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Fresh Start is proud to partner with

LIVE UNITED



United Way of Lincoln and Lancaster County

NEWSLETTER FALL 2021

Fresh Start: A Home Where Women Can Grow

WHAT WOULD YOU DO?

By Carol Jess, Fresh Start Volunteer

What if a 50-year-old woman with soft brown hair that touches her shoulders, a sweet smile and kind eyes arrived at your door? Would you let her in? What if she told you that she'd spent 27 years being abused by a man who isolated her and kept her a virtual prisoner, but she was too paralyzed with fear to leave? What if she added that after her father died, she started drinking and doing drugs to quash her grief? Then, she'd fallen into a trap that led to a drug conviction and a prison sentence. Would you know where to find the help she needs to put her life back together now that she is a convicted felon? Even if you were the most compassionate person in the world, could you help this woman? Would you? This woman who has made too many mistakes to count and yet wishes with all her might to get her life back on track?

This woman, Ruth, came to Fresh Start. They didn't turn her away. Instead, after years of feeling worthless, they embraced her. They cared. They gave her structure. Helped her to set goals. Invited her in so she could build a life that she could be proud of. On the day we spoke, Ruth had passed the written part of the Nebraska Driver's Examination. At 50 years old, she's never had a driver's license. Ruth will complete her parole on October 3. She'll be a convicted felon for the rest of her life. She'll have many more problems to face—housing, friendships, fixing broken relationships. Jobs are doubly difficult to find when you have a record.

"The staff at Fresh Start are miracle workers."

Despite her past, Ruth is determined to find a healthy future. She says the staff at Fresh Start have answers.

There she has found the strength she needs to survive, no—to actually thrive no matter what society puts in her way. She feels in control after decades of feeling lost. She's finding herself- and rediscovering her passion for gardening.

Fresh Start didn't look at Ruth, at her many problems, and turn away. They welcomed her and did what it took to make her whole again.

That's what Fresh Start does. Every day, every week, every month, every year for more than 30 years.



LONG AGO WISHES



Thirty years ago, Fresh Start was started with a wish. It was a wish that there could be fewer people experiencing homelessness in our community. A wish that something could be done, would be done to address this complicated issue. So, a small group of local religious and community leaders decided to make this wish come true. In 1991, they started researching programs around the world and looking at the specific needs here at home. They wished, and hoped, to be able to open a program for those who were falling through the cracks. They saw that women who did not have children, or didn't have children with them, often had nowhere to go and had to wait longer for the services that were available. This group became the mission.

Our program has grown much over the last 30 years. We started with one woman and basic services, and now have a home for 24 women and a holistic goals program that incorporates many different service models. We strive to be an empowering environment, one with support and accountability, and one where they can begin to build a solid foundation for their future.

I invite you to share YOUR wish with us. Maybe it's a wish for a woman moving into Fresh Start and starting her journey back to health and independence, or a wish for one of our recent alumna now out on their own. Maybe it's a wish for Fresh Start, or for our community's efforts to end homelessness and near homelessness.

Yes, the wish for a Fresh Start program came to be, but the wish to end homelessness in Lincoln—and to address its many factors—remains. Thank you for your support of our efforts to make that wish a reality.

CURRENT NEEDS



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

PROJECT FUNWAY



FRIDAY, NOVEMBER 12

6:30-9:30 PM

VIP ticket level: \$75 | One ticket and free drinks

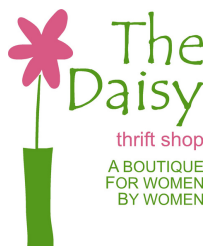
General Admission \$50 | One ticket

Come enjoy a fashion show, silent auction, hors d'oeuvres, and tasty desserts. Thank you to our event sponsors.



Purchase tickets online at
www.FreshStartHome.org/events

THE DAISY EXTENDS HOURS



The Daisy is now open:
Wednesday & Thursday: 4-7pm
Friday & Saturday: 10am-4pm

Masks are required. We encourage social distancing between shoppers. Volunteers will sanitize high touch points regularly.

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

Name: _____

Address: _____

Phone: _____

Previous Donor: YES NO

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

Email: _____

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

Monthly Donation

Card Number: _____

Amount: \$ _____

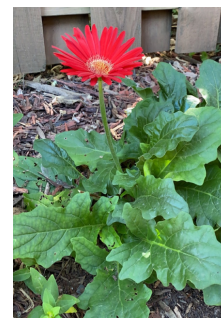
Exp. Date: ____ / ____ CVV: _____

SHELTER HAPPENINGS

The Lincoln Housing Authority Homeless Voucher Program (HVP) has 55 vouchers set aside from their regular Section 8 Vouchers for individuals who are experiencing homelessness. In order to receive a voucher you must qualify as HUD homeless and work with an agency that is a part of HVP. For an agency to be a part of HVP the agency must commit to providing monthly home case management support for up to five years. LHA has committed to set aside 20 non-disabled single vouchers and 35 for families or individuals with disabilities. Fresh Start is one of the pioneering agencies of HVP. As our women transition onto HVP they receive telephone support, quarterly food baskets, gas and grocery gift cards when available, and referral assistance as needed. In 2020, of the women who exited successfully we supported three women through this program.



Fresh Start received a generous donation of vegetable plants and flowers to grow in our resident patio area. All of the beautiful flowers are in bloom, and the women are enjoying the fresh produce from our garden. We grew nine different kinds of tomatoes, green peppers, sweet red peppers, dill, and mint.





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Lincoln NE 68507

Return Service Requested

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Lincoln, NE

FRESH START RECEIVES MAKING LIFE GREAT GRANT OF \$8,500 FROM GREAT WESTERN BANK



Fresh Start recently received a Making Life Great grant from Great Western Bank for \$8,500. The Making Life Great Grant is awarded to worthy nonprofits with innovative programs that enhance quality of life. Fresh Start is grateful to have Great Western Bank as a community partner that, as a company, is committed to empowering homeless women to change their lives by recognizing and using their strengths to overcome barriers to self-sufficiency.

“We are so grateful for support from Great Western Bank. Their contribution will further our efforts to address homelessness in our community,” said Executive Director Monica Zinke.

The Fresh Start home is focused on eradicating homelessness for women through quality services and expanded partnerships. They offer a safe, structured, alcohol- and drug-free environment for women 19 and older who want to attain self-sufficiency. Fresh Start provides basic needs such as food, clothing, and housing while the women create an Individualized Goal Plan that identifies the goals they have and the steps required to reach self-sufficiency.

