

HOPEWELL COMPASS POINTS

SUMMER 2020 NEWS FOR FAMILY & FRIENDS

THRIVING

Cam was a Hopewell resident from March to November 2019. His parents recommended that he come to Hopewell because they believed that our unique treatment model would help him address his mental health issues.

Cam is grateful for his positive experiences with staff and residents. He said, “The staff taught me skills, provided therapy and support, bestowed upon me positive social interaction, and allowed me to bounce ideas off them. The residents raised my self-esteem and offered peer support.”

An “arsenal” of techniques Cam learned at Hopewell have helped in everyday life including meditation, strategies for intrusive thoughts, and tactics for managing emotional distress. Cam said, “One example of a strategy for intrusive thoughts is I notice five things I see of the same color, four things I can hear, three things I can touch, two things I can smell, and one thing I can taste.” He wrote plenty of notes at Hopewell which continue to help him today.

Cam now lives in his own home in South Carolina, spending free time with family and friends, gardening, and exercising. Previously, he studied for a landscape architecture degree at Clemson University, and he plans to further his education at the College of Charleston. While at Hopewell,

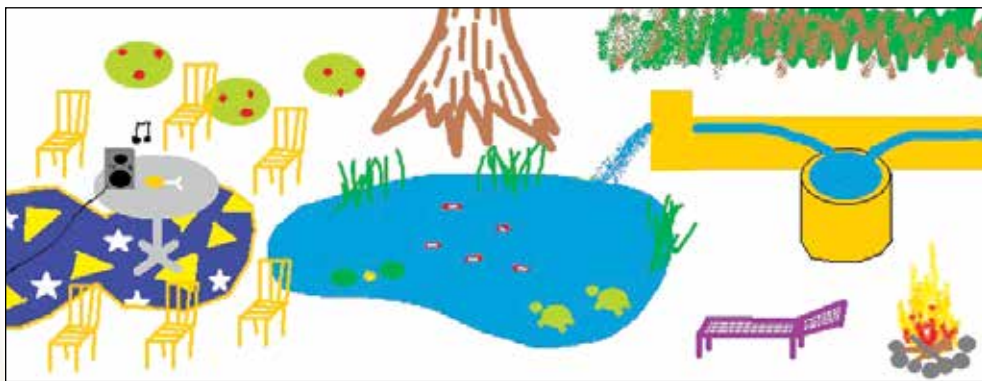
Cam enjoyed participating on the work crews, especially the garden crew. One of his ambitions is to design and install a garden for his backyard (see drawing below).

Volunteer activities have taken Cam to Feed A Friend Charleston, Lowcountry Foodbank, and a local hospice organization. He has applied for jobs, is exploring spirituality in its various forms, and sharing his positive energy with everyone he meets.

Cam said, “Hopewell was very important for me. I became healthier, stronger, happier, and better off overall.”



Cam



Finding Support Through Relationships



Dave Shute

Relationships are everything to Hopewell, whether it is personal relationships with our residents, with our referral sources, among our staff, or with our financial supporters and other friends.

In the early afternoon of March 10, I co-chaired the first formal meeting of our COVID-19 planning group. Our first agenda item was to review our existing Pandemic Disaster Plan. As of this writing, we are fortunate to have had no COVID-19 infections among either our staff or our residents.

We have re-opened to admissions, putting together a program that is simultaneously:

- As rigorous as any in the country in the degree to which it protects our current residents and staff, and
- As supportive and flexible as any in the country in helping our prospective residents both cope and thrive during their required quarantine.

These successes are possible only because of our relationships. Our Board and Council of Advisors share ideas and creative ways to manage this pandemic. Our colleagues at the nation's other farms, and in the American Residential Treatment Association, share both substantive and emotional support. Our many financial supporters have stepped up with their increased generosity.

Our Board—especially those with clinical expertise—were instrumental in shaping our response and our re-opening plan. One board member gave us access to COVID-19 policies from his Fortune 500 employer, helping guide us in many areas that fell

through the cracks of CDC and State of Ohio guidance. A member of our Council of Advisors managed the pandemic response near an early regional hot spot and gave us the benefit of his experience.

Moreover, the response of our staff has been astonishing. **Hopewell founder Clara T. Rankin** and our residents have always been my Hopewell heroes. Now, after the expert and professional way they have risen to the many challenges of this crisis, our staff have joined my pantheon of heroes.

Our residents, meanwhile, have quietly soldiered on, healing day by day. In the past, their lives featured so much chaos that the changes we had to make for a 100-year pandemic troubled them somewhat less...that we were there for them was the most important thing.

Hopewell is in Amish country (the fourth largest in the nation), so we share our world with buggies. The country roads that lead to our farm have high speed limits, blind curves, and view-blocking slopes. None of us can see around corners or through hills. But we can see that they are coming, and with experience begin to judge which are more and which are less dangerous. But the best outcomes happen when someone else is ahead of us, and by their actions—brake lights or other—help guide us to our own success.

We live in an ever-expanding web of relationships, and I am very grateful for all of the generous help that so many people have provided in so many ways to Hopewell—both over the years since we opened, and during the last few months of our journey.

On behalf of our residents, Board, staff, and myself, thank you for your continued support!

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COMPASSPOINTS

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

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www.hopewellcommunity.org

View Hopewell's 2019 Annual Report at
www.hopewellcommunity.org/news



Hopewell Announces New Leadership

The Hopewell Board of Directors is pleased to announce that **David Shute** was enthusiastically and unanimously chosen to serve as Hopewell's new Executive Director. Working closely with the Board and staff, Dave will address marketing, financial stability, and strategic initiatives, in addition to continuing to lead the organization through challenges presented by the COVID-19 pandemic. Dave officially succeeded **Jim Bennett** in late June. Jim will remain involved with Hopewell in an advisory capacity, focusing on fundraising and special projects.

As professional consultants, Jim Bennett and Dave Shute have worked together on strategic planning and market development for a wide variety of organizations, with expertise in healthcare management. They initially arrived at Hopewell in June 2018 on a temporary assignment as the interim leadership team, sharing management and operations responsibilities respectively as Executive Director and Associate Executive Director.

Dave said, "I threw my hat in the ring to assume the executive director position in a permanent capacity because I developed a real passion for Hopewell's mission and the important work being done

by our Board and staff. I am inspired daily by the quality of the care that we give our residents, and I'm excited by this opportunity to further implement the strategic direction that Jim and I helped to develop, in partnership with our outstanding Board and staff."

Hopewell Board chair **Chloe Rankin Seelbach** said, "Dave will continue to provide the stability and continuity intrinsic to his recent leadership, and Hopewell is lucky to have such talent leading our proverbial ship. COVID-19 will continue to challenge all of us for the foreseeable future; however, I am confident we will weather this storm well and come out stronger on the other side."

HOPEWELL VIRTUAL AUTUMN SUMMIT TUESDAY, SEPTEMBER 22, 2020



BUILDING COMMUNITY

Hopewell is a therapeutic community serving adults with mental illness. The development of and participation in community is a key part of the Hopewell experience. Practitioners often ask how we can build stronger community in our workplace, with our clients, or in our actual community. This free workshop will lead participants through the work of building community, utilizing core components of connection, meaning, and empathy. An hour of the presentation will address ethics regarding working in a community. This training will be conducted as a Zoom webinar; however, participants should be prepared to engage in discussion, activities, and breakout groups. Video and microphone availability will be needed to fully engage in the training.

**9:00-1:00, Chris Goodall, LISW-S and Candace Carlton, LISW-S, RSP
Ohio CSWMFT Board approved 3 CEUs for counselors and social workers and
1 CEU that meets the ethics requirement for counselors and social workers.**

Register at hopewellcommunity.org/events

HOPEWELL IS AN APPROVED PROVIDER THROUGH THE OHIO CSWMFT BOARD. PROVIDER NUMBER RCS052003

Please email Chris Goodall at cgoodall@hopewell.cc if you have any questions.

www.hopewellcommunity.org

Evan's Healing Journey Continues

Evan Curtin, a former Hopewell resident and our speaker at Summer Solstice 2019, is traveling on a positive path. He was recently nominated to the Board of Directors for NAMI CGM (National Alliance on Mental Illness for Clark, Greene and Madison counties of Ohio). They asked Evan to join because he is a good fit as a peer member who could give the insider perspective for the needs of those who NAMI serves.

bp Magazine, a national magazine dedicated to people with bipolar disorder, interviewed Evan about forgiving himself and others. He said, "I spoke about how my relationship with my ex-wife has improved since I've been in recovery. It took years but we are now great friends, checking in with one another daily during this pandemic,

making sure we are doing ok, emotionally as well as physically."

In his spare time, Evan is giving his creative side some attention. He finished and released a few music albums to the internet and is writing a book about his recovery with a focus on medication's role in keeping him stable and productive.

"Overall, I am doing very well and feeling blessed with all the encouragement I have been given by those who have taken the time to understand and care about me. My mother, **Peg Stephens**, has been my biggest supporter and I am thankful to have her in my life."

Evan said. "One of the most important things I have been able to do is love myself by saying four profound words I wish I had been able to tell my younger self: 'Be easy on yourself.'"



Peg Stephens and Evan Curtin

"Overall, I am doing very well and feeling blessed with all the encouragement I have been given by those who have taken the time to understand and care about me."

– Evan

Indulge in Hopewell Farm Products

Residents and staff have been busy making items to sell at local farmers markets and on Hopewell's website. Our unique candles are made with soy wax and scented with essential oils. Organic goat milk and vegan glycerin are used to manufacture our soaps. All dried herbs, honey, and syrup are from the farm, as are the plants used for the natural dye in all the fiber wares. Wood used by the woodshop work crew does not come from the farm but is locally sourced. These items are all handcrafted at Hopewell and proceeds are donated to support other local mental health organization.

Many of our items can be found at the next monthly **Geauga Fresh Farmers Market at The West Woods pavilions on Wednesday, September 9, from 4:00 to 7:00 pm.**

This park is located at 9465 Kinsman Road in Russell, Ohio. Visit www.geaugaparkdistrict.org for more information on their market.

If you cannot attend the markets, please order items from our website. www.hopewellcommunity.org/support-us/store.





A Festive 4th of July



Our 4th of July celebration started in early afternoon with a parade, party, corn hole tournaments, and fishing, and ended with s'mores and a bonfire. Such a wonderful day with so much going on and so many participants.

The fishing tournament was held with chances to win prizes. One resident caught 20 fish and the largest fish caught was almost 16 inches long. Mark, a Hopewell program facilitator, gave basic fishing lessons all afternoon.

“Good Fences Make Good Neighbors”

We love all our creatures at Hopewell, so to coexist with our neighborhood groundhogs, we put up a fence to deter their feasting before our harvest is ready. Our garden, farm, and maintenance crew collaborated on this project.



A Woodshop Entrepreneur

Charles is a big fan of the woodshop, using his time to make chairs for hanging out by the bonfires. His chair is easy to transport and store. He said, “I love working in the woodshop, designing and crafting beautiful, simple items.”



Bracelets for the Brave

Claire Coffey, a junior at Chagrin Falls High School, started **Bracelets for the Brave** in the fall of 2019 after watching the movie “Five Feet Apart.” Seeing children going through life reliant on treatments and operations motivated her to want to make a difference. With help from her sister, Catherine, handmade bracelets are made with love and compassion, then passed along to recognize bravery and spread love to individuals fighting through obstacles in their lives.

Thank you, Claire, for sharing your talents and bracelets with Hopewell residents! To see more of Claire’s work, visit her Instagram account at *bracelets4thebrave*.



Claire showing off her bracelets.



Patrick wears his bracelet every day.

HONORARY AND MEMORIAL GIFTS

APRIL 18 – JULY 14, 2020

IN HONOR OF

Deborah Jackson
Denise Anderson

Chloe Rankin Seelbach
Mr. and Mrs. William Seelbach

Clara T. Rankin
William P. Blair III
Elizabeth Porter Daane and
Charles E. Daane

Mark Teague
Stephen G. Post, Ph.D.

IN MEMORY OF

Dr. John Grima
Dr. Kathleen Grima

James S. Reid
Clara T. Rankin

Dr. John Makley
Anonymous
Clara T. Rankin

George Vasu
Teresa DeChant

Nate Woodring
John Miller

We apologize for any errors or omissions. Please email akatzman@hopewell.cc or contact the Development Office at 440.247.0912 so that we may correct our records.

RECENT FOUNDATION GRANTS

The AHS Foundation

The Harry K. Fox and Emma R. Fox Charitable Foundation

O’Neill Brothers Foundation

The Kelvin & Eleanor Smith Foundation

GIFTS IN KIND

Claire Coffey
Handmade “Bracelets for the Brave” friendship bracelets

Brian and Gretchen Colleran
500 KN95 face masks

Mary Ann Ponce
4-drawer filing cabinet

Ann Thompson
Vegetable dehydrator

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 at 440.247-0912 or akatzman@hopewell.cc.

OUR TEAM, OUR PASSIONS

JENNIFER MILLER



Jennifer Miller has transformed her passion for fitness, nutrition, and healthy living into a career. She came to Hopewell in 2011 as Head Cook and has been our Food Service Manager and Wellness Educator since 2016.

Developing a healthier lifestyle is a key step on the journey to mental wellness and an important component of Hopewell's Healing Model. "Nutrition and exercise directly affect our mental health," Jennifer said. "A diet rich in whole foods, vegetables, fruits, whole grains and lean meats provide the essential vitamins and minerals that bring healing to the brain. We want to look for foods rich in B-complex vitamins, Omega 3 fatty acids and minerals such as manganese and selenium. Regular exercise can reduce stress and anxiety, promotes better sleep quality and can also improve our cognitive function."

When residents arrive at Hopewell, they often have not been eating well for quite a while and may not know how to plan and cook nutritious meals. Jennifer collaborates with the kitchen staff to develop "from scratch" recipes using produce from our gardens and meat from animals raised on the farm. "Our farm-to-table menu is a big change for many and our terrific cooks are very creative with new recipes," she said.

Jennifer led an eight-week life enrichment class on food and nutrition before the pandemic shut down trips to and from the farm. "Each week we planned menus and cooked a breakfast, lunch or dinner. We went grocery shopping and learned about comparing prices and understanding nutrition labels. We also discussed kitchen and food handling safety," she said. This hands-on education helps residents feel more confident in and prepared for more independent living.

A certified personal trainer since 2007, Jennifer also works with residents on strength training and fitness plans. "Motivating people to exercise is tough when they aren't used to it," she said. "I find ways to include fitness activities in the daily routine such as yoga, working out in the new **Richard J. Swadey Community Center**, or walking on the grounds."

Jennifer loves to spend time outdoors with her family, walking trails, hiking, and tent camping. ("Yes, I can cook nutritious food over a fire," she quipped.) Kayaking is a favorite activity. "It can be very relaxing – listening to my paddle in the water is a soothing sound. You can also make it a hard workout and it's really satisfying to power the kayak yourself."

Contributing to residents' personal transformation is the best part of Jennifer's job. "It's so rewarding when they take a walk with me, try a new activity, or explore new foods. I love to hear, 'That was a great meal!'"

We think you will rave about a recipe that was a hit with residents and staff (see sidebar).

FROM THE HOPEWELL KITCHEN

Open Faced Turkey Melts 4 Servings

- 8oz chopped cooked turkey breast
- ½ cup celery, sliced
- ¼ cup mayonnaise
- 2 TBS dried cranberries
- 1 TBS red onion, chopped
- 4 slices whole grain bread or flat bread
- 4 oz Mozzarella cheese sliced or cheese of your preference (Swiss, brick, Havarti)

Combine the turkey with celery, mayonnaise, cranberries, and red onion, and stir until combined. Arrange the bread on a baking sheet and divide turkey mixture among the slices of bread topped with the cheese. Broil the sandwiches until the cheese is bubbly and starting to turn golden, about 2-3 min.



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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



Please Support Hopewell's 2020 Annual Fund

At Hopewell, residents, staff, volunteers, and contributors have come together to create a place of hope and healing for adults with serious mental illness. Your donation allows Hopewell to provide fee assistance to those who could benefit from our unique healing model but might not otherwise be able to afford our care.

"I came to Hopewell to restart my second act in life. Being here has been absolutely invigorating and will definitely give me a great launching pad for a new beginning. I cannot possibly express in words just how much this experience has meant to me." – R., Hopewell resident 2020

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