



A home where women can grow

Annual report 2018



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FROM THE BOARD

Resiliency

Whenever I think about Fresh Start, the word resiliency always comes to mind. First, I think about our remarkable staff. These dedicated women ensure the home is staffed 24 hours a day, seven days a week – not an easy feat with only 12 staff members, six of whom are part time. They keep the house running while providing case management and support to 24 women at a time. I'm in awe of the work they do and the countless ways they show up each day to encourage resiliency in others. I think about all the volunteers, including our Board of Directors, Daisy volunteers, and the countless individuals and churches who help with Sunday night suppers and beyond. Each help support our cause of empowering women to change their lives.



Most of all, I think about the over 1,600 women who have gone through Fresh Start's program since we began 27 years ago, 70 were supported in 2018. These women are the true definition of resilience for me. The stories I've heard have made me laugh, cry, and swell with pride in seeing how far they've come.

In this annual report we're pleased to share some of the successes Fresh Start had in 2018. I'm excited to see what's to come, knowing we'll continue to demonstrate resiliency toward whatever comes our way.

With appreciation,

ELIZABETH GEBHART

President of the Board of Directors

2018 Board of Directors



Back Row: Olivia Bond, Michelle Keogh, Tari Miller, Emily Green, Nikki Gohring, Nick Ludwig, Sue Wortmann, Denise Robeson, Cynthia Peterson
Front Row: Michael Reinmiller, Bub Windle; Liz Gebhart, Kari Schmitz, Lora Curry, Krista Vogel, Mindi Chollet, Monica Zinke, Executive Director
Not Pictured: Jenn Beebe, Chris Peterson

ALUMNA SPOTLIGHT

Becoming Stronger

My name is Amanda. I'm 37 and a single mom of 2 adorable kids. My son is 6 and my daughter is 4. They are my world. I hit my rock bottom at Wilderness Park on September 15, 2017. I thought I was a horrible mom and my kids were better off living without me because I was addicted to so many things. I felt like death was my only choice out of the mess I made in my life. I lost everything because of my choice to use my addictions to numb all of



Amanda in her
new home

my feelings. I was on probation, my husband wanted a divorce, I was going to lose my job since I was a felon, I was in a car accident, and dealing with a lover who sexually assaulted me. I lied to my family, kept secrets, and I thought I was at fault for being hurt by others. I hated myself and I felt like I deserved to die. That day as I laid there waiting to die, I saw no solutions. I thought the world would be better off without me. I just didn't know what to do. I saw a helicopter in the sky. I said to myself, "I wonder if they are looking for me. If they are, how did they find me so fast?" Soon in my hiding place I was surrounded by police. That's when I decided to tell the truth. I told them everything while they took me to the ambulance. I will never forget the look on my mom's face when she saw me walk into the ambulance. I just knew I had to be a good daughter and a good mom. I started to stop doing things my way and I asked for help.

Bryan West referred me to an Integrated Behavioral Health Services agency who encouraged me to find a shelter. I called many places. I didn't know what Fresh Start was, but I called them. The staff informed it was a women's shelter and they said there was a waiting list. They told me to come in and fill out an application. When I went there for the first time, I felt that the staff was very understanding with me and explained the guidelines very well. I stayed at the city mission until Fresh Start had a room available for me.

I was assigned to a case manager who worked on goals with me. I noticed right away that the place was very clean and there was a huge kitchen full of food. I felt very comfortable there and my roommate was very kind to me. I got to know the staff right away because they would chat with me each time I came and went. This made me feel more comfortable.

Continued on Page 4

Vision statement

Fresh Start is a proactive agency focused on eradicating homelessness for women through quality services and expanded partnerships.

2018 Demographics

77 residential stays

70 women in residence
unduplicated

88% occupancy rate

7,686 nights of lodging

23,058 meals provided

3,498 offerings of clothing and
personal care items

84% had an income at exit
compared to 21% at entry

64% saved money

65% identified a medical home

45% moved into permanent
housing

309 days longest stay

2 days shortest stay

35 average age

19 years youngest resident

62 years oldest resident

12th grade average education

71% report substance issues

63% report mental health

60% report domestic violence

27% report physical health

70% were involved with or
referred by legal system

8% report a disability

50% mothers

18% self identify with racial
or ethnic category

Becoming Stronger, Continued

Soon I started asking for help with things like paperwork which was terrifying. I noticed the staff didn't do for me what I could do for myself. I was learning to be a strong, independent woman. The other women I lived with taught me how to cook and clean. If I was sick or out of town, they would do the chores I had for that day.

Sometimes I would ask the staff for advice. I was feeling really dizzy one day and I asked the staff if I should go to a doctor or just wait and see if it would go away. They thought it was best if I saw a doctor. I struggle with a lot of mental health issues and my case manager set up a safety plan on paper with me. I was informed that I could call Fresh Start at any time or talk to a staff member at any time of day. I needed that. I began to trust the staff so much that I decided to tell them when I was in a crisis. One night I started to plan my own death. Instead of following through, I told the staff. I was happy that I made a choice to ask for help. The staff was very understanding, and they knew exactly what to do.

When I lived there, I felt like family by the staff. They encouraged me to be independent and strong. Their advice and knowledge of resources available to me helped me get a home. They made a budget with me and encouraged me to achieve my goals. I know that I am free to call Fresh Start at any time of day even though I don't live there anymore. They will help me. The girls I met at Fresh Start hang out with me, even today and we have made special bonds. I wish we had more shelters in town because there are so many women that need help. Fresh Start made a lot of positive impacts on me.

Sincerely,

AMANDA

Fresh Start Alumna

2018 Highlights

Fresh Start's mission is to be a transitional shelter that empowers women experiencing homelessness to change their lives by recognizing and using their strengths to overcome barriers to self-sufficiency. This is done by providing a residential program with 24/7 staff support. Residents develop an individualized goal plan with a case manager who then advocates for them, holds them accountable, and celebrates successes with them.

Here's what a few of our alumna have to say to about the program.

"You changed my life. I still have my own place, still with the same partner in a good relationship, and am working at the same place."

Fresh Start alumna a few years after her stay in the program

"Thank you very, very much for having me here to begin my journey. I believe in angels who walk among us and I think a few may be right here."

2018 Resident, now Alumna

Fresh Start Core Values Respect Accountability Individuality Stability Empowerment

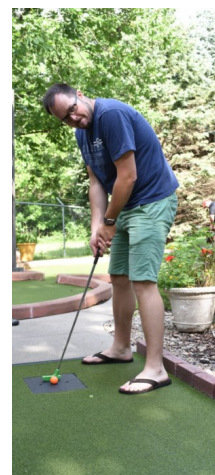
FINANCIAL OVERVIEW

During calendar year 2018, Fresh Start received grants or contracts from the following:

- City of Lincoln Urban Development
- Cooper Foundation
- Emergency Food and Shelter Program
- Joint Budget Committee of Lincoln & Lancaster County
- Lancaster County Community Corrections
- Lancaster County Keno Funds
- Lincoln Community Foundation
- Lincoln Housing Authority
- Lincoln/Lancaster Mental Health Foundation
- Nebraska State Probation
- Peter Kiewit Foundation
- Royal Neighbors of America/ Nation of Neighbors
- U.S. Dept of Justice Office on Violence Against Women
- United Way of Lincoln and Lancaster County
- Wells Fargo Foundation
- Woods Charitable Fund

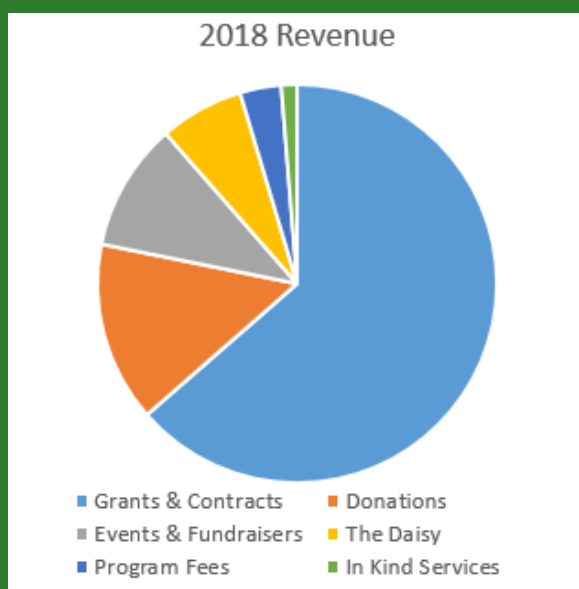


The Daisy and its dedicated volunteers raised \$41,200.

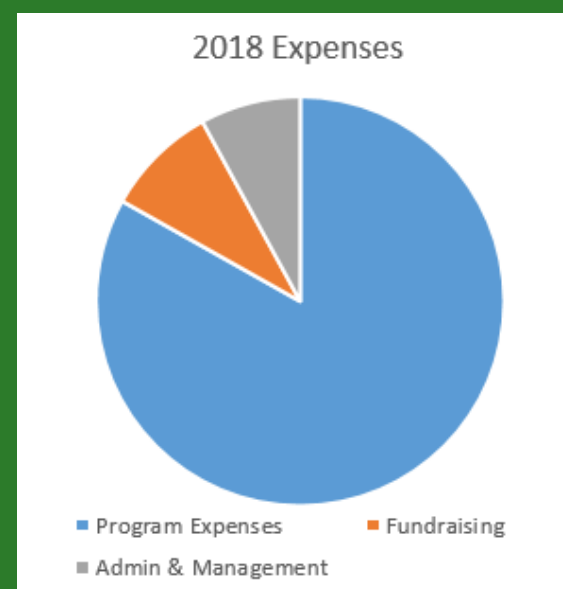


Events like mini golf and "Project Funway" raised awareness and funds.

2018 Revenue



2018 Expenses



FINANCIAL CONTRIBUTORS

During 2018, Fresh Start received many generous monetary contributions. This list includes those who donated through Give to Lincoln Day but does not include those who gave through United Way (information not available at time of report). Please accept our apologies if your name was accidentally omitted, and let us know so that it may be corrected.

Master Gardener \$1,000+

- Baxter Chrysler Dodge Jeep Ram Lincoln
- Tom & Kari Beckenhaur
- Christian Science Church
- Brenda Clements
- Eastridge Presbyterian Church
- Judy Eicher
- Steve & Julie Enersen
- Estate of Shirley Farmer
- First Lutheran Church
- First Plymouth Church
- John & Karen Flowers
- Jessica Freeman
- Hampton Enterprises
- Hampton Family Foundation
- Lily Hans
- Evelyn Kubert
- William Kuebler
- Jeff Lusk & Charles Coley
- Michelle Manning & Joseph Loudon
- Marz Bar
- Pat & Cheryl Meyer
- Don Montgomery
- omt! & Gaugher family
- John Pfister
- Cindy & Dave Piester
- St. Mark's United Methodist Church
- Scheel's
- Thomas & Christine Schleich
- Leo & Sheila Schumacher
- Susan Scott
- Wes & Maxine Sime
- Sara & Jason Steele
- Thrivent Choice
- Union Bank & Trust
- Lee & Mary Volkmer
- Willard House at NWU
- Zillow Group

- Diane & Michael Nolan
- Northeast Sertoma Club
- NOVA Business & Professional Women, Lincoln Chapter
- Bill & Judy Roper
- Randall Smejdir
- Krista Vogel
- Ernest Westling
- Sarah Wilson

Planter \$100- 499

- Aesthetics, Inc & Scott Johns
- Steve & Claudia Amen
- American Marketing Association: Lincoln Chapter
- American National Bank
- Amy Archuleta
- Mary & James Arter
- Associated Wholesale Grocers

"Thank you for allowing this wonderful opportunity to restart my life as it should be lived! "
Fresh Start alumna

- Karla Bachman
- Gordon & Jo Anne Bair
- Pamela Baker
- Dave Barnhouse
- Stuart Bartels
- Dr. Rod and Debbie Basler
- Tera Beerman
- James & Kathryn Bellman
- John & Marilyn Bernthal
- Bethlehem Covenant Church
- Susan Blackwell
- Arcane Boles
- Donna Bolz
- Brett & Lina Bostwick
- Jeri Brandt
- Ann Brase
- Ron & Betty Jane Brittenham
- Nancy Busch
- Judy Byrns
- Ann Campbell
- Bridget Cannon
- Peggy Caplinger
- Chris & Debra Caudill
- Christ United Methodist Church
- Brian & Jennifer Cintani
- Amy Crayne
- Dick & Lois Dam
- Jerry & Shirley Daugherty
- Denton United Methodist Church
- Cynthia Didion

- Juliana Ehlers
- Cheryl Eldridge
- Renae Feilmeier
- Barbara & Charles Francis
- Gender Advocacy Program at NWU
- Margaret Fuller
- Joyce Furry-Sievers
- Pamela Gannon
- Elizabeth Gebhart
- Ken & Dorothy Gettman
- Gomez Art Supply
- Jeff & Judy Greenwald
- Kate Greenwald
- Noah Greenwald
- Robin Hadfield
- Cynthia & Dave Harkins
- Becky Haufle
- Patricia Hawk
- Jim Hawkins
- Wynn Hjermstad
- Robert Hillestad
- Elizabeth Hilsabeck
- Deloris Hornung
- Karen Houser
- Colleen Huls
- Shirley Huls
- Gwen Hurst
- Clara Ihrig
- Elizabeth Ingraham
- Inspiro Insurance
- Ivanna Cone
- Cheryl & Kenneth Jenkins
- Elizabeth Kapal
- Karin Johnson
- Mary Johnson
- Dale Keller
- Ann Kontor
- Tammy Kortum
- Jim & Pat Kreifels
- Mary LaGrange
- Gary & Phyllis Larsen
- Karen & Steve Lenzen
- Carol Leonhardt
- Liberty First Credit Union
- Jill Liliedahl
- James McKee & Linda Hillegaas
- Mahoney Manor
- Jennifer McLaughlin
- Tom Medhi
- Rosalie Meyer
- Charlotte Miller
- Marilyn Moore
- Nebraska Realty
- Nelnet Foundation
- Christine Nobbe
- Northern Lighthouse Church
- Linda & Wes Oestrich
- Pathology Medical Services
- PEO Chapter GQ

Sun Shiner \$750- 999

- Linda Maslowksi
- Katy Steffensmeier
- Unitarian Church of Lincoln

Water Bearer \$500- 749

- Association of NonProfit Executives
- Chad Bennett & Jane Wood Bennett
- Jim Budde
- Donlan Foundation
- Gamma Delta Epsilon Sigma
- Richard & Christy Hargesheimer
- Mary Ann Holmes
- Lincoln Industries
- Nicole Mulcahy

FINANCIAL CONTRIBUTORS

Planter \$100- 499, continued

- Cynthia Peterson
- Andrew Piester
- Jeff Pippitt
- Steven & Susan Pozehl
- Doreen Primavera-Wailes
- Margaret Puls
- Red Capital Management, LLC
- Pat Raybould
- Jane Renner-Hood
- Michael & Melanie Reinmiller
- Frederick & Margaret Rickers
- John & Susan Ringsmuth
- Cassandra Robert
- Denise Robeson
- Bessie Rost
- Kris Rump
- Liana Sandin
- Jeanine Sands
- Dan & Marge Schlitt
- Kari Schmitz
- Nan Schwieger & Lamont Richards
- Scott Middle School Students
- Duane and Grace Shackelford
- Tim & Judy Shaw
- Patricia Sim
- Katy Steffensmeier/ KPMG
- Joseph & Connie Stefkovich
- Georgia Stevens
- Gene & Karen Stohs
- Deanna Suhr
- Elvon & Patricia Taft
- Target Corporation
- Ten Thousand Villages
- Jan Thelen
- Dave & Cindy Timperley
- Truck Equipment Service Company
- Richard & Karen Vierk
- Cheryl Walden
- Kristi Wamstad
- Robin & Jerry Westhoff
- Mike & Terri Wheeler
- Dave & Shirley Wilcox
- Jenny Wilmont
- Bub & Kristen Windle
- Rick & Susie Windle
- Liz & Andy Wood
- Women's Welcome Club of Lincoln
- Susan Wortmann
- Linda Zinke
- Michelle Zinke
- Monica Zinke

Seed Provider \$1- 99

- Kathryn & Raymond Aguirre
- Misty Ahmic
- Amazon Smile
- Diane Amdor
- America Online Giving Foundation
- Jennifer Acierno
- Julie Anderson
- Jane Antholz
- AseraCare Hospice
- Jocelyn Baade

- Karen Bacon
- Jeanne Baer
- Caitlin Barnes
- Shirley Baum
- Madeline Baumgartner
- Lorraine Beadell- Love
- Janet Beazley
- Kathy Bennetch
- Marvin & Pat Bechtel
- Rebecca Bernthal
- Amy Birky
- Lilly Blase
- Kit Boesch & Linda Knox
- Karen Bowen
- Robert Boyce III
- Michael & Marcie Broad
- Roger & Sally Buchholz
- Joyce Burgess

"I came here with nothing. I've only been her a little while and I've already made a resume, set up an email, and got a job!"
Fresh Start alumna

- Bradley Cain
- Sandra Carrington- Robertson
- Leslie Castleberry
- Beverly Clark
- Jim Clark
- Cynthia Covert
- Susan Crotteau
- Marian DeBuhr
- Julie Degraff
- Babette Dickinson
- Susan Diers
- Susan Dinsdale
- Julia Doerr
- Dennis & Stephanie Dohner
- Lalanne & Richard Drake
- Leah Droge
- Ella Durham
- Bruce Dvorak
- Bradley & Sara Ewerth
- Hugh & Joyce Genoways
- Amy Green
- Barbara Griffith
- Ginny Gross & Fritz Hudson
- Jenni Hagen
- Becky Hanna
- Carolyn Harp
- Josephine Henderson
- Lauren & Melinda Holcombe
- Karen Hothan
- Bob & Joanne Hubbard
- Joan Hudson
- Lisa Janssen
- Lisa Jezierski
- Linda Jogn
- Bonnie Jolly
- Sally Jones
- Amber Jurgens
- Kansas City Chiefs

- Corrie Kiely
- Carol Knolle-Faulkner
- Andrew & Karen Kuhn
- Larry Kunc
- Sue Lawlor
- Donna Lightbody
- Sue Linder
- Sandra Lineberry
- Shelli Mayer
- Kathleen & Thomas McManis
- Larry & Mary Menebroker
- Jill Meyers
- Constance Micek
- Colleen Morehead
- William Morgan
- Kathleen & Merle Moss
- Judith Nechols
- Christine Newton
- Roger Niemann
- Northeast Missionary Church
- Stuart Norman
- Janet Okafor
- Carla Osberg
- Lana Peterson-Pressier
- Myron Peterson
- Vicky Pfeiffer
- Paige Piper
- Audrey Polt
- Jim Potter & Deb Miller
- Marilyn Reta
- Lori Rezac
- Marcia Roberson
- Alan & Ina Mae Rouse
- Joe & Vicki Roy
- Jenni Ryan
- Chris & Cathy Sayre
- Kim Schellpepper
- Laurie Schlitt
- Peter & Vi Schroeder
- Jack Schubert
- Lynne Schuller
- Gus & Ruth Schuldt
- Annika Schultz
- Barbara Scranton
- Helen Sexton
- Sharon Shelley
- Amy Smith
- Judy Sorens
- Jeanine Stauffer
- Georgia Stevens
- Dannielle Stewart
- Jean Stilwell
- Wayne & Bonnie Svoboda
- John Turnquist
- Laura Uridil
- Jason Varga
- Tony Vargas
- Joella Verch
- Jan Wahl
- Janet Walters
- Arlene Walton
- Lisa Warreb
- Connie Wiebusch
- Denise Wiemer
- Arvilla Wilson
- John & Catherine Wolfe



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Pat and Cindy reconnect at a former board member event.

Please remember Fresh Start in your charitable giving and estate planning. Fresh Start is a 501(c)(3) organization and contributions are tax deductible.