



A home where women can grow.

DECEMBER 2018

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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



Dear Friend,

At this special time of year, we'd like to share about Irma's experience, one of the women who is now thriving in our community, thanks to your support.

“ Fresh Start was the best place I could have been at, to become successful. ”

My journey with Fresh Start began when I was only one year sober. I was homeless and still struggling with health and other issues. Fresh Start helped me and supported me through it. Today, I'm no longer estranged from my kids. I get to talk with them and visit, and I've recently become a great grandma! I am now selling jewelry as a part-time job, along with my full-time job. I love being creative, being my own boss and making my own schedule. I invite ladies over to my home to show them the beautiful pieces. I hope one day to sell my jewelry on Facebook to a larger audience.



With the love and support of family, friends, and Fresh Start, I'm going to celebrate 3 years sober soon. I am grateful for the wisdom gained while I was there. I'm still working on things, like processing struggles from the past so that they aren't pulling me down today.

Today I'm able to reach out for help, instead of trying to do it all on my own. I have found joy in being in a position to help others. Maybe not with money, but with other kinds of help. I know I am an example of what can be accomplished given the opportunity and some support. I know I need to do all I can to remain healthy and sober.

I also know that I can always call Fresh Start. Fresh Start has been a big part of my recovery. They gave me hope and motivation to complete my life goals. Staff was there 24/7 for any bumps in my life. They've been there for me even after I moved out into my own place. Thanks Fresh Start, and thank you to everyone who donates to this place.

-Irma

Our residents come to Fresh Start for all different reasons, but all of them need the caring, supportive environment of Fresh Start to change their lives. And Fresh Start needs you. Here are some ways you can help women become self-sufficient:

- **\$10** for 12-month program (or any monthly donation amount for one year)
- **\$50** provides one night of shelter and support services
- **\$250** supports one week of groceries and supplies for the entire shelter
- **\$1,500** funds one month of services (shelter, food, advocacy)

Fresh Start is more than a shelter; it's a goals program designed to support women who are working diligently to improve their lives.

SEE 2018 IMPACT & HIGHLIGHTS ➔

2018 has been a year filled with helping residents overcome some of their biggest challenges, and find their strengths.

We are very grateful for the Lincoln community and people like you who make Fresh Start available for women to succeed and prosper. Sadly, the need for our services is high. We have a 5 month wait list for our services. 2018 has been an excellent year. We want 2019 to be even better, and to serve even more people. *We can do it, with your help.*

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NUMBER OF WOMEN
FRESH START HAS
SERVED TO DATE IN 2018



19,401

NUMBER OF MEALS
FRESH START HAS
PROVIDED TO DATE IN 2018



6,467

DAYS OF LODGING
FRESH START HAS
PROVIDED TO DATE IN 2018



"My own personal and reliable transportation"

"Have a home for me and my son"

"Continue sobriety"

"Be nice to myself"

"Begin my freedom"

"See my sister in recovery"

What our residents
are wishing for in
2019

We can't thank you enough for your continued support of Fresh Start.

Please visit FreshStartHome.org or our Facebook page [FreshStartHomeLincoln](https://www.facebook.com/FreshStartHomeLincoln) for current news and events, and more ways to assist women in need.

Warmest wishes,

Monica Zinke
Executive Director

Board of Directors