

HOPEWELL COMPASS POINTS

WINTER 2020 NEWS FOR FAMILY & FRIENDS

Hopewell Changed My Life

by Joe S.

Over five years ago, I began my stay at Hopewell. Looking back, I realize my life would not be where it is now if not for Hopewell. Every day is truly a gift and it is all because of my time there.

I grew up in Mentor, Ohio. After high school, I was in and out of hospitals, diagnosed with bipolar disorder (which I later learned was not the correct diagnosis). There came a time when the hospitals wouldn't take me anymore because of insurance reasons. A hospital social worker recommended Hopewell, where I lived from October 2014 to February 2015.

Prior to Hopewell, I had no sense of direction, no goals, a low opinion of myself and was surrounded by negative people.



At one point, I remember thinking that my life wasn't going anywhere. That changed when I arrived at Hopewell. The environment was positive, everyone was friendly and supportive. I never felt like a psychiatric patient but as a part of a welcoming family.

Hopewell's structure was what I needed and allowed me to look forward to every single day. I had so much fun working in the art room and with the work crews. I saw that people with mental illness are immensely talented. During Writing Group, I met many gifted writers and the experience gave me a deep understanding of people and what others may be going through.

The big change for me has been my education. In 2017, I earned my IT specialist certification. I wanted to work with computers; however, after giving it some thought, I decided to pursue a degree

in nursing. There is a need for kind people in healthcare and I think I can make a difference. I completed most of the basic courses for the University of Akron's Bachelor of Science in Nursing Partnership Program offered at Lakeland Community College and will begin my clinicals in the fall of 2020. In two years, I will have my BSN and plan on pursuing a master's degree.

In my spare time, I work over 30 hours a week at Dunkin' Donuts. I absolutely love my job and feel truly blessed that I can start every day knowing that I have something meaningful to accomplish.

All these changes would never have occurred if not for Hopewell. Everyone there gave me a positive outlook on life, empathy and understanding for others, and acceptance. Every goal I accomplish, every victory I reach, I think of Hopewell and feel grateful.

I wish everyone dealing with a mental health issue could experience what I felt at Hopewell. — Joe S.



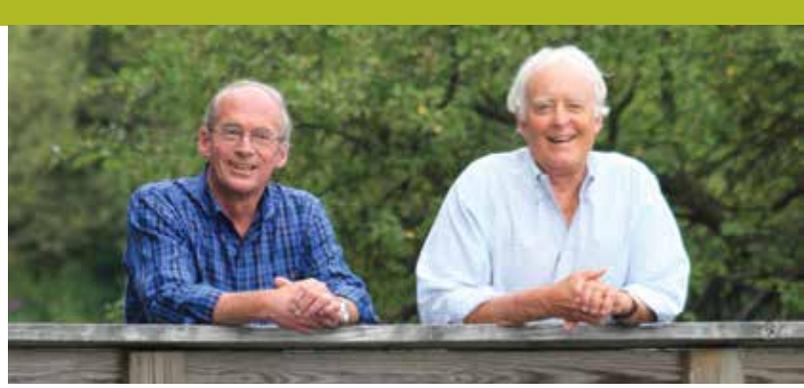
Recovery and Personal Growth

One of five Strategic Priorities in Hopewell's 2019-2023 Plan approved by the Board of Directors in late 2018 is to **"continue to improve key elements of the Therapeutic Program through ongoing self-examination and periodic outside consultation."** In 2019, we completed 13 individual projects and engaged three nationally recognized experts to assess our programs and practices.

As a new year begins, we are committed to continuous improvement of our therapeutic program and Healing Model to ensure that they all contribute to our residents' recovery and personal growth. **Outsiders tell us that Hopewell's Healing Model is among the most comprehensive in the United States as it integrates work groups, health, wellness, and spirituality practices together with medication management under our therapeutic community umbrella.**

One of the primary elements of our program, Hopewell as a working farm is complete with livestock, gardens, sugaring and more. Participation in work groups – animal care, farm, garden, wood shop, kitchen, maintenance, maple sugaring and others – is a key source of our residents' success. Through meaningful work, our residents learn personal responsibility, establish a routine to encourage structuring of their time, learn to stop focusing on symptoms, and make important contributions to community life.

Work crews take place in the morning while the afternoons are centered on activities that encourage residents to focus on themselves. Evidence based therapies incorporating mindfulness include qigong, yoga and fitness groups, which unite the body and mind together.



Dave Shute and Jim Bennett

The addition of the Swadey Community Center has given the residents a beautiful place to expand their exercise practices.

Art therapy, weaving, pottery, music group and woodshop utilize the creative process to help residents explore self-expression, find new ways to gain personal insight and develop new coping skills. Open art studio time allows residents to explore their creative sides whenever they are inspired to do so.

Work groups and other programs help our residents to become re-engaged active participants in their own lives, to discover strengths they did not know they had, and to build their capability and self-esteem. **We on the staff are privileged to be a part of Hopewell, empowering individuals to function at their highest level of effectiveness, leading to a more satisfying, self-reliant, and independent life, both during and after their stay.**



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COMPASS POINTS
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FRIENDS AND DONORS OF HOPEWELL.

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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."



**DO YOU KNOW A
FAMILY THAT MAY
NEED HELP?**

*Ask them to call Hopewell's
Admissions Team at
440.426.2009.*

Eaton Provides Landmark \$300,000 Grant

In January, officials from the **Eaton Corporation** announced that Hopewell would be the recipient of a **\$300,000** grant to provide financial assistance to residents in need and their families. This grant from the **Eaton Charitable Foundation** represents the single largest charitable contribution in Hopewell's more than twenty years of operation.

Provided over a four-year period, Eaton's landmark contribution will seed a dedicated restricted fund within the Hopewell endowment specifically for fee assistance, increasing access to Hopewell's unique healing model to a wider population of people with serious mental illness.

"Our charitable fund supports causes all over the United States, so being able to support Hopewell at this level is really a vote of confidence in your mission and your leadership on behalf of people with mental illness," said **Terry Szmagala, Senior Vice President for Public and Community Affairs at Eaton.**

The Eaton Corporation has been included on *Corporate Responsibility Magazine's* "100 Best Corporate Citizens" list for twelve consecutive years. According to its website, the company provided \$12 million in charitable support to organizations around the world in 2018, 60% of which supported health and human service programs.

Chloe Rankin Seelbach, Chair of Hopewell's Board of Directors said, "We are delighted and grateful that Eaton has chosen to support Hopewell's mission and vision for the future. Eaton's leadership support will help us build a fund that will continue to grow to help our residents and their families."



Mike Foster, President of the Bloomfield-Mespo Local School District Board of Education, and Lynn Childers

HOPEWELL RESIDENTS SUPPORT THE COMMUNITY

Lynn Childers, Director of Finance and Administration, represented Hopewell's residents at the November 21 meeting of the Bloomfield-Mespo Local School District, where she presented a check for \$3,200 to support the "Mespo Meals" program.

Mespo Meals sends elementary and middle school students home with a bag of non-perishable food to help keep them from going hungry on the weekend, when parents are working, absent, or simply can't afford groceries. The program bridges the gap between school meals for approximately 70 children each week.

"The Mesopotamia community has always supported Hopewell," said **Executive Director Jim Bennett**. "Since we are the township's largest employer, we feel it's important to reciprocate and help the community in this small but impactful way."

Hopewell's contribution will help to feed as many as 25 children for an entire year. Residents further participated by helping to pack bags of food.



20th Annual Summer Solstice

Please join us on June 19th for Hopewell's **20th annual Summer Solstice** benefit under the stars on a lovely Hunting Valley estate. We are excited to announce that **Zack Bruell Events** will cater a three-course seated dinner under an elegant tent. The evening includes cocktails, an extensive upscale silent auction, an exciting live auction, Fund-a-Need, and more. Proceeds from the event provide fee assistance for families of Hopewell residents. **It will be one of the best parties of 2020, so please mark it on your calendars!**

Thank you to Hawthorn, PNC Family Wealth® for being our Presenting Sponsor for the 20th consecutive year!

The 2020 Steering Committee is hard at work searching for unique silent and live auction items including antiques, artwork and exclusive experiences locally and nationally. **Please keep Hopewell in mind if you have any items you would like to donate.**

To make auction donations, become a sponsor, buy tickets or to learn more about our event, visit www.hopewellcommunity.org/events/summer-solstice-2020 or call Ann Thompson at 440-247-0912, ext. 201.



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

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.

OTHER WISHES

- Pony cart for miniature horse (\$995 - contact Chris Goodall, cgoodall@hopewell.cc)
- 2 Electric Food Dehydrators (\$109 each - contact Cindy Wagner, cwagner@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)

THANK YOU

The Warren Public Library
for donating books to our library.

Richard and Colleen Welder
for Matador wood bongos.

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.



Dear Friends of Hopewell,

On behalf of Hopewell's Board of Directors and staff, and especially on behalf of our residents and their families, thank you for your extraordinary support to this year's Hopewell Annual Fund. Under the strong and capable leadership of campaign chairman and Hopewell Board member Joe Mahovlic, **the 2019 Annual Fund Campaign raised \$341,878 – another record-breaking result representing a nearly 30% increase over last year!**

Special thanks to those who responded to the late-breaking offer of a matching gift from an anonymous donor, who matched all new and increased gifts to this year's Fall Appeal. Nearly ten percent of the dollars raised represented increased support through this effort.

We wish to thank the individual donors, foundations, businesses – and our own Hopewell Board of Directors, Council of Advisors and staff – for supporting Hopewell this past year. Your generosity to the Hopewell Annual Fund helps us provide fee assistance to families in need, making it possible for more people to access Hopewell's special healing model of care.

Warmly,

Chloe Rankin Seelbach
President, Board of Directors

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OCTOBER 31, 2019 – FEBRUARY 4, 2020

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Ohio Farm Bureau Foundation

The Page Foundation

Robert H. Reakirt Foundation

The Shelter Hill Foundation

Michael Talty and Helen Talty Trust

The Veale Foundation

The Allayne and Douglas Wick Foundation

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.

Equine Facilitated Programs



Chris Goodall, LISW-S, led the residents in an **Equine Facilitated Learning Program**, allowing them to partner with horses to build healthy relationships, learn about effective communication, and practice mindfulness. **Equine Facilitated Psychotherapy** is another program that encourages residents to learn about healthy attachment, process complex emotions, and identify effective coping skills through an experiential process with the horses. Both sessions allow residents to explore topics such as safety, connection, trust, power, and control. Residents often gain increased emotion regulation, ability to be present in the moment, and a sense of hope.



POTTERY WORKSHOP



Mary Cassidy, LPCC, ATR, Art Therapist and Clinician, is leading a six-week pottery wheel throwing class. The residents experiment with clay and find different techniques on the wheels. The pottery experience is meditative and invites a deep sense of relaxation and well-being.

Pottery items, along with candles, sugar scrubs and herbs, are sold at SHED in Chagrin Falls, End of the Commons General Store in Mesopotamia, and Threefold in Lakewood. Hopewell residents and staff also participate in craft fairs and community events throughout the year.

PLEASE JOIN US!

Advance Recovery Systems Continuing Education Event

Friday, March 27 • 10:00 am – 1:00 pm

Brio Tuscan Grille

24325 Cedar Road • Lyndhurst, Ohio 44124



Equine Facilitated Psychotherapy:
Harnessing Therapy of Horses to Evoke Change

Chris Goodall, LISW-S
Director of Outreach, Hopewell

Complimentary lunch and 2 Continuing Education Credit Hours will be awarded as accredited by National Board of Certified Counselors.

RSVP TO clevelandcontinuingeducation.eventbrite.com

VISITING ARTIST OPPORTUNITY

Hopewell is currently seeking applicants for our **2020 Visiting Artist Program**, which is designed to foster an alliance between the creative arts and wellness. We are seeking artists who value the connection between mental health and artistic expression, and who are interested in exploring this intersection through instruction, collaboration, and community engagement. **Through this program, it is our vision to connect individuals experiencing mental illness with creative and innovative approaches to healing and recovery.**

Please visit www.hopewellcommunity.org/news for more information or contact **Mary Cassidy** at mccassidy@hopewell.cc.

Our Team, Our Passions

Meet **Paul Johnson**, long-time Hopewell volunteer and now program facilitator in the woodshop, whose passion for people is evident in his warm and friendly manner.



Paul retired six years ago from a career in industrial sales, where he found working with customers the most enjoyable part of the job. He began to volunteer at Hopewell at the suggestion of **Colleen Welder, Director of Program and Operations**. Paul is an experienced carpenter and they thought that the woodshop would be a good fit.

“I really love working with residents in the shop. They are fantastic and I just feel comfortable,” Paul said. As part of the farm community, he was “volunteered” to assist the farm manager with other duties as assigned. “There were some long days taking chickens and hogs to be processed, picking up a bull every spring, tapping 2,000 trees to make maple syrup, and working in the sugar house. At times it was tiring, but being with the staff and residents made it enjoyable.”

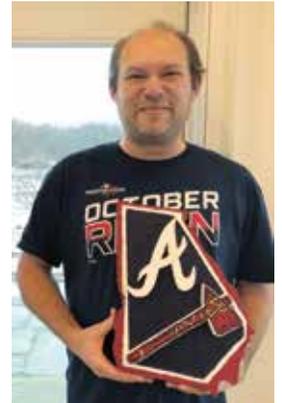
Paul recently transitioned to a paid position as the woodshop program facilitator (see sidebar). Every Wednesday, he holds a morning work crew and open studio in the afternoon. “It’s a great day when both sessions are full and I can help residents work on their projects. It’s a two-way street and I learn from the residents as well.”

Together with Debbie, his wife of 36 years, Paul’s blended family consists of four adult children and three grandchildren. He’s a hands-on grandpa and his grandkids’ biggest fan. “Debbie and I attend the kids’ lacrosse and hockey games, swim meets, plays, and lots of other activities. We also travel to Florida and around Ohio.” He has played golf weekly with the same group for 22 years. “We don’t just love to golf and it’s not about competition – we enjoy getting together.”

Relationships clearly bring joy and meaning to Paul’s life. Whether customers, residents, colleagues, teammates or staff, no one stays a stranger for long.

HOPEWELL’S WOODWORKING PROGRAM

In 2019, Hopewell’s woodworking program and craft market were reorganized and are now under the direction of **Mary Cassidy**. Paul Johnson facilitates the program. “For most residents, woodworking is a brand-new experience,” Mary said. “The program provides technical training skills and supports consistency (completing a project from start-to-finish), confidence building, mindfulness, creativity, and engaging in supportive community.”



Charles shows off the state of Georgia plaque he made in woodworking

The Wednesday work crew provides an opportunity for residents to craft wares for sale, such as cutting boards, bird houses and feeders, and other items. They learn to utilize basic woodworking machines and equipment, including cutting the wood from raw slabs, measuring, finishing edges, and polishing or staining the pieces.

“Residents have many positive and surprising things to say about the wood shop,” Mary said. “They are enjoying how much less intimidating the process is once they’ve tried it, having a tangible finished project to be proud of, and they appreciate Paul’s laid-back style and supportive attitude as a facilitator.”

Resident in woodshop



HOPEWELL COMPASSPOINTS

Hopewell
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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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Instagram: @hopewellfarm
Blog: www.hopewellcommunity.org/blog

Please join us Friday, June 19th, for Hopewell's 20th Annual Summer Solstice

*Thank You to our
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(as of February 24, 2020)

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