

# HOPEWELL COMPASSPOINTS

WINTER 2010 • NEWS FOR FAMILY & FRIENDS

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## STARTING A NEW LIFE

### A CHANCE AT REDEMPTION



By MICHAEL S., *Hopewell resident*

Have you ever found yourself at the point of losing control? Maybe it happens when you're in the middle of a heated argument with a loved one or when you're cut off in the middle of traffic. For that split second, the world seems to stop.

Losing control is a terrible feeling, especially when you're forced to look back and deal with the damage. Fortunately, when most people lose control, it's only for a moment. But imagine what it would be like if you lost control for more than that snippet of time.

What if you lost control for an entire day or a month? Imagine what it would be like if you lost control for three years.

I had to live through that period of hell. My family, the people I held most dear, tried to help with all the love and support

that they had. I simply felt that my life was horrible and I blamed everyone else for the way I felt inside. I continued to make the same mistakes again and again.

If you're walking down the sidewalk and you stumble over a crack and fall scraping your knee, you pick yourself back up and learn to avoid that part of the sidewalk. When you have a mental illness, you keep tripping over that same crack in the sidewalk again and again each time reopening your previous scrape causing the wound to grow larger and larger. It's hard to learn from your mistakes.

#### MY DIAGNOSIS

In September of 2006, I was diagnosed with bipolar disorder after a very stressful year at college. I was angry. For a split second though, the cogs in my head had begun to turn - bipolar disorder could explain a lot of what was wrong with me. Still, despite all of these signs that I had a serious problem, I rejected the concern and advice from my doctors and family.



#### MARKET OPENS AHEAD OF SCHEDULE

Thanks to overwhelming individual and foundation support, the resident-run Hopewell Farm & Craft Market will be opening ahead of schedule this March. We'll be selling our own maple syrup for the first time!

During that year I had several extravagant shopping sprees followed by deep bouts of depression, isolating myself in my dorm for weeks at a time and ultimately attempting to end my life twice.

I played this game of starting and stopping treatment for two years. My wild personality began to dig into my mother's nerves, giving her far more gray hairs than necessary. But her love kept me alive.

Eventually, I went to a behavioral health retreat where I was able to learn a lot about bipolar disorder. For once, I was able to sit down and identify myself as someone dealing with a mental illness. I left the program knowing I still needed

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## COMPASS POINTS

Is a periodic publication for the friends and donors of Hopewell.

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# HOPEWELL'S DIRECTION

BY RICK KARGES, EXECUTIVE DIRECTOR

## *Giving Thanks Is Good for Your Emotional Wellness*

While it seems we can sometimes become preoccupied with the misfortunes and negative aspects of life and conversely take for granted the abundance and blessings available to us, it does not have to be this way.

Focusing on what we have versus what we don't can help us find more "value added" meaning and satisfaction in ourselves and others. Expressing gratitude and extending thanks to others is a very emotionally healthy habit to develop and refine.

This time of the year, in particular, we have an opportunity to take stock in the fortunes life has to offer. By seeing obstacles as challenges, challenges as opportunities and achievement as progress, we have a formula for realizing more meaning and reward in life.

Hopewell strives to foster this "gratitude attitude" and outlook in everything we do.

Many we serve have faced what has seemed to them and others as insurmountable obstacles. We help our residents address each barrier in their life as a doable opportunity to grow and achieve success. Helping our residents' measure these successes and encouraging them to share with others is an important part of the healing process. Being thankful and expressing gratitude further helps in maintaining a positive focus and in reaching goals each has set.

There is much to be gained by giving thanks and sharing our gratitude with others. We are particularly thankful to the many that have supported Hopewell's vision and mission over the years. Because of your belief and support of Hopewell you have helped make a positive difference in the lives of the people we serve. For this we say "Thank You!"

## OUR FOUNDATION PARTNERS

Hopewell would like to extend a special thank you to these generous foundations for their support. (July 1, 2010 – November 17, 2010)

Bicknell Fund

Cleveland Foundation

Caroline B. Emeny CLAT

Harry K. Fox and Emma R.  
Fox Charitable Trust

The Fred A. Lennon Charitable Trust

George B. Storer Foundation

The Nelson Talbott Foundation

## DONATE ONLINE

Your support helps nourish the spirits and heal the minds of Hopewell residents. To make your donation, please visit [www.hopewell.cc](http://www.hopewell.cc), write the Development office at 139 Bell Street, Chagrin Falls, OH 44022 or call 440.247.0912. Thank you!

Thank you to Academy Graphic Communication (AGC) for donating some of their costs involved in this newsletter's design and printing.



# PATHWAYS CONNECT OUR COMMUNITY

Thanks to gifts from the Louise H. and David S. Ingalls Foundation and the Higley Fund, Hopewell residents will be able to walk more safely this winter. Their generosity made it possible for us to create pathways between residence cottages and our main building.

Even better, we were able to use a very sustainable surfacing material called FilterPave, which is made completely from recycled glass. It can be plowed and is highly porous.

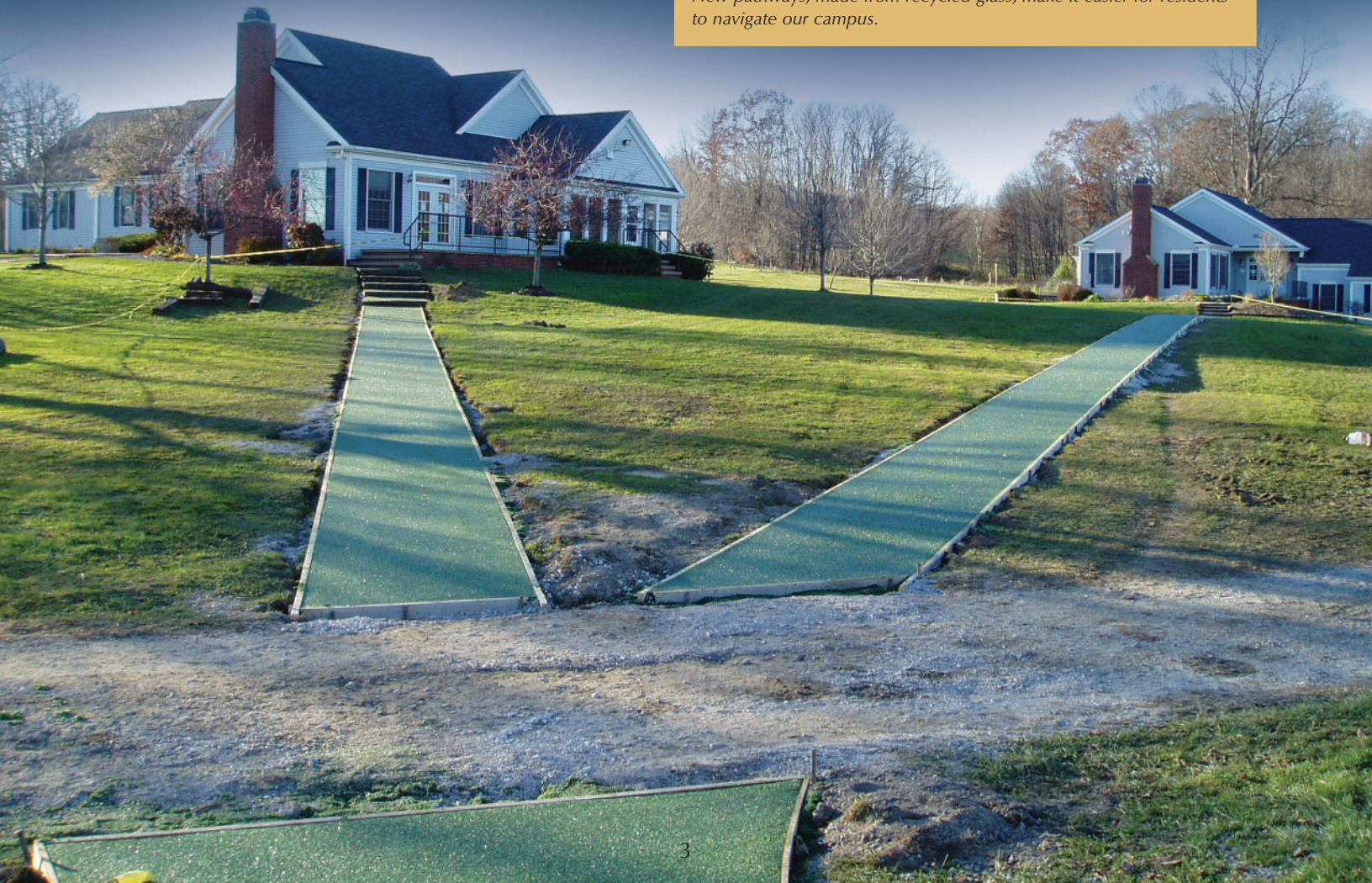
While Hopewell's scenic surroundings provide a sense of beauty and peace, residents had to walk on uneven ground or a gravel driveway to get to the main building or residence cottages. In the evening and in inclement weather, it was very difficult to safely walk from building to building.

Added to this challenge, is the fact that people with a mental illness are often self-isolating. When they make the effort to join the community at meals and meetings, it is important to make it as easy as possible.

We are in need of an additional \$20,000 to complete Phase II of this project. We hope to have it funded and finished by next summer.



*New pathways, made from recycled glass, make it easier for residents to navigate our campus.*





# HOPEWELL VOLUNTEERS ENHANCE OUR COMMUNITY

For most people volunteering is a once a month or, if they are very involved, a once a week commitment. But at Hopewell, volunteers sign on for an entire year.

They live on the farm sharing meals and the nuances of everyday life with the residents and staff. Their experiences are emotionally and physically rewarding.

So it is for our current Hopewell volunteers. All three of them came from different parts of the world and were drawn to Hopewell for different reasons.

David, who majored in horticulture in his native Ukraine, was enticed by living and working on a farm in the United States. Katherine, a Baldwin-Wallace graduate, was drawn by the resident population. She is not new to helping people – she has worked with the elderly and autistic children – and wanted to learn more about supporting the mental health community. As for Jon, a graduate of UC Davis and a California

Hopewell has year-round opportunities for businesses or groups interested in a day of service. For more information about having your group come out to work on the farm, please contact Julia Donovan at 440.247.0912 or [jdonovan@hopewell.cc](mailto:jdonovan@hopewell.cc).

native, it was living in an “intentional” community that attracted him.

Our “live-in” volunteers find us in a variety of ways, through AmeriCorps, United Church of Christ, Brethren Volunteer Services, Catholic Volunteer Services or through our website.

“The volunteers are vital to our success,” explains Colleen Welder, Hopewell’s Director of Program Services. “They have a variety of diverse skills and talents that complement the Hopewell family. They help out around the farm as needed. But each of them has given a little something more of themselves.”



*Volunteers, Jon and Katherine.*



*Meet David,  
our volunteer  
from the  
Ukraine.*

## STARTING A NEW LIFE; A CHANCE AT REDEMPTION

*continued from cover*

something more. That’s when my therapist suggested a small therapeutic farm community in Mesopotamia, Ohio.

### FINDING HOPEWELL

As a boy from the suburbs, I was less than thrilled about the idea of going to a farm of any kind. As a Florida boy, I was even less happy about going north where there were seasons that included snow!

When I arrived at Hopewell, I was angry. It was not what I expected at all. It was hard to distinguish the staff from the clients; I had to share living space with a handful of other residents; and we had chores, which I felt were completely unnecessary.

Then my resolve began to break.

From the very first day I arrived, all of the staff members introduced themselves

making me feel more than welcome. They were the best, especially the nighttime staff.

The residents, however, were the ones that really broke down my guard. Everyone wanted to sit next to me during the meals. Our table was always packed and overflowing, filling the dining room with loud raucous laughter.

I found myself joining in all too quickly without reservation and devoid of whatever guise I had first come in with. Although I missed Florida, I actually felt like I was at home.

### A SECOND CHANCE AT LIVING

As the seasons change and I am able to look back on the several months that have already come and gone since I’ve been here, I have come to realize many things.

Before coming to Hopewell I had been losing myself in a world of distractions. It was nearly impossible for me to pull myself out of that chaos. I tried a couple of years ago and I nearly lost my life. I was lucky to have so much love and support surrounding me.

Now, I am very lucky to have Hopewell. They have helped me transition from that chaos into a life of peace and serenity. Where I had lost myself in a world of self harm and mental anguish, they have given me an opportunity to find myself.

I have been able to see myself starting healthy relationships with new friends, looking to adult figures for nonjudgmental support and guidance, and most importantly growing both mentally and spiritually.

Hopewell has given me a second chance at living.

# LIVING GENEROUSLY

## KITTY MAKLEY

Kitty Makley is a longtime Hopewell board member, but that designation doesn't begin to describe what she does for Hopewell and its residents.

She is an advocate extraordinaire for our unique program. So we were delighted, but not surprised, when she and her husband, John, made a bequest to Hopewell.

"I have a longtime interest in mental health issues," Kitty explains. "I feel that the pressures of today's fast-paced living have caused a lot of stress which has resulted in mental health problems for many individuals. What I appreciate about Hopewell is that the farm is unique in today's setting but the therapeutic community model is grounded in history."

Kitty believes that it is important for Hopewell's future to be secure. "I want to know that after I'm gone, the organization will continue to go on," she says. The Makley's generosity will impact Hopewell's endowment fund which helps reduce the cost of care to residents who cannot afford it.

Not surprisingly (if you know Kitty), a special Hopewell memory is one that celebrates the land. "I remember a hayride through some of the back property. Looking at the complexity and

beauty of the land, I thought of how wonderful it was that people there could experience it any time – how healing it was."

We remain grateful for Kitty and John's significant commitment to our mission.

If you are interested in learning more about Hopewell's planned giving program, please contact Leslie Mapes, Director of Development, at 440.247.0912 or [lmapes@hopewell.cc](mailto:lmapes@hopewell.cc).



### THANK YOU TO THESE HOPEWELL FRIENDS FOR THEIR GENEROUS PLANNED GIFTS:

Jane W. Christie  
Martine V. Conway  
Morton and Natalie Epstein  
Mr. and Mrs. Theodore Fabyan  
Helen and Geofrey Greenleaf  
Kitty and John Makley  
Clara T. Rankin  
Jordan Truthan  
Margie Wheeler

## FROM THE HOPE "WELL"

Hopewell is in need of the following items. If you are able to help, please call the Development Office at 440.247.0912. Thank you!

- For the equine program: 2' tall rubber cones, PVC poles, tarps, hula hoops, large exercise balls, pool noodles
- Commercial-grade backpack leaf blower (2)
- Gas-powered, commercial-grade weed eaters (2)
- Heavy duty rain gear
- Umbrellas
- Mud boots (any size)
- Digital camera (600 megapixels or better)
- 14-volt cordless drill
- Car GPS system

Thank you for your recent donations:

- Susan Miller – Household furniture
- Sally & John Schulze – Books
- Peggy & Phil Wasserstrom – Books
- Carolee Lesyk & Dan Schweid – Ink jet printer
- Academy Graphic Communication (AGC) – Printing
- Norma Lerner – Browns tickets for our residents



## NEW GOLF CART

After years and years of wishing and hoping for it, we are ecstatic to show off our brand new four-seater golf cart made possible through the generosity of Caroline B. Emeny's trust and her family. It is busy at work taking residents, donors and potential resident families around our campus. It's a dream come true!

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## OUR MISSION

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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## ANNUAL CAMPAIGN HELPS RESIDENTS

It's the time of year for Hopewell's annual fundraising appeal. Money generated from this campaign makes it possible for people with limited finances to join our community. Please help us start more people with a mental illness on the road to recovery in 2011 than ever before.

Thank you for giving as generously as you can.

