Welcome New Board Members

The following individuals have joined the Fresh Start Board of Directors with a term starting in 2011.

Kat Baum
Marla Buresh
Stephanie Cristolear
Sarah Kramer
Cynthia Peterson

Thank you to them (and all of our Board members) for giving their time and talents to Fresh Start. To join the board or inquire about other volunteer opportunities please call Fresh Start for more information.

SUPPORTERS

Fresh Start gratefully acknowledges the following individuals and groups for their financial contributions between **January and June, 2011**. This may include individuals who donated as part of a United Way campaign. We also thank the donors who chose to remain anonymous, and those who donated clothing and other items. Contributions received from July – December will be recognized in the spring newsletter.

Master Gardener
(\$1,000+)
The Unitarian Church

Water Bearer
(\$500-749)
Church of the Holy Trinity

Planter
(\$100-499)
Janet Beazley
Tom & Terri Burnell
Dick & Lois Dam
Randall Everson
First Christian Church
Jane Lewis
Tina Miller
Scott Patterson
Curt Thege
John Tidball
Jack Watson
Don Ziegenbein
Monica Zinke

Landscaper
(\$50-99)
Pamela Baker
Gregory Genrich
Judy Glathar
Judy & Jeff Greenwald
Jessica Kennedy
Judy Lerdahl
Jerry & Mary Ann Petr
Margaret Puls
St. Marks Methodist Church

Jon Sinner
Seed Provider
(\$1-49)
Gary Beetem
Candice Burge
Jack Caldwell
Marian DeBuhr
Nancy Gabelman
John & Janice Gossin
Julie Jacobs
Helen Meeks
Joanie Meints
Vicky Pfeiffer
Grace Pfister
Lucy Webster

20th Anniversary Contributors
Fresh Start would like to thank and recognize those individuals who made a contribution as part of the 20th anniversary. This campaign supports shelter operating costs.
Julie Ashburn
Virginia Baird
Pamela Baker
Judyth Balsley
Mary Barry – Magsamen
Kat Baum
Ann Marie Birky
Susanne Blue

Robert Boyce III
Bonnie Breunig
Debra Brugman
Kyle & Beth Bruss
Jim Budde
Kristine Brenneis/Rob Shortridge
Ron Brittenham
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Carolyn Cody
Barbara Day
Heather Dorsey Myers
Lalanne Drake
Marie & Loyd Fischer
Cheryl Graham
Judy & Jeff Greenwald
Janet Guenzel
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Jereme + Carla Hill
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Barry & Irene Moore
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Corine Simon
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Carol Stelzer
Talent Plus
Jared Teichmeier
Jill Thayer
Jill Traynowicz
Joyce Vannier
Elizabeth & Andy Wood
David Wysong
Marcia Yost
Linda Zinke
Michelle Zinke
Sondra Zinke

A credit card option is also available for donations. Click the "donate" button on our website, www.FreshStartHome.org. Or, call us at 402-475-7777 and request a donor envelope. Credit card contributions are processed by Pay Pal.

Yes, I want to support Fresh Start

Please indicate the contribution you are able to give:

_____ Seed Provider — to graciously offer a 'fresh start' \$1-49 Name: _____
 _____ Landscaper — to develop the foundation \$50-99 Address: _____
 _____ Planter — to cultivate a future \$100-499 _____
 _____ Water Bearer — to sustain growth \$500-749 Phone: _____
 _____ Sun Shiner — to nourish and enrich \$750-999 Previous Donor: YES NO
 _____ 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 _____



6433 Havelock Ave Lincoln NE 68507

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 call Fresh Start at 402-475-7777.

Save the date...

**Friday
November 18, 2011**

**PROJECT
FUNWAY**

Tickets are limited, call today!

Designers also needed— call to enter and you can showcase your original design! (402)475-7777



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It's Almost Time for Fresh Start's Autumn Open House! Please join us...



For conversation, a tour of our 'home' plus beverages and light appetizers.

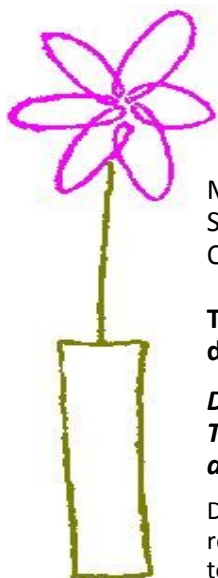


Tuesday, September 20, 2011

4:30 to 6:30 P.M.

Fresh Start

6433 Havelock Avenue Lincoln, NE



The Daisy

High on Quality, Low on Price

**Store hours: Fridays and Saturdays,
10 A.M. to 4 P.M.**

Monthly specials and themes continue! September features jewelry and jackets. October will be a boots bonanza!

The Daisy will be open September 20th during the Open House from 4:30– 6:30PM

Donations are accepted on Mondays and Thursdays, 10 A.M. to 1 P.M., or by appointment.

Donated clothing is first made available to residents of Fresh Start, and then offered for sale to the public. All proceeds benefit Fresh Start and our services for homeless women.

Board Defines New Mission Statement

The Fresh Start Board of Directors is in the process of adopting a new five year strategic plan. Part of this process included a review of the organization's mission statement and values. The mission statement was revised as follows:

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

Core Values of Fresh Start include:

- ⊗ Empowerment
- ⊗ Accountability
- ⊗ Individuality
- ⊗ Stability
- ⊗ Respect