



NEWSLETTER FALL 2024

Fresh Start: A Home Where Women Can Grow

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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

LIVE UNITED



United Way of Lincoln and Lancaster County

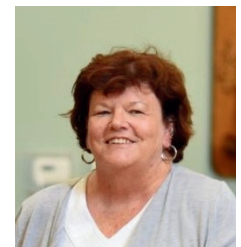
LOOKING PAST THE SURFACE

“Anne” came to Fresh Start after trying other programs. She was described as threatening, due to her past and due to her tough demeanor. She sought a place to continue her sobriety, find work, and get some support. She was beginning to think that the struggle to change wasn't worth it or possible. **“When I got to Fresh Start I was lost, alone, and living my life in fear. I felt hopeless.”**

The Fresh Start team quickly determined that she was a good fit for the program. Anne was very responsible and determined to improve herself and her situation. She also was very kind, and often helped other residents. Her great sense of humor could put people at ease. By the time she completed the program, she had a good job, was saving money, and had built new friendships. Finding a place that would rent to her with her past legal charge proved to be nearly impossible. After months of searching, she was finally approved to co-rent an apartment with a close friend, someone she met at Fresh Start. They visit Fresh Start often to see other friends and say hi to staff. Anne shares, **“Because of Fresh Start, my life has completely changed. I'm living my life right, sober, and have hope.”**

REMEMBERING A FIERCE SOUL

Cynthia Peterson was a strong woman, and a fierce advocate for many social justice issues, including poverty and homelessness. Her advocacy led her to the Fresh Start Board in 2011. Cynthia served on the board for 10 years, and held several offices. She then continued to be involved with the fund development and capital campaign committees.



Fresh Start benefited her vast knowledge of many subjects, her tireless passion to serve, and time she generously gave to further our mission to empower women experiencing homelessness. She always strove to make a difference, to make things better for our community and world.

It is with great sadness that we learned of her passing in August of this year. We envision that she is now in a beautiful garden with Bob and JoDell and other family, listening to jazz and having lively conversations.

WORDS FROM THE EXECUTIVE DIRECTOR



I talk a lot about balance at Fresh Start. For example, we balance accountability and structure with empowerment and choice. Many of our residents have had a life full of upheaval, full of feeling off balance or unsteady. We find ways to provide a reliable environment, with clear expectations. Each resident has responsibilities as part of the program, but they mostly set their own schedule to accomplish them. There are some required activities dictated by Fresh Start (i.e. cooking and cleaning), and some that each resident sets for themselves (i.e. their personal goal plan).

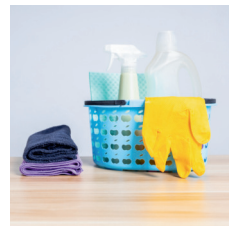
We looked for balance in the recent renovations as well; more leisure space (the “zen lounge”) and more work space (the new offices and resource areas). Work and play. Durable yet cozy. When we went to redecorate, we were very intentional with our selections. Finding balance was again in the forefront of these efforts. Just as we often did regarding the renovations, we first went to our residents. We took note of what furnishings were their favorites, and what they wanted. Yes, it is our facility but it is also their home. We looked for items of various artistic styles, textures, and sizes. We sought items that would inspire and also represent our participants. Some are serious, some are more lighthearted. Some original artwork, some photography, some prints. We wanted there to be enough variety that something would speak to each person. Please reach out to us if you would like to see the renovations first hand. We are happy to show you our home! You can contact me at monicaz@freshstarhome.org or LaCresha at lacreshab@freshstarhome.org, or call 402-475-7777 to schedule a tour.

NEED A SPEAKER?

Fresh Start staff is happy to provide a speaker for your business lunch and learn, club, or church service or group! We can present about Fresh Start services, and also provide information about homelessness in Lincoln and Lancaster County. Contact LaCresha for details, 402-205-0697 or lacreshab@freshstarhome.org

CURRENT NEEDS

Cleaning supplies and paper products such as:



- dish soap
- sponges
- non bleach cleaners
- window cleaner
- paper towels
- kleenex
- toilet paper



Mark your calendars for the 14th Project Funway event! It's Friday November 15, 2024 at the Lincoln Marriott Cornhusker in the grand ballroom. This lively event will celebrate the creativity of UNL Textiles, Merchandising & Fashion Design students and local designers in a thrilling fashion design competition and runway show, all topped off with a fun silent auction. All proceeds from Project Funway will go towards our program dedicated to helping women experiencing homelessness through skill development and supportive services.

Get your tickets today at www.FreshStartHome.org, or from a link on our Facebook page.

Interested in being a sponsor or donating to the silent auction? Contact LaCresha at lacreshab@freshstarhome.org

Exclusive Runway sponsor:



DONATE TO FRESH START

Thank you in advance for your generous support. You make a difference in the lives of the women at Fresh Start.

Yes, I want to support your life changing services for women!

We are grateful for gifts of any amount. Here are a few examples of what you can fund.

- _____ \$750+: Support 24/7 shelter team
- _____ \$350: Groceries and supplies for one week
- _____ \$100: One night in our safe home
- _____ \$75: Internet and phone for shelter for one week
- _____ \$30: Welcome basket for a new resident

In honor of: _____

Indicate if you would NOT like to be acknowledged. _____

Please complete the following section if you would like to be contacted about becoming a monthly donor or to discuss giving options.

Recurring gifts may also be arranged online on our website.

Name: _____

Address: _____

Phone: _____

Email: _____

Monthly Donation Amount: \$ _____

To donate:

- Scan the code, or
- Go online to FreshStartHome.org, or
- Mail your contribution to:
Fresh Start
6433 Havelock Avenue
Lincoln, NE 68507

Scan code to donate through:

website

or

Venmo



@FreshStartLincoln

Would you like to receive this mailing electronically instead? Yes No

Email: _____

SHELTER HAPPENINGS

REVVING UP OPPORTUNITIES

Recently, a heartwarming moment unfolded at Fresh Start. A generous woman decided to donate her vehicle to one of our residents. She is the relative of a former employee, who still talks about the value and impact of the Fresh Start program. When this woman went to purchase a new car, she decided to give it away instead of take the trade in value off her new purchase. While Fresh Start does not have a method to accept vehicles as a donation, we were happy to facilitate her gifting the car to one of our participants.



Picture this: the staff brought the resident outside, and when she met the woman, she was handed the keys. Confused, the resident asked, "What's this?" With smiles all around, the staff explained that the woman wanted to donate her car, and all the resident needed to get was insurance. In that moment, everyone's eyes filled with tears—what a powerful gift!

This incredible resident came to Fresh Start with dreams and now she's smashing her goals! With a sober environment, a full-time job, and new friends, her journey is truly inspiring. She will now have many more housing opportunities since she is no longer tied to only apartments on a bus route that goes to her job. These are the stories we love to share at Fresh Start—small moments that create BIG impacts in the lives of others!

Don't have an extra car to give away? Consider donating gas cards instead, that we give to residents with vehicles.



6433 Havelock Avenue
Lincoln NE 68507

Return Service Requested

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

The Daisy is open
Wednesday and
Thursday from 4-6pm
Friday and Saturday
from 10am-4pm

THE DAISY

FOR WOMEN, BY WOMEN

The Daisy team has often used the tag line “for women, by women.” It’s an appropriate line, as the shop is completely staffed by volunteers. This group of dedicated and talented women serve as shop manager, sorters, stockers, marketers, and more! Thanks to them, The Daisy raised over \$52,000 in 2024, which provided funding for our crucial services for women experiencing homelessness.



The Daisy would like to expand the team! Are you a current shopper? Or, looking for a place to give back and volunteer? The Daisy is flexible option. Volunteers are asked to work one shift per month, with options of 2, 3, or 4 hours. Examples of roles include:

- Shop Clerk
- Accepting and/or sorting newly arrived donations
- Sorting/preparing items for the shop

The shop is open Wednesdays and Thursdays from 4-6pm, which is one shift per night. Fridays and Saturdays the shop is open 10am-4pm, which is divided into two shifts. Sorting times can be arranged based on your schedule and donation times. Contact LaCresha at lacreshab@freshstarthome.org or 402-205-0697 for more information, or sign up on our website.