

HOPEWELL COMPASS POINTS

FALL 2020 NEWS FOR FAMILY & FRIENDS

LIZ'S HOPEWELL JOURNEY

Liz came to Hopewell in early 2017 after being treated at the Mayo Clinic for bipolar disorder. At Mayo, she was treated with Electroconvulsive Therapy (ECT), which is commonly used in patients with severe major depression or bipolar disorder who have not responded to other treatments. Liz's mother discovered Hopewell while researching online and found the therapeutic farm aspect appealing.

During the first six months, Liz was able to slow down and learn self-care. She said, "I allowed myself to get used to having bipolar and come to terms with it. I needed to let my body recover from the ECT treatments. **Hopewell helped me to heal my mind and my body.**"

As the year progressed, the routine of the farm brought back the work ethic she grew up with. Liz said, "I loved to wake up and have something to do, whether it be in the garden or on the farm. My favorite was working in the art studio and experiencing my creative side. **Hopewell helped connect me to nature and art and made a huge impact in my life.**"

Becoming friends with residents and staff at Hopewell changed Liz in so many ways. She said, "I learned people have different struggles and allowed me to discover more about handling other relationships. **Hopewell opened my mind.**"

After leaving Hopewell, Liz received her business administration degree at the University of Oregon and then returned to her hometown of Chicago to work as an admissions coordinator at an orthopedic rehabilitation facility. Liz said, "**Hopewell gave me the day-to-day tools to integrate back into society and provided me with the skills I needed to live independently.**"

Liz is happy her mother found Hopewell. "It was so amazing living in that scenic environment. Hopewell is a huge part of who I have become, and I am thankful for it."



Liz (center) celebrating at a wedding.

Passing of Seasons



The pumpkin vine that had been outside my office window is gone, and the pumpkins that grew on it now decorate the front entrance to Hopewell with seasonal charm. Our maple trees are in full riot of fall color, but by the time you read this, their leaves will have fallen, and we won't much attend to them again until

the February sugaring time has come. And so the months, the seasons and the years turn to us and then turn away, in their usual fashion.

At the farm, we live close within and celebrate the seasons, with their cyclic return providing reassurance, comfort, nostalgia, and hope to the staff and to those residents from similar climates. For residents from different climates—as a national resource, we see residents arriving from Alaska to Florida—the specifics of our seasons can be a surprise, but these residents quickly fit into our ways of living with them and recognize our ways of decorating for and celebrating them.

For most of our residents, we do not mean for Hopewell to be a long-term solution. We represent a moment in a life, not a lifetime. We hope that just a couple of seasons will pass before we can help a new resident move on from the farm, as our programs and community help them become more ready to experience a self-reliant and satisfying life. **Our new University Circle Transition Program** (please see article on page 3) helps with this even more, as it provides a supportive, Hopewell-infused setting for testing and learning deeper independence.

But while our residents are with us—at the farm or in University Circle—we mark and celebrate the seasons and their holidays as they come and then pass. Because that is what you do in a nicely run home, and while our residents are with us, we are their home, wherever they come from, and wherever they go.

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Executive Director

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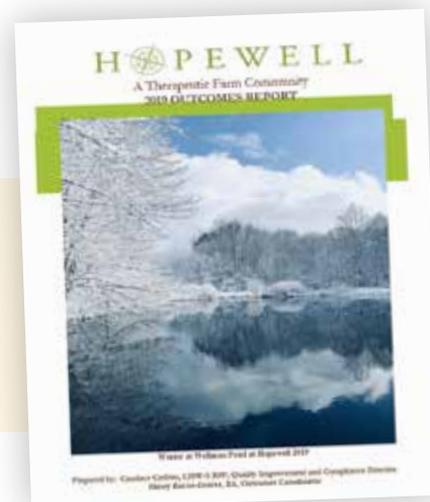
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www.hopewellcommunity.org

View Hopewell's 2019 Outcomes Report at
[www.hopewellcommunity.org/files/
news/2019outcomesreport.pdf](http://www.hopewellcommunity.org/files/news/2019outcomesreport.pdf)



Transition Program

In October, Hopewell welcomed the first residents to our exciting new **Transition Services Program** located in Cleveland's **University Circle** neighborhood.

Described by one member of the Hopewell Board of Directors as the most important programmatic addition since Hopewell was founded, the Transition Services Program is designed to provide discharged residents with a new, highly effective opportunity to transition to more independent living in the community, using the skills they acquired while at Hopewell.

“The opportunity of a partnership with University Circle, Inc. and several Circle-based institutions made this the ideal time to explore this new program,” said **Jim Bennett**, Hopewell Executive Director Emeritus and one of the driving forces behind the program. “The unique combination of available, affordable housing along with access to the many wonderful cultural, educational and employment opportunities in the University Circle neighborhood makes this a ‘win-win’ for both Hopewell and the Circle,” he said.

Housed in apartments owned and operated by University Circle, Hopewell's transition clients will benefit from programs offered by several Circle-based organizations, including **Magnolia Clubhouse**, **Holden Forests & Gardens**, **The Music Settlement**, and **Cleveland Institute of Art**, among several others. Program organizers have also identified exciting and innovative opportunities for collaboration among these groups, for example assisting Holden Gardens in incorporating mental health benefits more explicitly into their gardening programs, while Hopewell residents participate in Holden's urban forestry program. As another example, all Hopewell transition residents will enjoy memberships with Magnolia



Clubhouse, a highly-regarded Circle-based organization providing a variety of services for

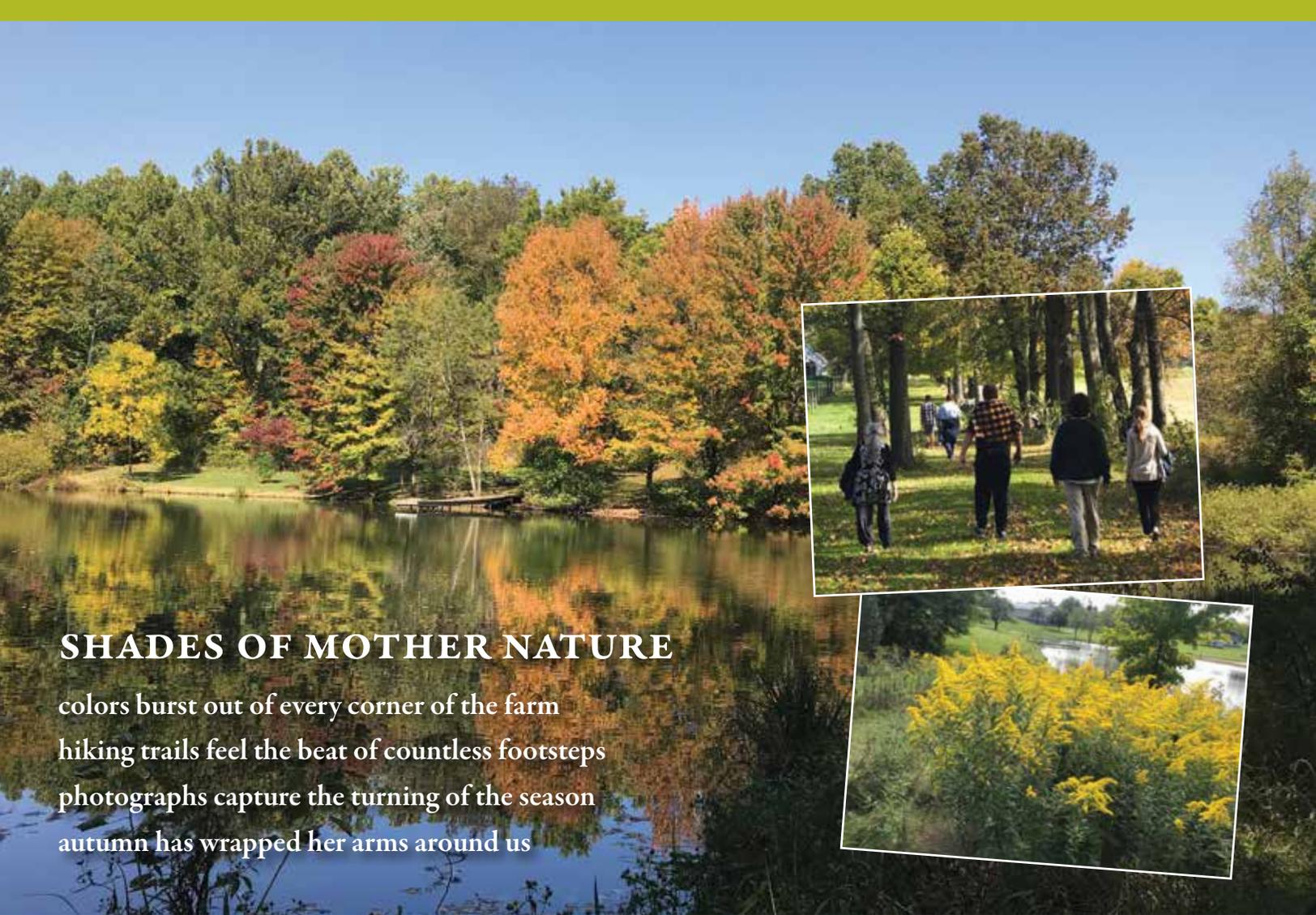
people with mental illness, including structured work activities, employment and education, health, wellness and advocacy programs.

Several Hopewell staff members worked with Bennett to design and implement the program, including Director of Outreach Services **Christina Goodall** (who serves as the program's director), Clinical Director **Daniel Horne**, and new Executive Director **Dave Shute**. Daily clinical support will be provided to transition clients by **Cecelia Futch**, a Hopewell counselor and ecotherapist. The Hopewell team was advised by Board members **David Vincent** and **Todd Welki**, as well as attorney **Christopher Luken** from the **BakerHostetler** law firm.

The Transition Program was made possible in part by generous grants from the **Mt. Sinai Health Care Foundation**, the **Pershing Square Foundation**, and **Woodruff Foundation**, which provided funds to cover start-up and operating expenses. Several other funders are currently considering similar proposals, according to Hopewell's Director of Development **Don Bernardo**.

The program's first residents were very excited to move to University Circle. “It's a great transition to live in a thriving and exciting city,” said resident Jared Z. Christina L. said, “It's great to get back into society and have support for the transition.”





SHADES OF MOTHER NATURE

colors burst out of every corner of the farm
hiking trails feel the beat of countless footsteps
photographs capture the turning of the season
autumn has wrapped her arms around us

Hopewell Farm & Craft Market

The **Hopewell Farm & Craft Market** appeared at markets and craft shows throughout the summer, showcasing products that staff and residents make here at the farm. Items include candles, sugar scrubs, herbs, dyed scarves and cutting boards. George, a resident, loves to work in the woodshop and made beautiful cutting boards for a Hopewell event.

Funds raised by the Farm & Craft Market go back into the community and the residents vote on where to distribute the proceeds. They unanimously chose **ATNSC: Center for Healing and Creative Leadership (www.atnsc.org)** and **Rid-All Green Partnership (www.greenghetto.org)**. Residents shared that they would like to learn more about these organizations and to make connections with them.

Hopewell products can be found at www.hopewellcommunity.org/support-us/store so start your holiday shopping early. See you next spring at the local markets.





Rock Tumbling

Residents search for rocks as they wander the farm, and then use a rock tumbler to smooth and polish them, discovering their hidden beauty. The rock tumbler is a rotating drum which smooths raw rock into polished stone by using grit, water, and the tumbling movement—think a tiny clothes dryer but with different contents. The movement along with abrasive sediment mimics ocean waves which smooth raw rocks into gemstones over time. The finished stones will be used in outdoor mandalas with fall foliage and other materials found on Hopewell’s beautiful property.



FALL FESTIVAL

Residents enjoyed a fall festival celebration with a cornhole tournament at Wellman’s pond and s’mores by the firepit. A perfect way for the community to celebrate a beautiful autumn day together.



80’s Karaoke Night

On a cold October night, residents decorated the **Swadey Community Center** for 80’s Karaoke night. The karaoke machine played instrumental accompaniments as the singers belted out music from the 1980s. Some of the residents’ favorite tunes were by George Michael and Culture Club.



25
ANNIVERSARY
25 YEARS OF CARING FOR OUR RESIDENTS BEGAN IN 1996.
LET’S CELEBRATE 25 YEARS TOGETHER IN 2021...

FROM THE WISHING WELL

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

- Computers: Currently all staff use computers that were donated or handed down. New desktop models are sorely needed. Through our IT provider, Ashton Technology Solutions, we may purchase desktop models for approximately \$1,100 with set-up and installation. For more information, please contact Lynn Childers, Director of Finance and Administration, at lchilders@hopewell.cc or 440.426.2089.
- Incentives for our smoking cessation program – small gift items or bigger items like gift baskets (contact Ashley Green, agreen@hopewell.cc).
- Pony cart for miniature horse (\$995 – contact Chris Goodall, cgoodall@hopewell.cc).
- Off-road utility vehicle for hauling – new or used in good condition (contact Jack Childers, jchilders@hopewell.cc).
- Magimix 16-cup Food Processor CS5200 XL (\$499 on williamsonoma.com; contact Jennifer Miller, jmiller@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 email akatzman@hopewell.cc or contact the Development Office at 440.247.0912.



Drumming Up Support for the Hopewell Drum Circle

Visualize a circle of residents, each with a hand drum or percussion instrument, creating and sharing rhythms together. The rhythm flows, quickens and slows, you hear the throb of the bass drum and the shh-shh sounds of the gourds. No one is leading and all contribute to the improvised symphony. You feel the changing beats in your core. This is a drum circle.

Drawing from ancient and modern traditions from many cultures, the drum circle is a metaphor for the community. Drumming together has been shown to alleviate feelings of isolation, increase a sense of connection with others, facilitate focused attention and mindfulness, enhance the mind-body-spirit connection, and increase energy and zest for life.

Evidence-based research shows that drumming can release stress, anxiety, and tension; induce relaxation; and produce a feeling of well-being. Participants in the circle provide interpersonal support as they create a healing environment together. As an added plus, it is fun, and no drumming experience is needed.

Drumming groups will be available for both farm residents and participants in Transition Services through a program at the **The Music Settlement**. Please contact **Jackie Fry** (jfry@hopewell.cc) for more information about this program.

While we have several hand drums, we need several more that produce varied tones: djembes, doumbeks, and buffalo drums for bass (\$90-\$100 each, need 9), shakers and gourd rattles for high notes (\$200, need 2), and a thunder tube and ocean drum for nature sounds (\$130, need 2). **The total amount needed is about \$1,500. To grant all or part of this wish, please contact Don Bernardo at the Development Office (dbernardo@hopewell.cc or (440) 247-0912 ext. 2060).**

OUR TEAM, OUR PASSIONS

CANDACE CARLTON

Meet **Candace Carlton, LISW-SP, RSP, clinician and Quality Improvement and Compliance Director** – a true veteran who has been on staff since 2000. As a member of the Leadership Team, her many roles and far-reaching involvement exemplify her passion for the community and for personal growth.



When Candace graduated with a BA in Criminal Justice from Kent State University in 2000, she had just completed an internship in a prison. Low-key, warm, and nurturing, it is hard to imagine her in that environment. A case manager position opened at Hopewell, which was a perfect fit. “Soon what was a job turned into a lifelong career,” Candace said.

“Over the past 20 years, I have grown individually and as a professional as Hopewell has gotten better and better,” she reflected. Encouraged by Hopewell leadership, Candace completed a Master’s in Social Work in 2006 at Youngstown State University. She continued, “My grandmother encouraged me to go to college later than most people when I already had some life experience. I really think that made me a better social worker.”

Many staff on the Leadership Team carry a caseload in addition to their administrative duties. Candace develops treatment plans, does diagnostic assessments, provides individual therapy in a number of modalities, facilitates weekly Resident Council meetings. . . and is responsible for outcome studies and corporate compliance. . . and travels to other residential treatment facilities to consult on meeting certification standards and improving services. . . Take a deep breath, there is more!

“By far, my favorite activities at Hopewell are the Spirituality Group and Sandplay Therapy,” Candace said. “I love to learn about different world views and explore what people believe. The group is inclusive and focuses on universal themes that are applicable to everyone. It is so satisfying when residents are engaged, sharing, smiling, and laughing. You know that the group helped, and for that time they are in a good place.”



After five years of training, Candace recently earned certification as a Registered Sandplay Practitioner. This non-verbal therapy uses trays of sand and miniature figures to help participants work on buried emotions, trauma, inner struggles, and conflicts. “**Through Sandplay, residents bring up issues from the unconscious,**” Candace explained. “**It’s a process of healing, very special and spiritual. There’s something almost sacred about it.**”

A childhood trip to Alaska inspired Candace’s love of travel. She has visited 35 states and enjoys getting to know people from different backgrounds. Sewing is one of her many talents – anything from purses to clothing. When Hopewell regulations required everyone to wear masks due to the pandemic, she made dozens for residents and staff.

Candace sums up her passion succinctly: “It is immensely important to me to be part of a healing community where we are invested in each other’s growth. Residents and staff all work together. There’s nowhere else like Hopewell.”

HONORARY AND MEMORIAL GIFTS

JULY 15 – NOVEMBER 5, 2020

IN HONOR OF

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Jeana McNeil

Sally and Sandy Cutler
Joan and August A. Napoli, Jr.

John and Areti Delta
John Delta

Mrs. Robert Layman
Margaret Layman

Clara T. Rankin
Dr. and Mrs. Gösta Pettersson
J.C. and Helen Rankin Butler

IN MEMORY OF

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Mrs. Stephen Morris
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The George W. Codrington
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Eaton Charitable Fund

The Mt. Sinai Health Care Foundation

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Furniture for Transition Services Program

Clara T. Rankin
Tote bag and potpourri jar

Kristen Schulz
Furniture for Transition Services Program

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HOPWELL COMPASS POINTS

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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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