

A New Adventure

Christina was featured in our 2018 summer newsletter, having arrived at Hopewell in 2016. She had been living with 17 other sisters as a nun at the Monastery of Blessed Sacrament on Cleveland's west side and was experiencing extreme bouts of anger and depression. After trying two other mental health facilities, she fell in love with Hopewell and the art therapy program, where she discovered her creative side.

In October 2020, Christina joined **Hopewell's Transition Program** and moved to a University Circle apartment, living on her own for the first time in her life. She said, "I feel very supported in this program and welcome the learning experiences."

Feeling antsy this summer, Christina took a road trip to help move a friend to Colorado. She said, "We hiked in Kansas City, took many photos including big dinosaurs that were at every Kansas gas station, and walked in the foothills of Colorado where the views were spectacular. The trip allowed me to see other possibilities for my future."

When Christina returned to Cleveland, **Chris Goodall, Director of Outreach**, asked her, "You have been here for a year. What is the next path you are seeking?" Christine answered, "I want to be a writer and go to graduate school."

Christina had previously started applications for grad school, but they were never completed due to writer's block. She was required to submit a short story and was stuck on a genre. Christina found a story prompt and went with "going on a hike and having a spine-chilling moment" and titled her essay "Devil's Creek."

Christina said, "Whenever I write, I think it will be stupid and stop writing. Who would want to read it? I talked myself into finishing it and sent it off. I got accepted!" She is working on a Master of Fine Arts in Creative Writing at Southern New Hampshire University's online program. She hopes to be finished in two years, though the program allows eight years to complete the degree.

Living in University Circle provides Christina many places to wander and write. Her most inspiring location is Lake View



Cemetery, which is in walking distance of her apartment. "Writing brings me great joy and helps me to find peace within myself." She is grateful for all the guidance and input Hopewell has given her.



Our Community



Dave Shute

Leaves are turning at Hopewell, and too often the days begin with a chill. Wood smoke from the stoves our Amish neighbors use to heat their homes has begun to scent the air. Thoughts begin to turn to winter, in Northeast Ohio a season when travel can be hard, and we tend to limit our fellowship to only our closest communities.

But Hopewell has always recognized that we are part of a much larger community.

From one perspective, the care we provide is only possible because of the generosity of our donors – the people, companies, and foundations who so kindly provide the resources that subsidize almost 40% of the cost of our care. From another perspective, our care only becomes possible through the collaboration of our referral sources, the clinical professionals who trust us with some of our most challenging clients, knowing that our residential therapeutic community is the right place for them to develop further on their pathway to a self-reliant and satisfying life.

And from yet another perspective, many of the services we offer to our residents are through partnership with others. For example, at the farm we have added new services to our long-standing music program delivered by a partnership between our staff and licensed music therapists from The Music Settlement in Cleveland. In this partnership, we offer music therapy, a combined art and music

therapy program in collaboration with our staff art therapists, and a combined music and ecoterapy program delivered together with our staff ecoterapist.

This program grew out of an established relationship with The Music Settlement that we developed at our University Circle Transition Program, which also partners with multiple other institutions to deliver services. We are contemplating, and in some cases have begun discussions with, many other partners. For example, we have worked with Holden Arboretum on nascent ecoterapy efforts and have learned much from them on ways we might re-landscape parts of the farm to make softer and more natural edges between fields and forests, building both habitat and natural beauty. With such partnerships we can each accomplish more than we can from working alone.

At Hopewell, staff and residents form a therapeutic community designed to help our residents achieve their goals. And this smaller community lives inside a web of relationships, collaborations, and partnerships, where we bring our best to others, and others bring their best to us, in the service of a greater good.

David H. Shute
Executive Director

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IN MEMORY OF KATHRYN “KITTY” MAKLEY

The Board of Directors, staff, and the Hopewell community were saddened to learn of the passing of founding Board member **Kathryn “Kitty” Makley** on September 28. She left a legacy of deep love and compassion for her family, friends, and Greater Cleveland. In addition to raising a family of four children, Kitty pursued a rich volunteer and professional career in private and non-profit business management, marketing, consulting, and fundraising.

After graduating from Smith College in 1960, Kitty married the love of her life, Dr. John T. Makley, whom she began dating in high school. They moved to Cleveland when he took a position in orthopedic oncology at University Hospitals.

Kitty quickly became involved in the community. She joined the Junior League of Cleveland and served as president from 1978-1980. For years she acted as Guardian ad Litem for abused and neglected children who had been referred to juvenile court in

Geauga County. She also volunteered at Nature Center at Shaker Lakes and the Western Reserve Land Conservancy.

In 1984, Kitty received her MBA from Case Western Reserve University and established a long career in non-profit and business administration. By the 1990s, she was highly



sought after by small businesses and charitable organizations for her intelligence, sharp (and sometimes bawdy) wit and humor, great management competence, financial acumen and creative fundraising prowess.

Kitty played a vital leadership role at Hopewell. She joined the Board of Directors at its inception and served from 1995 until 2017, when she joined the Council of Advisors. Hopewell’s founder, **Clara T. Rankin** said, “From the very beginning, Kitty was a lively participant in all our discussions. She was a generous supporter, a fundraiser, and a volunteer whose leadership and involvement helped us grow to the organization we are today.”

Kitty brought an uncommonly strong will and sense of compassion and moral integrity to all her pursuits. Her ability to see the good in and the potential of a person allowed her to provide much-needed support to countless people who had the good fortune of benefiting from her wisdom.

Exploring Mental Health *with Lata K. McGinn, Ph.D.*



The 10th Annual David Cutler Exploring Mental Health Series virtual event took place on October 6th. **Lata K. McGinn, Ph.D.**, spoke on “Overcoming Anxiety and Obsessive-Compulsive Disorder Through Cognitive Behavioral Therapy.” Dr. McGinn discussed how anxiety and obsessive-compulsive disorder impact functioning, and how people can cope utilizing therapies that impact thinking (cognitive behavioral therapy or CBT). Her engaging presentation balanced relevant information for families as well as professionals.

This was the first year that Exploring Mental Health offered continuing education hours for mental health professionals to earn credit toward their biannual training requirements. The event garnered a lot of interest and we have asked Dr. McGinn to return in January for our Winter Summit (CEUs will be available).

ARTIST IN RESIDENCE



Dana Langenbrunner and Celeste Hein, Hopewell Program Facilitator

Dana Langenbrunner, a former Hopewell resident, returned to Hopewell as a Visiting Artist in August to lead a 3-day workshop for staff and residents. Her workshop centered around the theme of empowerment – participants engaged in meaningful discussions about empowerment and learned how to create books. Dana joined morning art crews and spent time getting to know new residents and catching up with staff members during her visit.

Dana is a Cincinnati artist, mental health advocate, and peer recovery coach. Her passion for art came at a young age to cope with her own mental health issues, including depression, anxiety, bipolar disorder and trauma. She has a Bachelor's Degree in Fine Arts with a concentration in Art Therapy through Mount Saint Joseph University.

Dana uses art day-to-day to help others struggling with mental illness and addiction through various organizations in Cincinnati. She volunteers weekly with Women of Alabaster, a home for women working to free themselves from sex trafficking, and Art for All People, a ministry aimed at providing art classes and materials to those trying to reach recovery from addiction and mental illness. Additionally, Dana is the founding Director of Programming at Madi's House, a non-residential relapse prevention and mental health community center in Cincinnati.



Musical Journey



Musical Journey performed a fall concert for the Hopewell community. The show was highlighted by two guitar players, Jackson and Benjamin, and the singing drummer Mike. Other residents and staff joined in the concert, singing, and clapping to the beat. Thank you, **Jim Miller**, a professional musician, and **Robert Weirich**, Hopewell's Educational Services Coordinator for leading Musical Journey.

EQUINE ART EXPERIENCE

Hopewell clinicians **Clare Conway**, **Cecelia Futch**, and **Chris Goodall**, offered an **Art, Equine, and Mindfulness workshop** to share mindful meditation and art therapy with residents and our horses. Using art as a mindfulness tool allows the mind to wander while focusing attention on an engaging task.



SAVE THE DATE

summer solstice

JUNE 24, 2022

DETAILS TO BE ANNOUNCED SOON!

For sponsorship information or to join our steering committee, please contact Ann Thompson (athompson@hopewell.cc).

Hopewell has Lost a True Friend

Our draft horse, **Jerry**, arrived at the farm in October 1997 and passed away in September 2021. He was somewhere between 30 and 35 years old. Jerry helped our residents and staff and was loved by so many. Thank you to everyone who helped care for him over the years. Rest easy, Jerry, and run free over the Rainbow Bridge!



FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact Don Bernardo, Director of Development (dbernardo@hopewell.cc) for more information.

ITEMS ON HOPEWELL'S AMAZON.COM WISH LIST:

- Badminton set (\$127) and nets (\$56)
- Spikeball set (\$59)
- Outdoor rocking chairs (\$199 each) and end tables (\$69 each)

Please visit www.hopewellcommunity.org/support-us/wishing-well for more information and to connect our Amazon Wish List. Hopewell is a registered AmazonSmile Organization. Choose "Hopewell Inn" as your charity and Hopewell will receive .5% of the purchase price from your eligible AmazonSmile purchase.

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- Wooden swing for two people
- Two massage chairs
- Portable easels for outdoor painting
- Electric pole chain saw with adjustable head (\$99)
- Gift card of \$150 or more for Dick's Sporting Goods to allow us to purchase outdoor sports equipment (kickballs, baseball equipment, soccer balls, footballs, frisbees)

WISHES GRANTED – THANK YOU!

Alan Lipson and Judith Davis - Rocking chair
Clara T. Rankin - 4 puzzles
Sara's Place, Gates Mills - Boxed lunches for Hopewell residents

OUR TEAM, OUR PASSIONS:

DEBRA CUMMINS, RN



For **Debra Cummins, RN**, Hopewell's nurse manager, nursing is all about helping people heal, both mentally and physically. During her career, she has worked with individuals who have developmental disabilities, rehabilitation needs, chronic medical conditions requiring home care, substance use disorders, and mental illness.

"Six years ago, I heard about Hopewell through a friend. **Colleen Welder** was interviewing nurses and though I wasn't looking for another management position, I came to Hopewell to interview anyway," Deb said. "After one visit, I fell in love with Hopewell's uniqueness."

She continued, "I love the home-like atmosphere – it's so informal, like a family. Everyone is very down to earth. Hopewell is so different from my previous experience where patients stayed for a few days or a week and the population was constantly fluctuating. At Hopewell, residents are with us for several months or longer and we get to know them well. We are a true healing community."

When asked about her passions, Deb was quick to respond. "I love to garden and create a colorful yard with perennials, annuals, and shrubs. Gardening is my summer vacation! My husband and I don't vacation until fall when our garden is done for the year." Deb also enjoys making decorations and useful items for her home using her crafting skills. Overall, what Deb is most passionate about is spending time with her seven grandchildren, ages 11 months to 6 years old. Clearly nurturing, growth, and healing are central to her life.

On a "best day" at Hopewell, Deb says, "I see someone who was struggling is finally doing well. That's what we're here for."

AIMEE DEAK, LPN



Aimee Deak, LPN, became a nurse at age 40 while raising her children and working full time. Before coming to Hopewell, she worked with different populations at the Cleveland Clinic, in nursing homes, and in an inpatient facility for people with mental illness and addiction. She then took a break from nursing for several years to work in her husband's business.

Aimee and her husband live on 22 mostly wooded acres. "I do a lot of gardening to bring birds, bees, and butterflies to the property," she said. "I love to walk through the woods and I'm taking horse riding lessons to get outside more often." Aimee is actively involved in the lives of her seven grandchildren (ages toddler to 15). In her "spare" time, she is starting a business making totes, handbags, clutches and weekenders out of sustainable materials. She plans to sell them online in time for the holiday season.

Three years ago, Aimee took a life-changing ride. "I found Hopewell quite by accident while on a motorcycle ride with my husband," she recalled. "I thought, 'I've never heard of a therapeutic community before – it's amazing that this is out here!' When a position opened up for a PRN (as needed) nurse, I applied and was hired." You never know where a ride in the country might lead.

Aimee is passionate about mental health care. "Many people still feel the stigma about going to a psychiatrist, taking medication, or getting mental health counseling. The pandemic has highlighted the effects of isolation on mental health and now more people are seeking help. We need to make mental health care a priority for more people and provide better health insurance," she stated.

Aimee continued, "Many residents have experienced stigma and isolation due to their illness. When they come to Hopewell, they join a healing community. It's so satisfying to be part of their journey to mental wellness."



CANDACE CARLTON, LISW-S, RSP

Congratulations to Candace Carlton, Hopewell's Quality Improvement & Compliance Director for being selected as the **2021 Region 4 Social Worker of the Year Award Winner** by The National Association of Social Workers – Ohio Chapter. This award honors Candace for her incredible service to Hopewell and the high quality of services she provides to residents, as well as her dedication to social work values and ethics. Region 4 encompasses Ashtabula, Carroll, Columbiana, Geauga, Harrison, Jefferson, Lake, Mahoning and Trumbull counties in northeast Ohio. Thank you, Candace, for all the hard work you do for our community.

HONORARY AND MEMORIAL GIFTS

AUGUST 12 – NOVEMBER 3, 2021

IN HONOR OF

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Let's talk about your why. Contact John Beer, Managing Director, Cleveland, at 216-222-3316 or john.beer@pnc.com.

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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.

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Your donation to the Hopewell Annual Fund allows us to offer fee assistance to families who could not otherwise afford our care. Every dollar donated benefits our residents, and 90% of all residents receive some form of fee assistance, totaling approximately a million dollars per year. Your gift will create the opportunity for someone with mental illness to reach their potential to live independently and successfully.

"Hopewell changed my life and gave me hope when I had none left." – a resident

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