

HOPWELL COMPASS POINTS

WINTER 2022 NEWS FOR FAMILY & FRIENDS

My Journey Through Mental Illness

WRITTEN BY A FORMER RESIDENT

Nearly 20 years ago, at age 7, I was diagnosed with bipolar disorder when I was experiencing a set of symptoms that overlapped with that mental illness. In retrospect this was a misdiagnosis. Today we know these symptoms were early signs of Complex Post-Traumatic Stress Disorder and a dissociative disorder.

I had many traumatic experiences in hospitals and mental health institutions that did not contribute to my recovery. They made me forget that I was just a child who liked to play games with my friends, swing on the tire swing, and read cookbooks checked out from the school library. They made me forget I was human.

Then I was introduced to Hopewell. My dad reminds me that after a few days at Hopewell, I told him, "I think my work here is done and I should come back home." Being at a new, unknown place, I was so afraid of the world that I barely spoke. But I soon realized there was nothing to be afraid of at Hopewell, especially the people there.

I'm so thankful that my parents presented compelling reasons for me to stay at Hopewell. I did not want to go back to one of the other facilities I dreaded. My Hopewell care team diagnosed me with post-traumatic stress disorder, and I started EMDR therapy. I immediately started to feel well for the first time.

I tell my family and friends, "If it was not for Hopewell, I would probably be dead." Trauma is defined as an overstimulating and terrifying event or events from which there is no escape. I could not escape the brutal cycle of my debilitating symptoms and traumatic pediatric medical treatment. Hopewell took me in with open and loving arms. I was free to roam around the beautiful grounds and taste the outside air every day. I would walk to the Mesopotamia store and buy ice cream with friends.

It has been years since I was discharged from Hopewell. Since leaving, I have continued to heal and function more fully and with significantly less medication, all under the guidance of doctors. I learned that with continued EMDR therapy, I will recover and no longer experience symptoms.

I now attend Cuyahoga Community College, where I am studying for my liberal arts degree. In my free time, I volunteer at Chagrin Falls



Historical Society and work at a vintage clothing store. I also dabble in creative writing, exchanging ideas with other writers.

Hopewell was my second home, my second family, and I will forever be grateful. They broke the cycle of trauma and gave me hope so I could have a life. They are true to the name *"Hopewell."*



Changing Seasons



Dave Shute

As I write this, at the farm we are thinking about sugaring time, collecting sap and boiling it down into maple syrup. Winter at Hopewell is bookended by the holidays at one end and by maple sugaring at the other.

Beyond the seasonal rhythms of nature at the farm, we also see the rhythms in our resident population. They come to us—more acutely ill these days than in the past, perhaps due to COVID and its impact on mental health—

and we bring to them our clinical capabilities, our community, our work program, and the beauty and healing power of nature. They then leave us better and more capable of living an independent life. They leave for home, for our structured transitional program in University Circle in Cleveland, for our more informal transitional program at the farm, Club Hope.

And our thoughts—as they tend to do in Northeast Ohio in the winter—are also turning to summer. For years, the summer highlight among the Hopewell community has been our annual event, Summer Solstice. At Summer Solstice—Friday, June 24 this year—we celebrate Hopewell’s residents, staff and board; we celebrate Hopewell’s donors, funders, and supporters; and we just celebrate!

COVID has been unkind to Summer Solstice. We canceled it outright in 2020, and in 2021 we replaced it with a wonderfully successful, but not quite as much fun, virtual event. Thus, we have three years of fun to make up for this June...

Summer Solstice is not just a wonderful party. It is also one of three pillars of Hopewell’s yearly fundraising, along with our Annual Fund and foundation grants. The funds we receive from these three efforts, and from our endowment, cover almost half of our operating expenses. This generous support makes it possible for Hopewell to deliver its mission to those who could not otherwise afford care at the farm.

So I encourage you, too, to think ahead to the summer. The best way to support Summer Solstice is simply to join us there and have a wonderful time. But there are other ways you can help, including donating items to our auctions, becoming a corporate sponsor, bidding on the various wonderful experiences and objects that will be available, and supporting our Fund-A-Need efforts.

I hope to see you on June 24th!

David H. Shute
Executive Director

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COMPASSPOINTS

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

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Chagrin Falls, OH 44022
440-247-0912

www.hopewellcommunity.org

OUR MISSION Hopewell’s mission is “to provide an opportunity for adults with mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic community.”



Summer Solstice

Friday, June 24, 2022, 6:00 pm

NEW LOCATION! Squire Valleevue Farm, 37125 Fairmount Blvd., Hunting Valley, Ohio

*Hopewell is thrilled to announce
the return of Summer Solstice –
live and in-person!*

An elegant evening under the stars
Three course dinner by NOSH Creative Catering
Upscale silent auction
Exciting live auction
Fund-a-Need

For more than twenty years, Summer Solstice has been Hopewell's signature fundraising event. Proceeds provide fee assistance to a majority of our residents' families who otherwise could not afford our care.

Co-Chairs: Suzanne G. Westlake and Walter Wirth
Auctioneer: Mark Schroeder



BECOME A SPONSOR



Entertain your customers, colleagues, and friends at one of Northeast Ohio's premiere benefits. Sponsorship packages are \$10,000 (Gold), \$5,000 (Silver), and \$2,500 (Bronze).

DONATE AN AUCTION ITEM

For the Summer Solstice silent and live auctions, we need eye-catching, unusual and exclusive experiences. Do you have a vacation home to donate? A meal with a celebrity?

Top-shelf whiskey or a case of wine? Use your imagination. We are excited to sell auction items to help raise funds for Hopewell.



To purchase individual tickets (\$250) and for details about the event, please visit www.hopewellcommunity.org/events/summer-solstice-2022. Questions? Call the Development Office at 440-247-0912 or contact Audrey Katzman (akatzman@hopewell.cc).

Lantern Festival



Robin VanLear, visiting artist and Arts Director of Art Acts Studio, instructed residents and staff how to make lanterns throughout the month of December leading up to a Lantern Festival.



TOGETHER WE QUILT

Visiting artist Emily Liptow taught residents and staff the basics of sewing and improvisational quilting. They explored the history of quilting and constructed individual squares that formed a community quilt.

An artist and teacher from Cleveland, Ohio, Emily strives to cultivate space that allows for human expression. She said, “My grandmother has been teaching me to sew...I want to share these skills that have grounded me. Sewing by hand is a beautifully repetitive practice that requires focus and forgiveness, which Hopewell residents will find supportive to their healing.”



Embroidery with Elise

Elise, a Hopewell resident, taught the art of embroidery and participants created their own embroidered tea towels.



HOPEWELL SETS ANOTHER NEW ANNUAL FUND RECORD



Hopewell's Annual Fund Campaign set yet another new record in 2021, raising **\$456,872** in donations which represents a 25% increase over the campaign's budgeted goal.

"The ongoing COVID pandemic has presented financial challenges to many non-profit organizations and healthcare providers," said **Dr. David Vincent**, chair of the Hopewell Board of Directors, "and Hopewell has not been immune to those challenges. Fortunately, the remarkable fundraising success we have achieved over the past few years has helped to insulate us to some extent. But most importantly, it allows us to provide care to people who would otherwise not be able to afford it."

Hopewell director of development **Don Bernardo** noted that the organization's Annual Fund has grown by 88% since 2016, with support from all sources (including grants and the annual Summer Solstice benefit) growing by more than 58% in the same period.

"This is particularly impressive when you consider that individual charitable giving nationwide generally doesn't grow by more than three to five percent in any given year," Bernardo said, adding that Hopewell's fundraising growth has been sustained throughout the pandemic, which forced the cancellation of the 2020 benefit, and the presentation of a "virtual" benefit last year.

"We are very grateful to all of our donors who have made this success possible," said Dr. Vincent.



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.

CAN YOU GRANT ONE OF THESE WISHES?

- 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)
- Binoculars for birdings
- Wooden swing for two people
- Two massage chairs
- Portable easels for outdoor painting
- Electric pole chain saw with adjustable head (\$99)

ITEMS ON HOPEWELL'S AMAZON.COM WISH LIST:

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

Please visit www.hopewellcommunity.org/support-us/wishing-well for more information and to connect to 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.

WISHES GRANTED – THANK YOU!

Bob Hawk - Western saddle for quarter horse
Mary Makley - Cornhole, badminton, and golf games

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.

Welcome to our New Piglets!



HOPEWELL VIRTUAL SPRING SUMMIT

APRIL 13, 2022, 9:00 AM

Working with Supervisees in an Experiential Learning Environment

Course participants will explore the intricacies of supervising staff who provide experiential psychotherapy with nature, animal, and art-based interventions.

Discussion will include incorporating these activities into supervision sessions that encourage personal growth.

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.

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

This presentation earns 3 Supervision CEUs for counselors and social workers.

Register in advance for this ZOOM meeting at www.hopewellcommunity.org/events/hopewell-virtual-spring-summit.

OUR TEAM, OUR PASSIONS:

CELESTE HEIN



Some people think of passion as a burning desire. **Celeste Hein's** passion for helping others is more like a nurturing spirit.

Before joining the Hopewell staff, Celeste had a cleaning business. "I love to clean," she said, "but there was a point when I needed another calling – a way to help

others. Seven years ago, I found my way to Hopewell. I love my job and I know this is where I'm supposed to be." As a program facilitator and head of the housekeeping crew, she has found a way to combine her talents and her compassionate nature.

"I'm really here for the residents. I had no experience working with people who have mental illness, but I try to put myself in their place and find ways to connect. What are they going through? Sometimes all they need is someone to listen, someone to encourage them, walk with them and talk," Celeste reflected. "Some residents need help with life skills and they start with keeping up their rooms. Others need encouragement to participate in daily activities."

Celeste created a weekly book group several years ago and it became a big hit. "Residents suggest books and decide together what to read – anything from science fiction, novels, memoirs, even graphic novels. If the book has a movie, we watch it together." Besides exploring different types of literature, the book group allows residents to work on social skills such as paying attention to conversation.

"I have learned a lot from our residents – it's a give and take," Celeste remarked. "You have to be an open-minded, patient, compassionate person to work here and it has helped me be more so. I laugh a lot, too, with the residents. I laugh loud all day."

At home, it's no surprise that Celeste enjoys gardening. "Working in the garden is something you can smell, see, and feel: taking care of the flowers, encouraging growth, keeping plants fed and watered. Besides, weeding is like cleaning the garden – it's therapeutic!" She also loves to spend time with her grandchildren and take family trips to the beach.

Describing a "best day" at Hopewell, Celeste said, "It's so satisfying when someone comes in struggling and they leave doing well. We can say goodbye and we have done our job."

HONORARY AND MEMORIAL GIFTS

NOVEMBER 4, 2021 – FEBRUARY 11, 2022

IN HONOR OF

Family members at Christmas time

Steve and Lea Osgood

Michael Grima

Mr. and Mrs. Brock Emerson

Hopewell Staff

Mr. Andrew Fogel and
Ms. Patricia Abts

Daniel Horne and Laura Scarnecchia

Mr. and Mrs. Michael B. Heisler, Sr.

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In honor of Clara T. Rankin and grateful for Hopewell

Mary Lane and John K. Sullivan

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IN MEMORY OF

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Joela Jones and Richard Weiss

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RECENT FOUNDATION GRANTS

NOVEMBER 4, 2021 – FEBRUARY 11, 2022

The Denver Foundation

Eaton Charitable Fund

The Sam J. Frankino Foundation

George M. and Pamela S. Humphrey Fund

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The Shelter Hill Foundation

The Allayne and Douglas Wick Foundation

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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>
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Summer Solstice Sponsors as of 2/21/22

PRESENTING SPONSOR



*We thank the generous
individuals and companies
who committed to
sponsoring Hopewell's
Summer Solstice Event!*

See page 3 for additional information.

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