



NEWSLETTER | FALL 2022

Fresh Start: A Home Where Women Can Grow

BURDENS: CHRISTY'S STORY

By Carol Jess, Fresh Start Volunteer

Christy wasn't born with a giant elephant on her back, but it wasn't long before it was firmly in place. And it would be a very long time before she was able to unload it.

Christy's elephant started when as a child she was sexually molested by her military father. She held that secret tightly. Her elephant continued to grow when her mother left and she felt abandoned and lost. Ironically, her mother was a practicing psychologist who couldn't or wouldn't help her daughter. As she reached her teens, Christy began drinking to help her carry the elephant—the burden that would not go away.

She would never talk about the load she was carrying. She hid it. For years. She kept it all inside which meant that potential friends were always on the outside. She could never let anyone close because of her trauma and her burden. And so, she drank to help with the ever-present pain.

She went to school. She liked to learn, earned good grades and played on sports teams—volleyball and softball—all while she was drinking.

After a series of DUIs and months of jail time, Christy hadn't changed. In fact, she was ready for one more big high that proved to be her last. Instead of the expected high, she was arrested and indicted on federal drug charges—six counts including conspiracy to deliver methamphetamine and marijuana. Today she's facing 10 years to life in a federal prison.

There is good news. Christy has finally shed the elephant that she carried around for years. She's used the opportunities she's been given through intensive therapy, drug rehabilitation programs and a home at Fresh Start to say goodbye to that elephant and more importantly to the person who used to carry it around.

Christy went down a path that was strewn with unimaginable pain and hopelessness. Now that is all changed. She credits Fresh Start for her reincarnation. It's where she found compassion and felt love. In turn she was able to make connections, meaningful connections, that were vital to her recovery.

"This program is needed. It's essential," she says. It was her lifeline to sobriety and to becoming a tax-paying citizen.

Christy is proof that an investment in women like her is a really good deal. There is more than one Christy out there. That woman and others like her will bring their own elephants with them to Fresh Start for help.

2022 Board of Directors

Tad Hunt, President
Huron Consulting Group

Connie Benjamin, Vice President
Community Volunteer

Tam Nguyen Lawson, Secretary
Haberfeld

Nikki Gohring, Co-Treasurer
UNL

Amy Archuleta, Co-Treasurer
NEBCO

Amber Bogle
Mueller Robak

Seth Hansen
Builders and Tradesmen Insurance

Sara Hernandez
Union Bank & Trust

Michelle Keogh
Hampton Enterprises

Melinda Kentfield
Nebraska Methodist Health System

Michael Reinmiller
The AV Dude Photo and Video

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



BLOOMING FOR 15 YEARS

THE DAISY CELEBRATES ITS ANNIVERSARY



In 2007, there were a lot of changes happening for Fresh Start. We moved into our new home in Havelock. The move to the larger facility allowed for many additions. Program occupancy increased from 16 women to 24 participants at a time. Those participants also gained much more communal living space. The program grew as well, offering more support and a more structured and holistic case management program. The move also provided a new opportunity for a fundraiser. The Board of Directors decided to dedicate one room of the new building for a small thrift shop. Cindy Piester, who was on the board at the time, agreed to help get it started. Long-time Fresh Start volunteer Karen Lenzen joined her, and The Daisy was born.

The name came from the Fresh Start logo, which features a Daisy. In the beginning, the shop was open just 2 hours, and sales were low. Slowly, word spread about the little shop in Havelock with the nice volunteers and great deals. They recruited more volunteers, which allowed it to be open more hours. The Daisy is now open 16 hours a week. Sales grew, going from maybe \$50 a week to an average of \$800. To date, The Daisy has raised over \$535,000 for Fresh Start!

The efforts of The Daisy ladies extend beyond the shop; they have an impact on many other aspects of the program. They are a shining example of what a dedicated and strong group of women can accomplish, and of how you can impact lives in unexpected ways. Fifteen years later, Cindy and Karen still manage the shop and everything that it entails. The crew of "Daisy ladies" has grown; there is now a management group of 8, plus another 30 or so volunteers who assist with the shop. From all of us at Fresh Start, thank you "Daisy ladies" for all you have given to Fresh Start.

- Monica Zinke, Executive Director

SEEDS FOR CHANGE

Join Jane by becoming a Seeds for Change member. "I am a monthly giving member because it is a win-win way to support a mission that is important to me personally, and important to our community," shared Jane Wood-Bennett. "The impact that our modest monthly gift brings



to the women at Fresh Start is immeasurable. Thank you, Jane, for giving women a "fresh start."

Set up an automatic monthly donation to Seeds for Change at FreshStartHome.org.

CURRENT NEED



Donated items can be dropped off during donation time on Mondays and Thursdays 10am to 1pm. Call the office 402.475.7777 upon arrival.



Come enjoy a fashion show, live & silent auction, hors d'oeuvres, and tasty desserts.

VIP ticket level: \$85 | One ticket and free drinks
General Admission: \$60 | One ticket

Purchase tickets at
freshstarhome.org/funway

Thank you to our sponsors.



HAMPTON
ENTERPRISES
PROPERTIES & CONSTRUCTION

UBT
Union Bank & Trust.

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
- _____ \$30: Welcome basket for a new resident

In honor of: _____

Indicate if you would NOT like to be acknowledged. _____

Would you like to receive this mailing electronically? Yes No

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

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

Name: _____

Address: _____

Phone: _____

Previous Donor: YES NO

Would you like to be on the mailing list?: YES NO

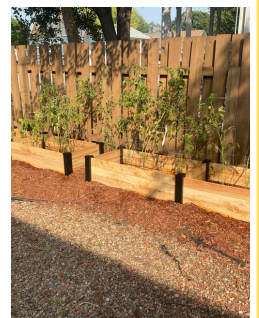
Email: _____

SHELTER HAPPENINGS

Women at Fresh Start work toward independence and self-sufficiency by creating an Individualized Goal Plan. They meet with their case manager to develop a plan that will guide them on the right path. Women work on the action steps they set for themselves. Action steps can include getting health insurance, learning to budget, building a support network, getting a driver's license, and developing a healthy support system. Staff assist with problem-solving, goal-setting, accessing the resources women need, and providing whatever help is necessary. Having a goal plan guides women's progress as they steer through the obstacles that have sidetracked their lives. Fresh Start is always there to help them on the right path.



First Interstate Bank employees shared their commitment to serve the community with Fresh Start on their 5th Annual Volunteer Day. Volunteers built garden boxes for our community garden and spruced up our landscaping. Every year the community garden gives our women a sense of purpose. Thank you!





6433 Havelock Avenue
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 email audreyb@freshstarthome.org.

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

FRESH START CELEBRATES 15 YEARS OF THE DAISY THRIFT SHOP

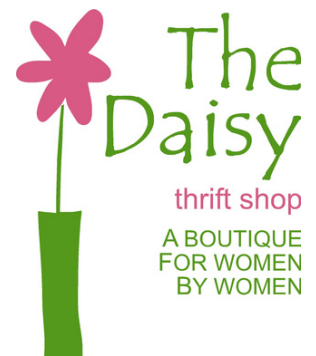


Shop managers Cindy Piester (left) and Karen Lenzen (right), at the 10th Anniversary celebration.

Fresh Start celebrated 15 years of The Daisy Thrift Shop in August! Fifteen years ago, a group of volunteers decided to transition from a huge annual garage sale to a more permanent fundraising opportunity, and The Daisy Thrift Shop was born. Fresh Start hoped that their numerous garage sale customers would follow them across town to shop at The Daisy and they did. Fresh Start has since continued to grow their customer base at an exciting pace. The building is "free" to Fresh Start – no rent or utilities – and all of the saleswomen are volunteers, allowing them to stream all of their profits back into the Fresh Start program. In 2021, The Daisy raised over \$45,000, and to date they have raised over half a million dollars for the women's shelter.

"The women that run The Daisy are an amazing and inspiring group. Their generosity and dedication has been so appreciated," said Executive Director Monica Zinke.

Fresh Start is always looking for more volunteers to join their team and they invite the community to come have a positive experience shopping high-quality clothing at discounted prices. Their store hours are Wednesdays and Thursdays 4 – 6 p.m. and Fridays and Saturdays from 10 a.m. – 4 p.m. Please visit the shop, located at 6433 Havelock Ave., or contact Audrey at (402) 475-7777 / audreyb@FreshStartHome.org for more information.



The Daisy hours are:
Wednesday & Thursday: 4-6pm
Friday & Saturday: 10am-4pm