

# Long-awaited Healing – and Gratitude

by Cynthia L.

*(Following a hospitalization, 57-year-old Cynthia L. came to Hopewell in October 2015 at the recommendation of her family. The following are Cynthia's words, as told to her clinician, Laura Scarnecchia, LPC. An inspiration to everyone at Hopewell, Cynthia has agreed to share her story as guest speaker at this year's Summer Solstice event.)*

When Cynthia recalls the ten years she spent running from her bipolar condition, one cannot help but notice grateful tears as she relates Hopewell's key role in her acknowledgement of her disease.

"Living as part of Hopewell's community gave me the opportunity to stop denying my toxic issues. It gave me the time and space to stand and confront what was destroying me and all my relationships. Here I can finally face my fears."

Cynthia recounts the times that Hopewell's unique blend of professionalism, compassion and community was exactly what was needed to change her attitude of rebelliousness to one of understanding.

"There is simply no better place to face one's issues and take a healthy step forward."

After coming to Hopewell, Cynthia began working in the kitchen and then was asked to work at the front desk, greeting visitors and performing light administrative duties.

"The daily work crews bring pride and a sense of belonging as a resident." Cynthia enjoys being "part of the community, part of helping." She describes herself as "having better self-esteem and experiencing the rewards that come from helping others."

Cynthia also enjoys weekday afternoon groups. "These groups encourage open conversation in a confidential setting," Cynthia states. "Sharing as we do, significant relationships are fostered. Anyone in the group may respond, giving feedback and support to each other. These groups have been key in helping me find my voice on issues that were previously too difficult to deal with. Personal healing came quickly for me in this type of setting."

Both Cynthia and her family are deeply grateful to Hopewell and its farm community vision. "Once I felt alone with nowhere to turn. Now, because of Hopewell's help, a wide world of opportunity is open to me."

"And who," Cynthia asks, "wouldn't be grateful for that?"



*Cynthia, our radiant receptionist*

*"Once I felt alone with nowhere to turn. Now, because of Hopewell's help, a wide world of opportunity is open to me."*



# Embracing Our Next Twenty Years



Hopewell is celebrating its first 20 years of service to adults with mental illness. Our staff, trustees and residents embrace our achievements and look forward to further advances that are yet to be realized in the field of mental health care and treatment. Over the years, Hopewell has remained committed to its distinctive model of care and its focus on

serving the whole person within an environment that respects the unique needs of each individual.

Key components that will remain consistent in Hopewell's approach to providing best practices in mental health care include:

- Providing a **safe**, respectful and nature-based environment that allows our residents to focus on their own recovery;
- Fostering **meaningful work** as an essential part of realizing personal success and achievement;
- Promoting the concept of the Hopewell "**community**" itself as a catalyst for helping oneself and engaging with others;

- Allowing the necessary **time to heal** enables our residents to experience stability in their lives and to realize a more sustained recovery; and
- Valuing and retaining our quality **staff and board members** and their commitment to helping our residents achieve their full potential.

In terms of national policy, many challenges remain before a true level of parity and integrated mental health care will be reached. There is much work to be done, and our Board of Directors and staff remain committed to meeting those challenges. Hopewell is one of the leading therapeutic communities in the United States. I am proud to be a part of this vibrant healing community, and I would be happy to share with you my vision of Hopewell in the next 20 years. I hope you will visit soon.

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IS A QUARTERLY PUBLICATION FOR THE FRIENDS AND DONORS OF HOPEWELL.

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[www.hopewellcommunity.org](http://www.hopewellcommunity.org)

## Say Cheese!

Hopewell is excited to welcome Justina Roberts as our photographer for this year's Summer Solstice. Justina Roberts Photography was recently named one of Columbus, Ohio's "Top 25 Wedding Photographers." With over a decade of experience shooting and developing photographs, Justina has a 5-star rating on reviews from major social network platforms including Facebook and WeddingWire. She takes pride in creating beautiful work for her clients, and enjoys knowing it will become a part of their personal history. Don't miss having your photo taken at this year's Summer Solstice on June 24th!



To see a collection of Justina's talented work, visit [www.justinaroberts.com](http://www.justinaroberts.com).

# 16th Annual Summer Solstice

## AUCTION HIGHLIGHTS

### PRIVATE TOUR OF THE UNIVERSE



Your personal adventure to the stars awaits! You and up to 80 of your friends will take a private, curated tour of

the universe at the Shafran Planetarium and Ralph Mueller Observatory at the Cleveland Museum of Natural History. The winner may work with a curator to design a unique out-of-this-world experience. Perfect for all ages and celebrations. Includes wine and cheese!

*Thanks to the Cleveland Museum of Natural History.*

### STAY AT HACIENDA DE ANZA HOME

Relax for four nights in a beautifully decorated and



welcoming hacienda located in Tubac, Arizona, south of Tucson on five secluded acres in the foothills. Bring your family or significant other and enjoy the stunning mountain views, take a hike or a dip in the 38-foot pool.

*Thanks to Mr. and Mrs. Robert Clancy.*

### DRIFTWOOD CATERING



Wow your family and guests with a 20-person in-home dinner by award winning chef Christopher Hodgson and Driftwood Catering. Using premier ingredients (many locally sourced), Chef Hodgson and his talented staff will customize a menu with

wine pairings for each of five courses. Enjoy some of the finest cuisine in Cleveland right at your own table!

*Thanks to Driftwood Restaurants and Catering.*

### DANA L.'S PAINTING

Former Hopewell resident Dana L. painted the story of her recovery from mental illness using the language of flowers. The striking, colorful 36" x 36" garden of persimmon, helenium, cyclamen and narcissus uniquely symbolizes Dana's journey through her illness. A beautiful lily of the valley at the center reflects the recovery and return to happiness that she experienced while at Hopewell.



*Thanks to Dana L.*

### FARM-TO-TABLE EVENT

Spend a day in the country and top it off with a farm-to-table four-course dinner for 12 at



Eddy Fruit Farm in Geauga County. Renowned Sara's Place Restaurant and Catering will customize a menu for you and your guests using the freshest locally harvested foods provided by Eddy. The evening includes a full bar. You may choose to enjoy your delicious dinner al fresco or in Eddy's rustic apple barn. Come early to tour the orchards and pick your own produce. Dates restricted to August 15 – October 20, 2016.

*Thanks to Eddy Fruit Farm and Sara's Place.*

### WEEK IN HAWAII



Next January, trade the gray days of winter in Ohio for the warm ocean breezes of Hawaii as you enjoy a week of sunshine at Marriott Ko Olina on the island of Oahu. This mountain view timeshare includes two king beds, two bathrooms, a kitchen and a balcony.

*Thanks to a friend of Hopewell.*



### HOPEWELL'S FUND-A-NEED

An important element of each Summer Solstice event is the Fund-a-Need portion of the live auction. Guests are asked to make cash donations to support Hopewell's #1 fundraising priority: fee assistance for our residents. More than \$1 million of our operating budget each year is designated for this purpose. Fund-a-Need helps us provide fee assistance for 95 percent of our residents. We hope you will raise your bidder numbers high!

If you are not able to attend this year's Summer Solstice, you may support our fee assistance program by making a fully tax-deductible donation at [www.hopewellcommunity.org/donate](http://www.hopewellcommunity.org/donate). Please be sure to indicate that your gift is for "Fund-a-Need."

### OTHER ITEMS OF INTEREST INCLUDE:

- Breakfast for 10 with the Chagrin Falls Fire Chief
- Two club seat Cavs tickets
- Tour for 20 at Cleveland Whiskey with tasting
- Four loge tickets to "Jersey Boys" at Playhouse Square
- Italian made shearling coat
- Duncan Phyfe mahogany pedestal dining table
- Birthday party for 20 at Mitchell's Ice Cream in Ohio City
- Custom behind-the-scenes tour of the Western Reserve Historical Society

# HOPEWELL COMPASS POINTS

Hopewell  
9637 State Route 534  
Middlefield, OH 44062  
[www.hopewellcommunity.org](http://www.hopewellcommunity.org)

Hopewell provides an opportunity for adults with serious mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic farm community.

## DISCOVER MORE

about Hopewell's unique program and mental health services

Facebook: <https://www.facebook.com/Hopewelltc>  
Twitter: @Hopewellfarm  
Instagram: @hopewellfarm  
Blog: [www.hopewellcommunity.org/blog](http://www.hopewellcommunity.org/blog)



Please join us Friday, June 24th, for Hopewell's 16th Annual Summer Solstice

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**Copper Sponsors:** The Cleveland Museum of Art, Fairmount Santrol, Great Lakes Cheese, Stevens Strategic Communications, Inc., Yours Truly Restaurants

*\*This information is current as of May 16, 2016.*

Don't miss this unforgettable evening under the stars! A limited number of tickets are still available. Please call Hopewell's Development Office at 440.247.0912 or visit [www.hopewellcommunity.org/events](http://www.hopewellcommunity.org/events) to reserve your tickets. RSVP deadline is June 8th.