



NEWSLETTER FALL 2019

Fresh Start: A Home Where Women Can Grow

FRESH START TEAM CONTINUE EFFORTS TO END HOMELESSNESS IN LINCOLN



Fresh Start's staff's dedication and tireless efforts to end homelessness is nothing short of extraordinary. They are far more than case managers, they are counselors, advocates, a support system, and so much more. "This is more than a job for people that work at Fresh Start. It's a passion, a calling, and a purpose," said Monica Zinke, executive director.

It is remarkable to think our staff has encouraged over 1,700 women in 28 years to become healthier, stronger, and more empowered. Eight staff commit their lives to providing 24/7 care, and ensuring resident success, safety, and overall wellness. That's 16,640 hours of service annually!

One alumna said it best, "I'm grateful for Fresh Start. It's been a huge stepping stone for me and a safe haven that's given me the opportunity to grow in so many ways. I'm grateful for the staff, they're an amazing group of people whom dedicate their lives to helping others." Thank you, staff!



OPEN HOUSE

Thursday, September 19
4 p.m. – 6 p.m.
6433 Havelock Ave

The Board of Directors invites the community to stop by to tour the shelter, shop The Daisy, enjoy appetizers, win door prizes and to learn more about the services offered by Fresh Start.

2019 Board of Directors

Liz Gebhart, President
NDHHS

Cynthia Peterson, Past President
Wells Fargo

Michelle Keogh, Vice President
Hampton Enterprises

Nikki Gohring, Secretary
UNL

Nick Ludwig, Treasurer
Union Bank & Trust

Jenn Beebe
Relish Catering

Mindi Chollet
Telesis, Inc

Victoria Fertig
KPMG

Emily Green
NDHHS

Margie Hobelman
West Gate Bank

Michael Reinmiller
avdude@me.com

Denise Robeson
Community Volunteer

Kristi Wamstad
Institute for Sustainable
Infrastructure

Bub Windle
Hilgers Graben PLLC

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



MAKING A DIFFERENCE

"Is the Director available?" Normally, when someone asks to speak to the person in charge, it's not a good thing. I was wondering what complaint I was going to hear from this person who had stopped by Fresh Start one day recently. Sometimes it's not the "right place at the right time" for a resident, or they leave unhappy with the accountability to their goals that we expect.

Instead, it was the opposite. A family member of an alumna was driving by, and felt a need to stop and tell us what Fresh Start meant to her and her family. Her daughter participated in the program several years ago. Back then, mom said, "I thought I was going to lose her." She thought her grandkids had lost their mom. She had lost hope of her daughter getting through her addiction to recovery, being able to be a mom, or being healthy and in a healthy relationship.

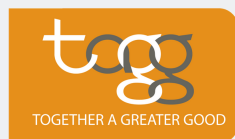
Then, the mom shared that her daughter has remained clean and sober since right before she came to Fresh Start. She is in a happy, healthy relationship. Although she was not the legal parent any more, her daughter has rebuilt relationships with her children, and with her own mother. "You all do make a difference," the mom told me.

Sometimes, it doesn't work. Sometimes it's true that Fresh Start is not the right place at that time for that woman. And that can be very discouraging to us. However, many days we see how our program does work. And that's what keeps us going, every day, striving to do our best so that our residents can be their best.

Monica Zinke
Executive Director

SHOP TO GIVE

Fresh Start recently joined the TAGG program. TAGG makes it easy to support your favorite nonprofits like Fresh Start. Simply download the app, snap a photo of your receipt, submit photo, and TAGG does the rest. A portion of your purchase is donated. Participating businesses vary. **Even small donations provide the opportunity for a woman to have a "fresh start".**



VOLUNTEER SPOTLIGHT



Meet Scott and Carla, our heroes. This lovely couple has restored furniture for refugees, a group home for traumatically brain injured adults, and most recently Fresh Start. Carla said, "restoring furniture is powerfully symbolic. We enjoy bringing beauty to homes." Another wonderful example of great volunteers. Thank you for all of your hard work!

PROJECT FUNWAY



FRIDAY, NOVEMBER 1

6:30-9:30 P.M.

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.



HAMPTON
ENTERPRISES
PROPERTIES & CONSTRUCTION

UBT
Union Bank & Trust.

Purchase tickets online at
www.FreshStartHome.org/events

FROM FRIGHTENED TO FRIENDLY



My name is Kylie. I am a Cocker Spaniel who will be 7 years old soon and my first few years of life were kind of rough. I was afraid of everyone and everything. In August 2017, I was adopted by my Mom/owner. Between taking classes and being socialized more I gained back my self-confidence and I trusted humans again. I gained the Canine Good Citizenship achievement award months before losing my sight. This really hasn't slowed me down. I have learned to make the best out of life even when it is not always fair. I have a vest that says "I am blind but see with my heart" and I am able to sense when someone needs affection and attention. My Mom knew that I had lots of "love to give" but just wasn't sure where we could do pet therapy. She liked Fresh Start's mission, toured the facility, and has donated financially to the organization. So Mom called Audrey, filled out the paperwork, and it seems to have been a win/win for all of us. It really isn't hard for me, I get lots of belly rubs and may even give a few kisses. I know when Mom gets my bag out with my special vest and collar that I am going to Fresh Start! We spend an hour there once a month. Mom visits with the ladies and is impressed with their positive attitudes, kindness, and their ability to triumph over adversity. Their stories seem similar to mine so that may be why we seem to understand each other. All of the ladies are so calm and appreciative of us taking time to visit. One of the ladies is returning to her own home and becoming self-sufficient again. She said, "I love this dog so much, I will miss her when I leave." I have heard that research has shown that bonding and giving affection releases oxytocin –also known as the "cuddle" or "love" hormone in both dogs and humans. So maybe this is why everyone benefits from these visits. I know I do and I feel like I have a role and a purpose in life which makes me happy. -Pam Crawford, Mom/owner

Don't Just Smell the Roses: Volunteer at The Daisy.

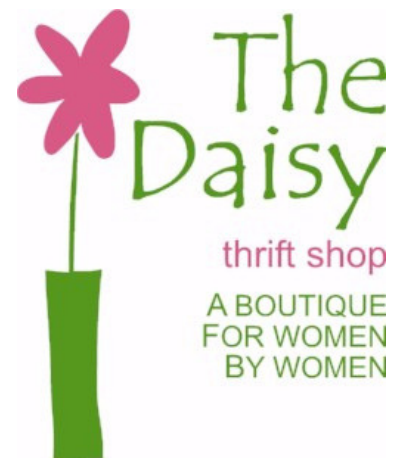
Before summer slips away, if you want to take time to smell the roses, then consider taking some time out to enjoy The Daisy, too.

More specifically, here at Fresh Start, we're referring to our thrift store, The Daisy, our super-cool store which sells lightly used, clothes. The proceeds support Fresh Start's program for women who are experiencing homelessness but determined to change their lives. And so are we. And you can be, too.

If you'd like to take some time out for The Daisy, then we're looking for volunteers. The Daisy is now open every Thursday from 4-7 pm. If you or anyone you know can spare 3.5-hours per month, you'll make a difference.

Don't just smell the roses. Help out at The Daisy and know that you're assisting women in transition to take root, again, and bloom on the path to their new lives.

If volunteering at The Daisy sounds like something you'd be interested in, then please inquire in the shop or call Audrey at (402) 475-7777, audreyb@FreshStartHome.org, or visit FreshStartHome.org for more information.



The Daisy is open
Thursday from 4-7pm
Friday and Saturday
from 10am-4pm.



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 IS...

Fresh Start is a transitional program for women experiencing homelessness. Our mission is to ensure the provision of services to women who experience barriers in their lives resulting in economic, housing, and health instabilities. More simply put, we help women move out of homelessness. Women may be homeless for any reason, from unemployment to domestic violence to substance abuse.

Women may live at Fresh Start for up to one year, giving them more time to focus on their goals and to be successful. In addition to safe shelter, we provide basic needs, case management, advocacy, and more. Fresh Start primarily serves those who want to make Lincoln their home and who want to be a contributing member of the community.

Our core values include:

Respect for each affiliated individual and for the organization itself

Accountability to the residents, the public, and those who support Fresh Start and residents' accountability to their goals

Individuality of all people affiliated with the organization is embraced

Stability of the organization and for our clients' living situations

Empowering all

Our vision statement is:

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

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