

HOPWELL COMPASS POINTS

SPRING 2023 NEWS FOR FAMILY & FRIENDS

Moving Forward

Drew became a Hopewell resident in October 2020. Prior to arriving, he was living in a very dark place, experiencing intrusive thoughts, depression, and anxiety. After arriving here, he was diagnosed with schizoaffective disorder.

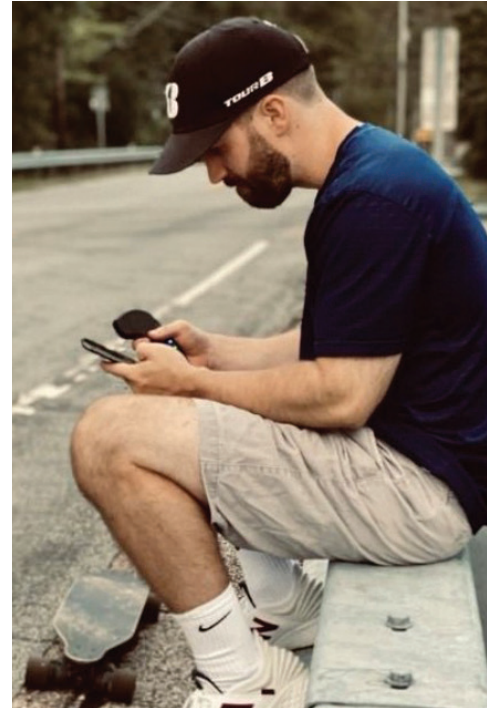
Drew said, “I was so happy to be at Hopewell. It was a place where I could deal with stress, relax, and take a deep breath. The incredible staff was open to letting me rest and take time for myself. I participated in nature walks and made friends.”

In October 2021, Drew left the Hopewell farm and moved to our Transition Services Program in University Circle. He worked as a part-time physical therapy assistant (PTA) and enjoyed being back in the city. When he was ready to leave the program,

he stayed in University Circle and worked as a PTA in a skilled nursing facility.

In June 2022, Drew moved to Cleveland's west side and continues to work as a PTA. He enjoys basketball, trips to the gym, reading, and continuing education classes.

Looking back at his Hopewell experience, Drew said, **“One of the most rewarding aspects of my Hopewell months was the people I met there. To have strong social connections was the most helpful thing for me. I explored fitness and conversations, and a huge boost for me was to work out with my friends, and play soccer and basketball in the Swadey Community Center gym. Optimism came back and I was able to move forward in my life in a positive way.”**



“I was so happy to be at Hopewell. It was a place where I could deal with stress, relax, and take a deep breath.”



The Power of Community



Dave Shute

Hopewell is a haven where people can find solace, stability, and support. After spending four months or more at Hopewell, many residents find themselves better prepared for independent living than ever before. However, it's common for some individuals to return to Hopewell for additional stays.

One reason why former residents might return to Hopewell is due to temporary gaps in their support network. When individuals are discharged from Hopewell, they often move into supportive environments with family or friends. However, sometimes their support network might be temporarily unavailable, such as when family or friends need to travel. In these situations, Hopewell offers a "Respite" program that allows former residents to return to the farm for weeks or months until their support network is back in place.

Another reason why some people might return to Hopewell is that they initially left too early. A program like Hopewell's requires a high level of commitment, and some residents may realize within the first month or even the first week that they are not yet ready to fully engage with the program. They may choose to return to Hopewell, at a later date, to give the program another try. In these cases, returning to Hopewell signifies growth and renewed determination to work towards mental health and wellness.

Lastly, some residents might experience a recurrence of challenging symptoms after a successful multi-month stay at Hopewell. In these situations, a return to Hopewell can be incredibly beneficial for residents experiencing a setback. Hopewell's nurturing environment and expert staff can help residents regain stability and resume their journey towards mental health and independence.

Returning to Hopewell can be a positive and empowering decision for individuals with serious mental illnesses. Whether they need temporary support, have discovered a newfound commitment to their mental health journey, or are experiencing a recurrence of challenging symptoms, Hopewell is there to provide the care and community they need. After all, the road to wellness is not a straight path, and sometimes, returning to a familiar and supportive place like Hopewell can make all the difference.

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Executive Director

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COMPASS POINTS

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

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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 23, 2023, 6:00 pm

The Orchid House Winery, 155 Treat Road, Aurora, Ohio



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6 PM Cocktails and Hors d'oeuvres
7 PM Call to Dinner

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Tickets are \$250 (\$100 tax deductible)

RSVP by Friday, June 2

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

Join us under the tent at The Orchid House Winery.

To learn more about the event and to purchase tickets, visit www.hopewellcommunity.org/events/summer-solstice-2023 or click the QR code with a smart device.



Our Team, Our Passions: Kelly Flynn



“I am lucky that I have found a job that encompasses my passions!” Meet **Kelly Flynn, Master Gardener and Landscape Manager** at Hopewell since November 2021.

Kelly grows vegetables and crops for the kitchen, leads a daily garden work crew with residents, and maintains landscaping. In the fall and winter, Kelly grows plants and starts seeds in the greenhouses and plans for the coming year. She renovated the hoop house with new raised beds and irrigation to grow during the winter.

Kelly’s career path meandered in some interesting directions on her way to Hopewell. She grew up in Northeast Ohio and earned a Bachelor of Arts in Art Therapy and Studio Arts from Ursuline College. After some soul searching about the next steps in her career, Kelly realized that she could combine a lifelong enthusiasm for gardening with a desire to work in a therapeutic setting.

“To move forward in that direction, I had to build up my experience,” she said. “Between internships, volunteering, and paid positions, I worked in Vermont, the Cheyenne River Reservation in South Dakota, Texas, a community garden in New Orleans, an organic farm in Florida, and a few other stops in between,” Kelly recalled.

“Throughout all the places my work and volunteering took me, my main goal was to help others in an accessible and substantial way. That has been consistent throughout,” she continued.

Eventually she returned to Northeast Ohio and pursued a Master of Science in Agricultural Education. She also became certified as a Master Gardener through The Ohio State University’s Extension program. When the position opened at Hopewell, she knew she had found a home.

Kelly finds working at Hopewell to be extremely rewarding. “I have deep empathy for those working through their mental illnesses,” she stated. “I love seeing the joy on people’s faces when they realize that all the hard work they did amounts to so much. Planting a seed and watching it grow. Growing a plant and producing food that goes to our kitchen to feed our community.” She continued, “Towards the end of the season, a resident looked over our garden and said, ‘Wow, we grew all of this!’ That realization is what I strive for.”

TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW. ~ AUDREY HEPBURN

On a hot and sunny mid-April day, Kelly Flynn held a weeding party in the Hopewell garden. Two shifts of residents and staff pulled weeds and raked garden beds to prepare for this year’s crops. The farm supplied water, sunscreen, donuts, garden tools, and huge tubs. Before long, a huge mound of weeds was growing, faces were pink, and muscles were aching.

But it’s not all about the weeds. Gardening contributes to the Hopewell community, whether growing vegetables to feed the farm, beautifying the grounds, or working together towards a common goal. Who knew that playing in the dirt could be so rewarding?



A SWEET PROCESS

In late February, residents and staff bundled up and traveled through the woods to start Hopewell's annual syrup adventure. It begins with sugaring, which is the process of harvesting sap from maple trees and boiling it down to make maple syrup. The process typically takes place when the trees are starting to come out of their winter dormancy and the sap is flowing.

The sap is collected by tapping holes in the trees and collecting the dripping sap in buckets. Once the sap is collected, it is taken to the sugar house where it is then boiled down in large evaporator pans to concentrate the sugars and remove excess water.

Making maple syrup is a time-honored tradition in many parts of North America, particularly in areas with abundant maple trees. It is a labor-intensive process that requires patience and skill, but the end result is well worth the effort. Sugaring is a unique and valuable tradition that has been going on every winter at Hopewell and continues to be an important part of our community today.



Not A Shame

by A Hopewell Resident

*I'm going up
I've chosen to move up
the cloud I'll live on
this is now home*

*I have died
I have lived
I am alone again
I want a new start
I have died*

*My ghosts,
they're more than shadows
they're more than creatures
they're companions
...sometimes..*

*my storm story
the sky, it's light blue
the sky, it's cloudy
this is my storm story.*

OUR WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact **Audrey Katzman** (akatzman@hopewell.cc) or 440-247-0912 for more information. Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records.



Visit our website at www.hopewellcommunity.org/support-us/wishing-well or click on this QR code with a smart device to see items on the Amazon.com Hopewell Wishing Well list. Purchases will be shipped directly to the farm.

Thank you to Clara T. Rankin for a large artist's floor easel.

HONORARY AND MEMORIAL GIFTS

MARCH 1 – APRIL 30, 2023

IN HONOR OF

Jackson Barber
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Mike Grima
Maureen Jackson

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Celeste Hein's birthday
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Frances Buccilli
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RECENT FOUNDATION GRANTS

Thomas and Beatrice
Taplin Fund at The
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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.

YOUR GIFTS MAKE THE DIFFERENCE!

Every spring and summer, the Annual Campaign is in a "quiet phase" without direct solicitations. But the need for support is year-round. Donations to the Annual Campaign provide fee assistance to 90% of families who otherwise could not afford our life-changing treatment.

Have you considered these options?

- Make a gift of **appreciated securities**.
- Give through your **Donor-Advised Fund**.
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- Make a qualified charitable distribution from your **IRA**.
- **Give in honor or in memory** of a loved one.
- Donate online www.hopewellcommunity.org/support-us/donate or scan this QR code with your smart device.

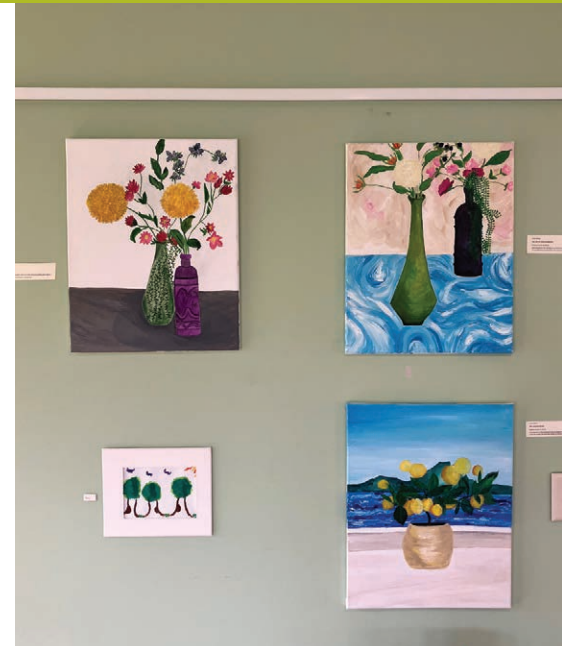
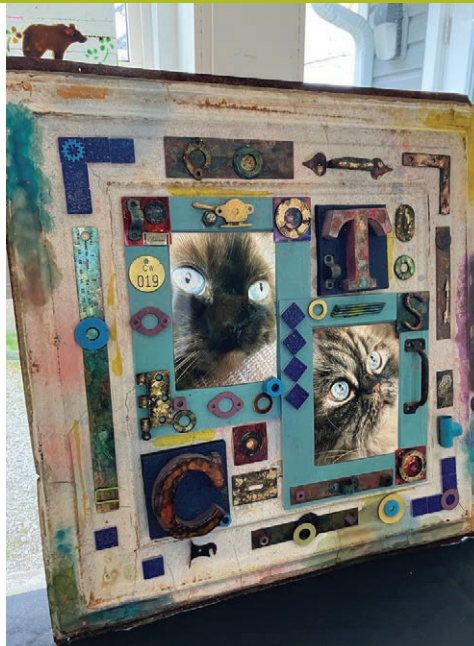


For more information contact the Development Office at 440-247-0912. Donations are tax-deductible to the extent allowed by law. Please consult a tax professional about your gift's impact on your taxes.





An art enthusiast wanders the art show.



Cindy Wagner, Program Facilitator, designed the charcuterie table.

Hopewell's Creativity Shines

In April, the Hopewell community held an eclectic art show, including works from residents and staff. The Community and Art Group worked together to set everything up for the show.

This included setting up the dining hall with all the works, making artist biography tags, deciding what music to play, and baking cookies for opening night. A delicious and beautiful charcuterie table was also submitted as an edible art form by a staff member. The artwork will be displayed until the end of May.

This past winter, **Connor Costanzo, LPC, ATR-P, Clinician and Art Therapist**, started the Community and Art Group. She said, "I encourage residents in the group to brainstorm ideas for ways to enhance our community. Group members experience time together and explore their creative channels while enhancing feelings of connection and belonging while decreasing feelings of loneliness."

Community-based arts can be transformative. The Hopewell Art Show brought people together, empowered the artists, and allowed everyone to celebrate their strengths and accomplishments.



Maya Eisenberg, art intern, stands next to her works.

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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

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