

HOPEWELL COMPASS POINTS

SPRING 2012 NEWS FOR FAMILY & FRIENDS



Former Resident Becomes Volunteer

“Hopewell was the beginning of my recovery,” says Hans Martin, a former Hopewell resident who is now volunteering at the farm for the next year.

“Now I want to give back some of what I had been freely given by Hopewell, to return the gift.”

Before he first came to Hopewell eight years ago, Hans was battling mental illness and addiction issues. “By the time I was 18, I was into pretty much everything. I started pulling away from people, especially my family. Then one night, I started hearing voices in my mind.”

Hans was diagnosed a few months later with schizophrenia and major depression.

From there, his life became “a lot of hospitals, a lot of jails, a lot of homelessness. Drugs consumed me. I tried sobriety but never for very long.”

Finding Hopewell

Then at 26, Hans came to Hopewell after an incarceration. “I will always look at Hopewell as a turning point of healing and hope in my life.”

Hans spent four months on the farm. In that time, he became committed to sobriety and a medication regime that brought his symptoms under control. “What helped me most,” he says, “was being somewhere where I was accountable, being in a safe environment and being around people who really reached out to me.”

Those who reached out to Hans included his fellow residents who had experienced the difficulties of mental illness too. “There was healing in being a part of their struggle and them being a part of my struggle, understanding each other because of the road we had traveled on.” He also credits his counselor with being a huge help in guiding him through his understanding of his illness and being his mentor.

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HOPEWELL SELLS SYRUP TO YOURS TRULY

Hopewell's reputation for delicious maple syrup has led to an exciting partnership with local restaurant chain, Yours Truly. Starting this spring, eight Yours Truly restaurants will be offering Hopewell maple syrup for purchase.

When you order pancakes or waffles and ask for real maple syrup, you will be buying a bottle of Hopewell syrup. So please spread the word and if you visit your neighborhood Yours Truly, be sure to spend a little more and upgrade to the real thing! ■



The Happiness of Helping Others



IN HIS PAPER ENTITLED "It's Good to Be Good: Happiness and Helping Others," Dr. Stephen Post, Professor of Preventive Medicine at Stony Brook University, points to the extraordinary benefits experienced by individuals who act sincerely for the benefit of others.

In fact, numerous scientific studies have reported that happiness, health and even longevity can be realized by many who choose to engage in the activity of helping others.

The concept of helping and happiness is an essential component of Hopewell's culture of mutual respect, genuine caring and unconditional acceptance. While all members of our community have their own goals, they are also engaged in helping and supporting each other. Working together, learning together and experiencing together are all aspects of our dynamic community.

As featured in our lead article, volunteers like Hans play a critical role in Hopewell's day-to-day therapeutic "helping" community. Hopewell is also fortunate to have a group of dedicated, non-residential volunteers who are essential to our healing mission. Our Board of Directors, Council of Advisors and Summer Solstice committee members work tirelessly year-round to market our program and financially support the residents in our care.

It is my hope that all our volunteers experience that extra feeling of happiness in their own lives by helping others here at Hopewell. As Dr. Post states, "The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement." The value of this kind of experience is something I think we all relate to!

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You will discover more about our unique program, mental health advocacy and how Hopewell is making a difference today.

DONATE ONLINE

Your support helps nourish the spirits and heal the minds of Hopewell residents. To make your donation, please visit www.hopewell.cc, write the Development office at 139 Bell Street, Chagrin Falls, OH 44022 or call 440.247.0912.

Thank you!



SMART Board Adds to David Cutler Conservatory

The David Cutler Conservatory, a place of peace, reflection and learning on the Hopewell campus, is also the home of an amazing piece of technology: an interactive whiteboard called the SMART Board.

Thanks to the generosity of the **Cutler family**, Hopewell's widescreen SMART Board has greatly enhanced the entertainment and education opportunities at Hopewell.

SMART Boards are powerful tools for teaching and presenting. They are connected to a computer system and allow users to touch the board to surf the Internet, create and write notes, draw diagrams and illustrate ideas. The board can save and store any information that is written on it.

Since its installation, Hopewell staff and

residents have put the SMART Board through its paces.

Clinician Jennifer Palovich, who uses it every week, displays PowerPoint presentations in group therapy sessions. Residents play video games and watch movies and TV shows streamed from the Internet. The yoga group uses it to play relaxing music and show graphics during workouts.

If it's possible, the Conservatory is even busier than before thanks to the amazing technology of the SMART Board and the Cutler family. ■

Would you like to experience the serene Hopewell environment while utilizing our SMART Board technology and comfortable meeting space?

The David Cutler Conservatory can be booked for small company meetings, retreats and strategic planning sessions. This beautiful building offers a welcoming and peaceful change from traditional meeting sites while offering top-notch technology. We'll even feed you and your guests!

Please call Hopewell's Development office at 440.247.0912 for more information.



Farm & Craft Market Exceeds Expectations

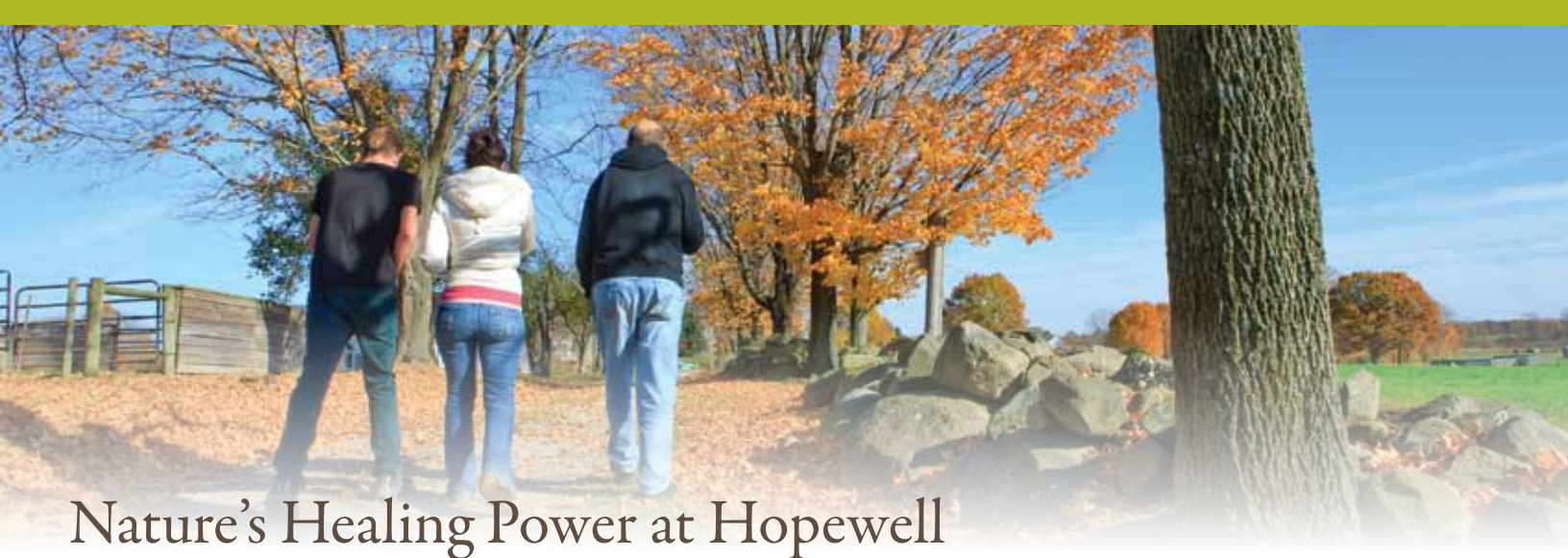


The Hopewell Farm & Craft Market was a resounding success in its first year! In 2011 income from the Market was \$11,000 – almost double our goal of \$6,000.

This achievement is the result of the hard work of the residents and staff, who stocked the shelves with their beautiful and unique handmade crafts and gifts, award-winning

maple syrup and fresh-from-the-farm produce and eggs. And it is because of YOU, our enthusiastic customers.

The Farm & Craft Market opened its doors on March 2nd in time to participate in the Geauga County Maple Madness Tour. Farm & Craft Market hours are: Fridays and Saturdays from 9 am to 5 pm. ■



Nature's Healing Power at Hopewell

The wind rustling in the trees. A lake sparkling in the sun. Birds calling through the forest. If these words conjure images that relax you, you're not alone.

Experience in nature has long been recognized as healing. For individuals struggling with mental illness, nature can serve to reduce symptoms and improve health.

With this in mind and with the generous support of the **Margaret Clark Morgan Foundation**, Hopewell has created a nature-based therapy program.

Although Hopewell's existing programming includes elements of growing food, caring for farm animals and generally enjoying our natural environment, we believe that creating specific experiences and challenges based in nature will help residents heal.

Over the last several months, some of the weekly activities residents have participated in include:

- Hiking and camping
- Nature arts projects
- Wilderness skills training
- Bird watching and plant identification

Future plans will bring the garden inside for an indoor plant care project, create a Hopewell nature calendar and make sensory trail improvements along the Clara Rankin Trail. On bad weather days, residents learn about local plants and animals, write about nature for the Hopewell resident newsletter and build a Hopewell species database. ■

"Nature is already a significant component of our community. Our hope is that by actively introducing our residents to their natural surroundings and engaging them in explorations of their individual issues within the context of nature, we will have significant and lasting positive impacts on the quality of their lives."

— Daniel Horne, Clinical Manager

Former Resident Becomes Volunteer

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Also important to his recovery was being able to experience the environment and activities at Hopewell. "There was always something going on, and that got me engaged and took me out of myself. I enjoyed being in the community, enjoyed being around people. There's definitely joy and hope here."

When Hans left Hopewell, he was a different person: sober, stable, and hopeful about his future.

He started working with his father as a carpenter and a few years later bought a home. Hans knew the changes that had occurred within him and his family could see those changes as well. "They saw the growth that took place at Hopewell. My parents have been some of my best advocates on this journey."

Giving Back

Then last year, restless with his carpentry work, Hans decided he needed to do something different. He started to brainstorm ideas of what he could do and one that persisted was coming back to Hopewell, this time as a volunteer, to give back to the community that had given him so much.

Hans was accepted into the year-long volunteer program and moved back to Hopewell last fall.

Since then, he's worked on the maintenance crew and put his carpentry skills to use renovating the horse barn. This winter, he's been helping with maple sugaring. "I love it. It's wonderful," he says, and it's easy to hear the smile in his voice.

The volunteer role is allowing him to experience Hopewell from a different point of view. "It's been a good experience as a volunteer. I enjoy the community. I enjoy living with people with mental illness, walking with them and growing, crying. All of that is part of Hopewell, and it's been a wonderful time for me so far. I'm glad I'm here."

Hans would like the residents to see from him that "there is hope and there is recovery and there is a new life and a new pathway for people who go through these things. I used to try to just run from it, but now I've learned that I have to take life on life's terms and have hope." ■

Hopewell's Equine Program Expands

"There is something about the outside of a horse that is good for the inside of a man." Winston Churchill said that and we see it every day.



Hopewell has operated an equine therapy program since 2003. Our focus is on improving residents' mental health by using the horse to explore relationships, non-verbal communication and teamwork.

Though our program is a successful and popular one, it has taken place in a less-than-ideal location – our old cow barn.

Last summer, with generous funding from the **Sherwick Fund** and the **Billie Howland Steffee Fund**, a portion of Hopewell's barn was renovated. Standing stalls were converted to roomy box stalls and we created a new feed and tack room. These changes, which Hopewell staff

and residents did as a work project, have created a safer space for the residents and made the barn more functional for equine therapy.

Now that the barn renovations are complete, we have found a team of draft horses to expand equine therapy into other areas of farm work. Thank you to **The Triple T Foundation** and **Arielle and Jerald Brodkey** for their financial assistance with the team's purchase. Using horses to tap maple trees for sap, clear walking trails and haul garden materials will bring the animal relationship into more of the residents' everyday experience.

If you would like to learn more about Hopewell's equine needs, please contact Leslie Mapes, Development Director, at 440.247.0912 or lmapes@hopewell.cc. ■

You Can Change a Life

Legacy gifts are those that make a forever impact. You can leave that kind of mark on lives at Hopewell by naming us a beneficiary in your will, retirement plan or life insurance policy. There are many other types of legacy gifts that provide you with income (often tax deductible) during your life time.

If you are interested in learning more about changing lives at Hopewell through a legacy gift, please contact Leslie Mapes, Director of Development, at 440.247.0912 or lmapes@hopewell.cc. ■

Thank you to these Hopewell friends for their generous planned gifts:

Jane W. Christie*
Martine V. Conway
Natalie and Morton Epstein
Mr. and Mrs. Theodore Fabyan
Helen and Geoffrey Greenleaf
Megan and Richard Karges
Kitty and John Makley
Clara T. Rankin
Jordan A. Truthan
Margie Wheeler

**deceased*

Endowment Fund Improves Lives in 2011

At the close of 2011, Hopewell's endowment grew to \$6,521,547. Here is how income and earnings from that fund changed lives last year –

- We helped 65 residents throughout the year work to sustain each other, learn about the importance of medication and reconnect with their families.
- Income from Hopewell's endowment generated the equivalent of a full year of free treatment for almost three residents.

Thank you to the many generous donors who contributed to our endowment. Hopewell's transformative care will be there for residents in the years to come because of you. ■



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Mark your calendars for Hopewell's annual Summer Solstice celebration to be held **Friday, June 22nd** at the Rankin family's apple barn in Hunting Valley. Join us for a special evening of great friends, food and auction items! Please call Hopewell's Development Office at 440.247.0912 for sponsorship or guest information.

Our sincere thanks to our 2012 sponsors (as of March 6, 2012)

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Hopewell Welcomes New Board Member



We are delighted to introduce Susan Locke as Hopewell's newest board member.

Susan is Medical Director of the Healthnetwork Foundation in Chagrin

Falls. She is board certified in Internal Medicine and Psychiatry. Susan and her husband, Todd, have been involved with Hopewell as sponsors and donors of the Summer Solstice for several years. ■

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.