

HOPWELL COMPASS POINTS

SUMMER 2018 NEWS FOR FAMILY & FRIENDS

Christina's Emotional Journey

Christina arrived at Hopewell in August 2016. She grew up in Syracuse, New York, and resided as a nun at the Monastery of the Blessed Sacrament on Cleveland's west side for 18 years. Her apostolate (mission) was prayer, and she sometimes found herself overwhelmed, hearing people's requests and trying to connect with a higher power.

While living with 17 other sisters, Christina began having extreme bouts of anger and was asked to find a way to deal with her outbursts and depression. A friend of the convent, who had a son at Hopewell years prior, suggested she consider it. Christina was unsuccessful at two other mental health facilities but fell in love with Hopewell.

Cecilia Futch, a Hopewell clinician, helps her deal with strong emotions using **Acceptance Commitment Therapy**, which empowers her not to battle the anger, but instead find a way to live with those feelings.

Diffusion Technique, distancing from streams of words and not seeing them as facts, is another way Christina stays present in the moment. She said, "Just because you have thoughts and feelings, it doesn't make them true. Most thoughts are about the future and may never occur."

Mindfulness and Buddhist training changed her perspective on managing emotions. "I imagine a big container and pack up strong emotions in it, allowing room in my mind for happier thoughts. It is okay to have them, I just need to control them."

Christina has participated in all of the work crews but spends most of her time exploring new interests. At Hopewell, she made sugar scrubs and candles to sell in the Farm & Craft Market, learned to sand Adirondack chairs and joined cooking classes which opened her awareness to healthy eating. She found an oasis of peace singing with the Musical Journey Group and experiencing comradery with the other resident musicians.

Discovering art therapy has brought out Christina's creative side. She always thought talent was needed to be artistic, but while taking a drawing class she found it can be



Christina with her collage

learned. **Mary Cassidy**, clinician and art therapist, inspired Christina to do collage work which has allowed her to dream of writing a children's book based on pictures she has found.

Christina is currently planning for her future, integrating what she has learned at Hopewell and further developing her creative projects.

"Christina is encouraging and supportive of other residents and eager to learn and grow. She has a wonderful sense of community on the journey together."

– Mary Cassidy





Dave Shute and Jim Bennett

Hopewell Welcomes New Leaders

In June, the Hopewell Board of Directors announced that it unanimously appointed **Jim Bennett** and **Dave Shute** to serve as Interim Executive Director and Interim Associate Executive Director, respectively.

Hopewell will take advantage of the combined 80+ years of strong leadership, deep capability in strategy development, and healthcare industry knowledge that they possess. During this transitional period, they will address a series of goals, including:

- Ensure that Hopewell continues to operate effectively on a day-to-day basis.
- Develop and gain support for a comprehensive Strategic Plan for Hopewell, including a market validation study to inform our marketing activities.
- Continue the planning and development of a new multi-purpose facility for the benefit of our residents and staff.
- Support the organization's ongoing fundraising efforts.
- Develop the criteria and job description for Hopewell's next Executive Director.

Hopewell board president Chloe Rankin Seelbach said, "Jim and Dave will provide the leadership necessary to establish an even stronger foundation upon which Hopewell can continue to provide an effective therapeutic community for people with mental illness."

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COMPASS POINTS

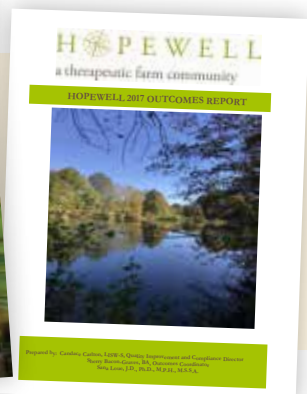
IS A QUARTERLY PUBLICATION FOR THE FRIENDS AND DONORS OF HOPEWELL.

Ann Thompson, *Editor/Writer*
Audrey Katzman, *Writer*
Jack Childers, *Staff Photographer*

Development Office
147 Bell Street, #303
Chagrin Falls, OH 44022
440.247.0912

www.hopewellcommunity.org

View Hopewell's 2017 Annual Report and 2017 Outcomes Report at www.hopewellcommunity.org/news.



Welcome, New Board Member



Todd Welki is a Certified Public Accountant with over 30 years of experience in public, for profit, and non-profit accounting, most recently as the Chief Financial and Operating Officer of the Cleveland Museum of Natural History (until October 2017). She is currently an adjunct professor at the Mandel School of Applied Social Sciences at Case Western

Reserve University where she will teach Non-Profit Financial Management in the fall. Todd is a native Clevelander but she and her husband, Scott, divide time between Shaker Heights and Hilton Head, South Carolina, where they are avid golfers and she volunteers with a literacy organization. They also spend time with their five children and four grandchildren.

Hopewell's 8th Annual The David Cutler Conservatory Exploring Mental Health Series

"Public Perceptions of Mental Illness and Violence"

Speaker **Phillip J. Resnick, MD**

Wednesday, October 10, 2018

Hors d'oeuvres and wine reception at 5:30 pm
Program promptly at 6:15 pm

The Cleveland Racquet Club

29825 Chagrin Blvd., Pepper Pike 44124
\$25 per person

Kindly reserve your seats **by Monday, October 1**. Call 440.247.0912 or email akatzman@hopewell.cc. Seating is limited.



Dr. Phillip Resnick is a Professor of Psychiatry and Director, Division of Forensic Psychiatry at Case School of Medicine in Cleveland, Ohio.

Dr. Resnick served as a consultant on many high profile cases, including those of Jeffrey Dahmer, Susan Smith, Timothy McVeigh and Andrea Yates. He is a past president of the American Academy of Psychiatry and the Law and has published over 200 articles and book chapters. Internationally recognized, Dr. Resnick has lectured in 49 states and 24 countries.

HONORARY AND MEMORIAL GIFTS

APRIL 4 – JULY 20, 2018

IN HONOR OF

**Hopewell's hospitality from
University Hospitals Psychiatry
residents**

Cathleen Cerny-Suelzer

Lynn Childers

Brenda Weiss

Michael Heisler, Jr.

Betty and Michael Heisler

Christopher A. Lee-Meola

Christine Meola

Clara T. Rankin

Margaret and A. Edward Albert

Cynthia Bassett

Ann Calkins

Elizabeth Porter Daane and

Charles E. Daane

Sally and Robert Gries

Henry H. Hawley and

George S. Vassos

Diana Heisler

Julia R. Kuipers

Barbara and A. Malachi Mixon III

Marjorie and Dan T. Moore III

Marion and Latham Murfey III

Henry Ott-Hansen

Kim Sherwin

Betsy and Gary Weimer

Uday and Anu Yadav

Connie Dieken

IN MEMORY OF

**David Cutler and Mary Stak
Seefeld**

Lori Hertvik

John A. Grima

Kathleen Grima

TO SUPPORT SUMMER SOLSTICE 2018

IN HONOR OF

Carole Obernesser's birthday

Valerie Joan and Joseph Carlier

Kris Kanellopoulos

Sheila and Robert Otto

Mr. and Mrs. S. James Ruddock II

Clara T. Rankin

Frances and Peter Bутtenheim

Elaine Hadden

Ann Thompson

Ann Pollins Thompson

OUR FOUNDATION PARTNERS

JANUARY 1 – JULY 31, 2018

AHS Foundation

Cymaron Foundation

The Harry K. Fox and Emma R.

Fox Charitable Foundation

The Sam J. Frankino Foundation

Richard Horvitz and Erica

Hartman Horvitz Foundation

The Lerner Foundation

The Catherine L. & Edward A.

Lozick Foundation

David and Inez Myers Foundation

Eric and Jane Nord Foundation

The Edwin D. Northrup II Fund

O'Neill Brothers Foundation

The Page Foundation

Robins Family Fund at

The Cleveland Foundation

The Triple T Foundation

Walmart

We apologize for any errors or omissions. Please contact the Development office at 440.247.0912 so we may correct our records.

Lilly Pulitzer

Lilly Pulitzer celebrated "Local Love" day on June 23, 2018, at their Legacy Village store, with Hopewell receiving 10% of their sales. **Thank you, Lilly Pulitzer, for \$1,600 and for sharing your love for Hopewell.**

Summer Solstice 2018

Hopewell's 18th annual Summer Solstice benefit was held Friday, June 15, at a beautiful estate in Hunting Valley. Under a gorgeous sky, more than 500 guests sipped cocktails and enjoyed hors d'oeuvres and an elegant dinner prepared by **Marigold Catering**.

This year's event honored **Peg's Foundation** for their dedication and commitment to Hopewell. **Hawthorn, PNC Family Wealth®** was the Presenting Sponsor, supporting Hopewell since the inception of Summer Solstice 18 years ago. Our Corporate Committee, led by **Joseph F. Verciglio** of BakerHostetler, broke all records, securing \$157,500 in sponsorships.

We thank event co-chairs **Susan Silverberg Bewie** and **Carol Szczepanik** for leading the dedicated Steering Committee to accomplish such an outstanding event. Trustee **Mary Joyce** served as auction chair, filling two large barns with furniture, jewelry, household items, antiques and entertainment packages. The Hopewell Gallery showcased items made by Hopewell residents including beautiful furniture, photographs, crafts, and scarves. **Lindsay Steinbrink** served as table host chair and **Kathy Mahovic** as decorations chair.

Peter Joyce, the evening's emcee, gave a warm opening to the sold-out crowd. Highlights of the evening were remarks by Hopewell's Board President, **Chloe Rankin Seelbach**, during which Peg's Foundation board was presented with a painting and thanked for being strong Hopewell supporters since 2002.

Guests were captivated as **Laura Scarnecchia**, a Hopewell clinician, shared her story of Hopewell's ability to help residents and families on their journey with mental illness. A Fund-a-Need led by auctioneer **Bob Hale** produced more than \$75,000. All proceeds from the annual event enable Hopewell to offer reduced fees to many residents' families each year. Summer Solstice 2018's net proceeds exceeded \$387,000!



Christina Gemma winning a live auction item



Scott and Kelly Mueller



Joe and Kristen Verciglio



Jon Grimm and Bruce Mavec



Clara T. Rankin



David Legeay and Kristen Adams



Peg's Foundation - Bill McGraw, Victoria Romanda, Rick Kellar, Jocelyn Dougherty and Thom Craig

**SAVE THE DATE:
Summer Solstice
Friday, June 14, 2019!**



*Board President
Chloe Rankin Seelbach*



Suzanne and Paul Westlake



Shirley White, Lindsay Steinbrink, Polly White, Vicki Kennedy and Cindy Halle

Photos by Justina Roberts Photography www.justinaroberts.com

Summer Solstice Speaker Inspires Guests

Guest speaker Laura Scarnecchia, a Hopewell clinician, told Summer Solstice guests, “When residents arrive at Hopewell, they have often lost their connections with supportive communities. Families, friends, involvement in schools, work, and churches—many times these networks have been impacted by mental illness and residents have been isolated and alone in their struggles. Hopewell provides a renewed sense of connection with the self, a shared purpose in contributing to the farm, and peer and staff connections that facilitate recovery. . .

“This is the gift of Hopewell. People who are in need of community, in need of profound human support and dignity in recovery can have a home where they are safe, supported, and can sustain. . .

“We are charged with tending this opportunity to provide a much-needed mental health service. When you support Hopewell, you become part of Hopewell. . . We are all in this community. Let’s celebrate that tonight!”



THANK YOU to our Summer Solstice volunteers.

Kate Bernardo
Mary Cassidy
Jack Childers
Lynn Childers
Marie Day
Dora Farona
Bridget Joyce

Colleen Mackay
Martha Sivertson
Ed Wagner
Genevieve Wagner
Monica Wagner
Ann Marie Webster

Hopewell's Work Crews

by Ann Thompson, Development Manager



As a therapeutic farm community, Hopewell is a working farm complete with livestock, gardens, sugaring and more. Our work crews help residents discover their strengths, experience new roles, learn new skills, gain job readiness and build self-

esteem. The crews meet five mornings a week, and in July, I ventured out to Mesopotamia to take a closer look.

My first stop was the barns to observe the **Farm Crew**, led by **Bruce McAllester**.

A few residents were cleaning the horse stalls, which is Mike's favorite job. He introduced me to Brandie, the miniature pony, and mentioned that she does tricks. JC, a horse trainer before coming to Hopewell, taught Brandie how to curtsy. The crew also feeds and cares for chickens, sheep and cows. Upon leaving, I was drawn to piglet noises in another barn and was met by four sweet noses and muddy feet. What a perfect day so far.



The **Gardening Crew** spends the morning outside watering, tending the large vegetable garden and weeding the smaller flower beds. Brandon loves gardening, not for the physical work but for the satisfaction of accomplishment.

Cindy Wagner said the best growers this summer are yellow squash and cucumbers. Vegetables are used in the Hopewell meals and sold at the Farm & Craft Market, along with dried herbs.



Inside the cottages, the **Housekeeping Crew** was busy cleaning floors and bathrooms, organizing clean linens, and stocking supplies.

Celeste Hein has three dedicated residents who find this work grounding and the routine adds structure to their day.

Rounding off my morning was lunch and observing the **Kitchen Crew**. Leader **Jennifer Miller** supervises residents who prepare the salad bar, bake muffins and wash dishes. Ben, the chief dish washer, works until everything is clean and put away. Depending on skill level, some residents follow recipes and prepare meals while others set up the dining hall.

After a delicious meal of chicken salad pita and yellow squash soup, I returned back to the Development Office in Chagrin Falls, grateful for being a part of the Hopewell community.

If you would like to tour the farm, please contact athompson@hopewell.cc or call 440.247.0912.

Thank You to Development Interns Grace Brandon and Samantha Rufo

by Audrey Katzman, Development Assistant

Summer Solstice activity goes into overdrive as the date nears for Hopewell's major fundraiser. The Development team depends on paid college interns to take an active role in the benefit. This year, **Grace Brandon** and **Samantha Rufo** made significant contributions from day one.

Grace is entering her junior year at Johnson and Wales University in Rhode Island, where she majors in event planning. A rising senior, Samantha majors in clinical psychology and minors in theater management at Kent State University. By coincidence, they knew each other at Beaumont School and slid into teamwork with ease.

"The internship is not about stuffing envelopes and data entry," stated **Don Bernardo**, Director of Development. "Samantha and Grace worked closely with **Mary Joyce**, auction chair, and coordinated every detail from writing descriptions of auction packages, working with committees and volunteers, organizing displays in the barns, and using our auction software. Their participation was vital to the success of the benefit."



Grace Brandon and Samantha Rufo

"Summer Solstice was a perfect opportunity to learn about organizing a major fundraiser," Grace said. "At school I have participated in several events, but those were one-day projects. Getting on board well before the benefit exposed me to the hard work behind the scenes. It was exciting to see it all come together in one night!"

Samantha reflected, "I plan to become a licensed clinical mental health counselor and I have not previously considered a career path which could integrate my skills in stage management. This internship opened up another avenue to be involved and stay connected to a cause I am passionate about without being in the trenches."

Development Manager **Ann Thompson** concluded, "It was a pleasure to work with Grace and Sam. They're a great team, and the word 'no' is not in their vocabulary!"

Thank you, Samantha and Grace. We wish you much success and good luck in your future endeavors.

Our Team, Our Passions



Ask anyone to define their dream job and you are likely to hear “doing what you love” or “making a difference in someone’s life.” Long-time Hopewell staff member (since 1998!) **Bob Weirich**, our Education Program Coordinator, lives that dream using the power of education and music.

Some of our residents have experienced major disruptions in their studies. Bob works one-on-one to help them develop educational goals for their time at Hopewell and beyond. This may range from tutoring in reading and math skills, improving study skills, selecting courses, and registering for classes. Bob also acts as a liaison between instructors and residents to help them navigate the process and acclimate to classwork.

“I feel a tremendous amount of joy for residents who are taking the next step in their education. It is very satisfying to watch them grow as they achieve their goals and get farther along in their recovery,” Bob said. Over the years, 15 residents have received high school diplomas and over 20 have pursued college credit.

Bob holds a music degree from Youngstown State and has had extensive training in music therapy. He incorporates his passion for music at Hopewell through singalongs and jam sessions at morning meetings. He also gives music lessons and co-facilitates our Musical Journey Group with Jim Miller.

“Next to art, music is one of the most non-threatening forms of communication,” Bob noted. “Expression through music is less intimidating than conversation. Focusing on rhythm and melody gives people direction and often emotional release. Music provides a sense of calm and satisfaction which helps our residents with self-esteem.”

Assuming various roles – partner, guide, coach, teacher, cheerleader – Bob encourages and supports residents on their journeys. Thanks, Bob, for living your dreams and helping our residents do the same.

FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Can you grant one of these wishes?

HIGHEST PRIORITY NEED:

Lenovo Computers - Available at Special Discount

Currently all staff use computers that were donated or handed down from another employee. Some of them are very outdated.

Through a partnership with TechSoup, Hopewell has access to great discounts on technology. Your donation of one of Lenovo’s leading desktop computers (with a 3-year warranty upgrade) positions all of us for success. For more information, please contact **Lynn Childers**, Chief Financial Officer (lchilders@hopewell.cc or 440.426.2089).

ON HOPEWELL’S AMAZON WISH LIST

Check out our **Amazon Wish List** at www.hopewellcommunity.org/support-us/wishing-well. Purchases from the list will be shipped directly to the farm. It’s quick and convenient!

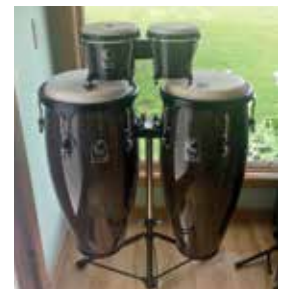
MISCELLANEOUS WISHES

- Cordless (battery operated) high quality outdoor tools for Hopewell work crews, such as hedge trimmers, leaf blowers, and weed whackers.
- A Yamaha acoustic guitar (\$130), and a Phonic Powerpod 780/S715 PA System (\$399) for the Hopewell Band and Experiential Music program. Prices listed are from MusiciansFriend.com.
- Walmart gifts cards to purchase outdoor seating (any amount).
- Avamix 10” Variable Speed Medium Duty Immersion Blender (\$150 on webstaurantstore.com)
- Magimix 16-cup Food Processor CS5200 XL (\$466 on Houzz.com)
- Stock trailer (12 feet) – contact **Rick Polch** (rpolch@hopewell.cc)

Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records. For more information, please contact the Development Office (akatzman@hopewell.cc or 440.247.0912).

THANK YOU

Richard Goldman, for donating a set of congas and drums for the Hopewell Band and music programs.



Supporting Each Other

Hopewell is a community setting, not just for residents but also for staff. **Darlene Chamberlain**, Kitchen Assistant, organized an autoimmune awareness day and residents and staff wore purple. Five staff members have children with autoimmune diseases and they have become each other’s support, sharing experiences, fear, and knowledge. Lupus, rheumatoid arthritis, and fibromyalgia are some of the serious illnesses that they face. Common threads to autoimmune diseases are pain, anxiety, and depression. Staff members are grateful they have each other for support.

HOPWELL COMPASS POINTS

Hopewell
9637 State Route 534
Middlefield, OH 44062
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



Support Our Residents Through the Hopewell Annual Fund

Hopewell is the only residential therapeutic farm community in Ohio (and one of only five nationwide) that provides care for adults with serious mental illness through meaningful work and clinical care. What makes the Hopewell model so outstanding is a holistic approach to treating the whole person – mind, body and spirit.

Hopewell is a non-profit facility where the cost of care is less than one-third the cost of an inpatient psychiatric facility. Each year, we provide fee assistance to a majority of our residents' families who otherwise could not afford our care, totaling over \$1 million in financial support annually. Such support is only possible through generous contributions from friends like you.

Please consider helping our residents with a gift to the 2018 Hopewell Annual Fund. Your generosity will make a meaningful difference in the lives of people recovering from mental illness. Gifts may be made securely online at <https://www.hopewellcommunity.org> (click on the "Support Us" button) or mailed to the following address:

Hopewell - Development Office
147 Bell Street, Suite 303
Chagrin Falls, OH 44022

*Thank you for supporting the
Hopewell Annual Fund!*