

# HOPEWELL COMPASS POINTS

WINTER 2024 NEWS for FAMILY and FRIENDS

## SOPHIE'S *story*

Sophie was born in Providence, Rhode Island and moved to Michigan at a young age. As an only child, she spent her childhood playing with neighborhood friends and enjoying her younger years.

After starting college, Sophie noticed a change in her mental health, experiencing anxiety attacks and psychosomatic symptoms. As she juggled many challenges, she found that inpatient hospital treatment did not have what she needed. Sophie found Hopewell in September 2020 and fell in love with the community, nature, staff, and overall environment.

She said, "There were so many things for me to do at Hopewell. Being surrounded by nature was so peaceful and calm. One of my favorite activities was the music program where I could play the piano and sing. I also liked to walk with new friends and be part of the community."

Sophie left Hopewell in November 2022 and moved back to Michigan. She currently works at a local café and is searching for future options. She is considering going to Western Michigan University where she can pursue a music therapy degree. Sophie said, "I would like to work or volunteer at a community music school for the physically and mentally disabled."



“

Looking back to her time at Hopewell, Sophie said, "I realized how fortunate I was to have been at Hopewell. I had a mental storm brewing inside and Hopewell really restored me. It gave me friends, a community, and a place to heal."



A THERAPEUTIC FARM COMMUNITY

# THANK you!



Dave Shute

*You made a difference to our residents this year. We surpassed our 2023 Annual Fund goal, and we could not have done it without you!*

Once again, hundreds of donors, corporate supporters, friends of Hopewell, and our very generous Board of Directors and Advisors brought us over the top and we couldn't be more grateful.

Why is the Annual Fund so important? For many people with serious mental illness, long-term residential treatment offers the best chance to manage their illness and progress toward a healthier, more independent life.

Many of our residents live at Hopewell for 6-7 months or more. Unfortunately, residential treatment is rarely covered by health insurance and can be burdensome for families. We don't want to

turn anyone away due to financial constraints and we have therefore budgeted over \$2 million annually for fee assistance.

Think about that for a moment. Someday your child, colleague, friend, or family member may experience debilitating depression, symptoms of schizophrenia, bipolar disorder, or another form of mental illness. The best option may be Hopewell – world class residential mental health treatment right in your back yard.

Our exceptionally generous donors have invested in Hopewell's future so that Northeast Ohio can provide a nationally known resource for those in need. Your support means so much to our residents, their families and to our entire community. *Thank you.*

David H. Shute  
Executive Director

#### BOARD OF DIRECTORS

Clara T. Rankin  
*Life Trustee*

David A. Vincent, DC  
*Chair*

Peter Anagnostos  
*Vice Chair*

William A. Wortzman  
*Treasurer*

Joseph F. Verciglio  
*Secretary*

Nathan A. Berger, MD

William M. Braun  
Christopher Brookes  
Robert T. Gale  
Geofrey J. Greenleaf  
Jennifer Hartford

Robert L. Hartford, III  
Susan S. Locke, MD

Thomas Morley  
Roger F. Rankin  
Chloe Rankin Seelbach  
Max Schubert  
Suzanne Taigen  
Todd Welki  
Suzanne Grima Westlake

#### HONORARY DIRECTORS

Herbert Y. Meltzer, MD  
Suzanne Morgan  
Donna S. Reid

#### COUNCIL OF ADVISORS

Joseph J. Mahovlic  
*Chair*

Sally Henkel  
Edith F. Hirsch  
Michael J. Horvitz  
Susan D. LaPine  
Deborah Read  
Gretchen Smith  
Mark J. Warren, MD, MPH  
Philip Wasserstrom  
Margaret S. Wheeler

#### EXECUTIVE DIRECTOR

David H. Shute  
9637 State Route 534  
Middlefield, OH 44062  
440-426-2000

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

Ann Thompson,  
*Editor/Writer*

Audrey Katzman, *Writer*

**Development Office**  
147 Bell Street, #303  
Chagrin Falls, OH 44022  
440-247-0912

[hopewellcommunity.org](http://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 21, 2024 at 6 pm

THE ORCHID HOUSE WINERY | 155 TREAT ROAD | AURORA, OHIO

PRESENTING  
SPONSOR



To purchase tickets (\$250) and for details about the event, please visit [hopewellcommunity.org/events/summer-solstice-2024](https://hopewellcommunity.org/events/summer-solstice-2024) or click the QR code with your smart device.

*Join us!*

For more than twenty years, Summer Solstice has been Hopewell's signature fundraising event. Please join us on Friday, June 21, to support Hopewell and raise funds to provide mental health services to adults in need of residential care.

Experience the harmonious blend of nature's beauty and modern-rustic architecture at The Orchid House Winery where warmth and comfort await you. Indulge your senses with exquisite wines, delicious cuisine, and stunning surroundings as you give a festive welcome to summer 2024!



## become a SPONSOR

Entertain your customers, colleagues, and friends at one of Northeast Ohio's premiere events. Sponsorship packages are \$10,000 (Gold), \$6,000 (Silver), \$3,000 (Bronze) and \$1,000 (Copper).

## 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 auction items to raise funds for Hopewell.*



# A SWEET TIME *Together*

In late February, Hopewell's sugaring adventure begins. This is the process of harvesting sap from maple trees and boiling it down to make maple syrup. Sap is found by tapping holes in the trees and collecting dripping sap in buckets. Once the sap is collected, it is taken to our on-site sugar house where it is then boiled down in large evaporator pans to concentrate the sugars and remove excess water.

According to **Jennifer Miller, Food Service Manager and Wellness Educator**, "One of the many things the residents and staff love about the sugaring is when we are bottling the maple syrup, I bring vanilla ice cream down to the sugar house and we pour the hot fresh maple syrup over it. It is so good!"

Below is a recipe Jennifer makes with the residents. Try it at home and add yogurt, milk, or just eat it plain.



## *Hopewell Granola Recipe*

8 cups rolled oats  
1 cup maple syrup  
1 cup vegetable oil  
1 cup slivered almonds  
1 cup chopped dried fruit

Mix the syrup and oil together and pour over the oats and almonds, mixing well. Spread the oat and nut mixture evenly on a prepared baking sheet. Bake at 350 degrees for 15 minutes. Stir the oats again and spread out on baking sheet, continue baking for 15-20 minutes until golden brown. Sprinkle the dried fruit over the hot granola and let cool on the pan completely. Store in an airtight container.



## ECOTHERAPY *in Clinical Practice*

Embark on an exciting journey with our free, virtual four-part continuing education credit series on Ecotherapy. Discover the profound connection between nature and mental well-being as we delve into unique nature-based approaches to therapeutic interventions. In this series, participants will explore the therapeutic benefits of ecotherapy, gaining insights into nature-based practices that foster emotional resilience and healing. **The sessions will cover topics such as nature mindfulness, ecopsychology, and the integration of outdoor activities into therapeutic practice.**

Presenters: Hopewell Clinicians  
Series to start in mid-March.

Please scan QR code or email  
Tim Bitting at [tbitting@hopewell.cc](mailto:tbitting@hopewell.cc)  
for more information.





*“Winter is a season of recovery and preparation.”*

PAUL THEROUX



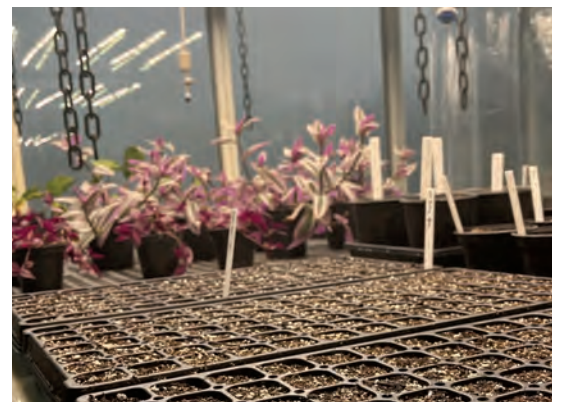
As the winter season brings snow and freezing temperatures, trees and plants take a rest, and many animals hibernate. At Hopewell, we take advantage of using this time to strengthen our community.



Farm animals need daily care, especially in cold weather. Our farm crew ensures the animals are fed, their drinking water is not frozen, and they are comfortable during the long winter nights.



Outdoor activities include taking group walks through our miles of trails. If the weather is too cold, our indoor weightlifting room and basketball court provide ample space for residents and staff to stay physically active.



In winter, staff and residents find time to garden. Hopewell has two year-round greenhouses in which **Kelly Flynn, our Garden and Landscape Manager**, continues the growing season with the beginning of spring seeds.

# from the WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs.



## Our Talkers Need Rockers!

The huge porch on the Richard J. Swadey Community Center building is a great place for residents and staff to get together for a morning coffee, evening hot chocolate, or a group chat. Help

us furnish this outdoor living space with outdoor rockers (\$350) and side tables (\$125). Please contact Audrey Katzman at akatzman@hopewell.cc to make a donation to purchase items. Our rockers and talkers will thank you!

## University Circle Transition Program Furnishings Needed

The UCT Program allows residents who have been discharged from the farm to live in University Circle apartments and transition to more independent living while receiving Hopewell support. We're growing and we need additional furnishings for our office and one of the apartments: a 4-piece dinette set, at least two matching upholstered chairs, matching folding chairs with cushions for group work, a tall bookshelf, a desk, and a 4-drawer locking file cabinet. These items are available on our Amazon.com wish list.

## Amazon Wish List



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

## Thank you for Recent Gifts:

**Anonymous** —

equipment and supplies for the garden program

**William M. Braun, LLC** —

professional services – census development

**Brookes & Henderson Building Co.** —

professional services

**Emma Eder** —

large artist's floor easel

**Hudson Chamber of Commerce** —

furniture for University Circle Transition Program

**William A. Wortzman** —

accounting services

# HONORARY & MEMORIAL GIFTS

NOVEMBER 11, 2023 – FEBRUARY 26, 2024

## IN HONOR OF

**Peter Anagnostos**

Deborah Glosserman

**Helen and John Grima**

John and Sunee Grima

**Michael Grima**

Carrie and Damon Cronkey

Mr. and Mrs. Brock Emerson

Emily Westlake and

Robin Gilliland

**Dedicated Hopewell staff**

**for their compassion and**

**expertise they give to the**

**residents every day**

Mr. and Mrs. Paul E. Westlake, Jr.

**Daniel Horne**

Lori Friedman

Michael and Betty Heisler

**Drs. Todd and Susan Locke**

Riita and Dennis Yurkovich

**Dr. Mark and Carole Obernesser**

Dr. Phillip and Abby Lewandowski

**Bruce Rankin**

Mr. and Mrs. Scott W. Seelbach

**Clara T. Rankin**

J.C. and Helen Rankin Butler

Frances and Peter Bутtenheim

Hiroyuki and Mikiko Fujita

Stephen and Lisa Geber

Marge and Dan Moore

Carole and Mark Obernesser

Eric Pelander and Evalyn Gates

Mr. and Mrs. Claiborne R. Rankin

Tom and Corbin Rankin

Mr. and Mrs. Richard Schulz

Mr. and Mrs. Scott W. Seelbach

Astri Seidenfeld

Mary Lane Sullivan

**Clara T. Rankin and**

**Hopewell staff**

Patricia Abts and Andrew Fogel

**Max Schubert and in**

**appreciation of Hopewell**

Mr. and Mrs. David Schubert

**Chloe Seelbach's work on behalf**

**of Hopewell**

Bill and Nancy Seelbach

**Sycamore Farm**

Brent Luce

**Ann Thompson**

Jeffrey Grover

**Nate Woodring**

Virginia Gianvecchio-Reardon

**William A. Wortzman**

Dr. and Mrs. Ronald L. Levine

Michael Walsh

Carol Wortzman

## IN MEMORY OF

**Jackson Barber**

Clay Barlow

Bridget Cresto

Martha and Douglas Huff

**David Cutler**

Lori Hertvik

Richard, Joela and Justin Weiss

**Natalie Fuller**

Doris Fuller

**John and Helen Grima**

Mr. and Mrs. Ian Mackenzie

**David Killgallon**

Mr. and Mrs. William C.

Killgallon

**Kathryn "Kitty" Makley**

Kathy Keare Leavenworth

**Fred and Lois Weisman**

Mark Weisman

**Nate Woodring**

Mr. and Mrs. Robert Woodring

## RECENT FOUNDATION GRANTS

The Sam J. Frankino Foundation

George M. and Pamela S.

Humphrey Fund

The Lozick Family Foundation

The Milton and Tamar Maltz

Family Foundation

Jerome T. Osborne & Georgeanne

S. Osborne Charitable Trust

The Elisabeth Severance Prentiss

Foundation

The Shelter Hill Foundation

Michael Talty and Helen Talty

Trust

The Allayne & Douglas Wick

Foundation

*Donations of gifts-in-kind are tax deductible to the extent allowed by law.*

*Donors will receive written acknowledgments for their records.*

*We apologize for any errors or omissions. Please contact the Development Office (akatzman@hopewell.cc or 440.247.0912) so that we may correct our records.*

# our team OUR PASSIONS

When you combine a passion with a career, you can find your life's work. Art therapist **Connor Constanzo, MA, LPC, ATR**, has done that at Hopewell, where she has been instrumental in developing the art program over the past two years.

The word “artsy” comes to mind when you meet Connor, but there's so much more. “I have always loved experimenting with new art techniques and learning how to use new materials. Currently painting, mixed media, collage, crochet, photography, and illustration are my interests. . . but this is always changing.”

Her deep empathy, care and concern for others inspired her to earn a master's degree in counseling and art therapy from Ursuline College in 2022, with a long-term goal of opening a healing program of her own.

While researching possible internships, Connor found Hopewell. She recalled, “I love that Hopewell offers so many holistic approaches to help residents on their healing journey – art therapy, music therapy, movement groups, on top of more traditional therapies and in a beautiful residential farm setting.” Two Hopewell internships led to a full-time position co-managing the art therapy department, providing individual counseling and group sessions. For Connor, this was the realization of a dream.

Through art therapy, Connor helps residents process their feelings as they learn to manage their illness. As they find new channels for self-expression, they experience more confidence, growth, and healing.

“At Hopewell, I am part of a community where I get to collaborate with other staff and residents to help provide the best support and facilitate growth,” Connor said. “It's so fulfilling to see progress and know that I am making a positive difference. I am inspired to be an advocate for the residents, remind them that they are more than their diagnosis, and teach them tools to cope with or work through their situations.”

As we went to press, we received word that Connor will be moving on to explore other career opportunities at the end of March. We wish her the best as she follows her dreams!



CONNOR CONSTANZO

“ FOR CONNOR, \_\_\_\_\_

*“A best day at Hopewell includes the whole community getting together and engaging in an art activity that helps lift each other up!*

*For example, a resident has been leading a Personal Identity workshop this winter with so many residents and staff attending. I love seeing everyone connecting with one another while creating and doing something that makes them light up.”*



## HOPEWELL WORKS with Local School

Hathaway Brown School's Mental Health Matters Club reached out to Hopewell, searching for ideas to use art therapy to help students work through mental health challenges. Rebecca Biggar, Hathaway Brown counselor, and Hopewell clinicians **Clare Conway, LPC, ATR-P**, and **Maya Eisenberg, LPC, ATR-P**, scheduled a workshop to explore the importance of mindfulness. Students and faculty created stickers with magazine photos, packing tape, and water. Everyone practiced intention, attention, and enjoyed being in the moment.

**Thank you, Hathaway Brown!**

# HOPEWELL COMPASS POINTS

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
CLEVELAND, OH  
PERMIT NO. 2280

HOPEWELL  
9637 State Route 534  
Middlefield, OH 44062  
hopewellcommunity.org

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: [facebook.com/Hopewelltc](https://facebook.com/Hopewelltc)  
LinkedIn: [linkedin.com/hopewell-therapeutic-farm-community](https://linkedin.com/hopewell-therapeutic-farm-community)  
Instagram: [@hopewellfarm](https://instagram.com/hopewellfarm)  
Blog: [hopewellcommunity.org/blog](https://hopewellcommunity.org/blog)

## SUMMER SOLSTICE *sponsors* as of 2/27/24

### PRESENTING *sponsor*



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

*See page 3 for additional information.*

### GOLD *Sponsors*



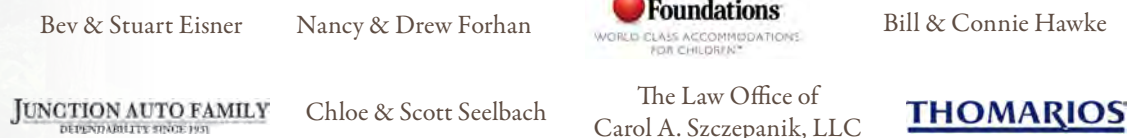
Joe & Cindy Scaminace      Suzanne & Paul Westlake

### SILVER *Sponsors*



Bennett Family & Friends      Bruce T. Rankin      Clara T. Rankin

### BRONZE *Sponsors*



Bev & Stuart Eisner      Nancy & Drew Forhan      Bill & Connie Hawke

The Law Office of  
Carol A. Szczepanik, LLC

JUNCTION AUTO FAMILY  
DEPENDABILITY SINCE 1931

Chloe & Scott Seelbach

**THOMARIOS**

Dr. David Vincent  
& Dr. Fran Bisselle



William H. Childs, Jr. & Associates, Inc.  
*Architects & Interior Designers*

### COPPER *Sponsors*



Jennifer &  
Robert Hartford

Kerry, Debe &  
Zoë Klotzmann



Emily Westlake  
& Robin Gilliland