

# H O P E W E L L C O M P A S S P O I N T S

SUMMER 2014 NEWS FOR FAMILY & FRIENDS

## Finding the Courage to Live and Sing Again

*By Jennifer Palovich, PC*

I met Johnna early in the spring this year. On the surface, she appeared scared and shy. I met with her parents and instantly could sense the love they had for their daughter. Johnna is part of a close-knit family, the sixth of nine children.



She was home schooled by her mother, and the entire family is active in their church. My heart felt heavy as Johnna's parents described how desperate they were to find help for her. They told me about Johnna's years of dark depression and of their confusion about how this could be possible for such an intelligent and talented young person. They asked, "Do you think Hopewell can really help her?" My answer was, "Of course."

During my first meeting with Johnna as her clinician, she was full of tears and could barely speak. She needed reassurance to ease her anxiety. She had just decided to dedicate several months of her life to recovery here at Hopewell. On day two of her stay, I heard Johnna singing and playing guitar in the main room of the cottage (one of Hopewell's

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## Hopewell Honors The Kelvin and Eleanor Smith Foundation

On Friday, June 20, 2014, Hopewell honored The Kelvin and Eleanor Smith Foundation during the 14th annual Summer Solstice benefit. Ellen Stirn Mavec, President of the Foundation and Honorary Chair of the event, shared the following comments during the evening's program.

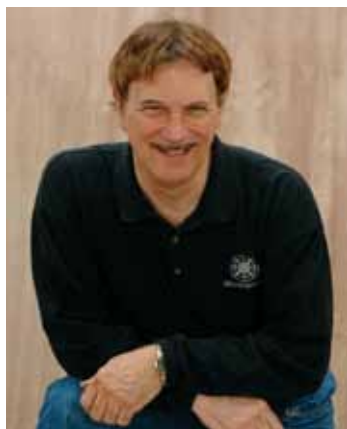
"The Foundation made its first grant to Hopewell in 1995: a capital grant of \$600,000 to help Clara Rankin launch her dream.

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## “More than 11 million Americans have severe schizophrenia, bipolar disorder or major depression, yet millions are going without treatment and families struggle to find care for their loved ones.”

— U.S. Congressman Tim Murphy, PhD



Recent legislative actions have served to bolster investments in improving access to quality mental health services statewide and nationally. In June, Governor John Kasich signed into law a bill aimed at expanding services to individuals with mental illness. Senate Bill 43 clarifies existing law and ensures that judges have the option of ordering outpatient treatment for mentally ill individuals in lieu of relying on involuntary hospitalization, jail or prison for their care. The new law empowers family members, in conjunction with the court, to be part of the process of addressing a mentally ill loved one who is making poor choices that potentially may place themselves or others at risk. Additionally, the Governor's 2014-2015 budget calls for partially restoring state funding cuts that were steadily reduced beginning back in 2008. The intended focus is on providing assistance to those who have had limited or no access to needed treatment services. The budget also seeks to expand treatment, housing and other services for individuals experiencing serious mental illness and/or addiction problems.

At the national level, U.S. Representative Tim Murphy, Ph.D. (R-Pennsylvania) introduced “The Helping Families in Mental Health Crisis Act” (HR 3717). This bill will place a new emphasis on evidence-based models of care by establishing an assistant secretary for mental health and substance use disorders. The person in this position will have both clinical and research experience in the treatment of mental illness and related disorders. HR 3717 is an important step in strengthening our national mental health care policy. It focuses programs and resources on psychiatric care for patients and families most in need of services. The bill will promote the further integration of primary care and behavioral health care as a best-practice model of health care delivery.

These recent state and national policy initiatives are positive steps toward providing critically needed comprehensive health and mental health care system reforms. Hopewell welcomes and fully supports these initiatives.

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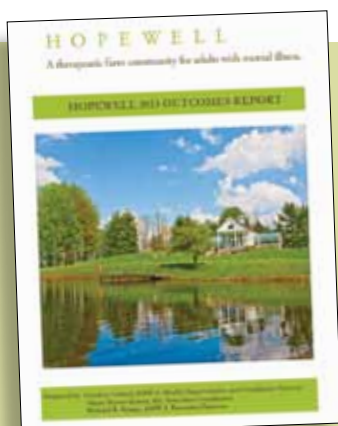
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Hopewell's 2013 Outcomes Report is available online. Visit [www.hopewell.cc](http://www.hopewell.cc) and click on “news.”

## 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). Gifts also can be made by writing the Development Office at 147 Bell Street, #303, Chagrin Falls, OH 44022 or calling 440.247.0912.

Thank you!



## Finding the Courage to Live and Sing Again

*continued from cover*

dorm-like residences). At first she was alone, but quickly drew a crowd. When she played, her tears disappeared and a bright smile lit the room. One couldn't help but stop to listen. Her meek voice became stronger, and she never missed a beat. At that moment, I understood her parents' confusion. Here was a beautiful, light-hearted and very talented person.

When the music stops and the door closes, however, Johnna's darkness is very real. It envelopes that bright smile and clouds her playful eyes. Her voice becomes meek again.

After a short time, Johnna became relaxed enough to begin describing her battles and the issues that had taken hold of her. The depression began when she was 14 years old. She recalled feeling "different," as if she didn't belong, in spite of having a loving family and many friends. This was confusing to her. She became self-conscious about her weight, and began to restrict her diet in an attempt to ease the social anxiety and self-consciousness she felt. By age 16, her weight was an unhealthy 90 pounds. This led to unclear thoughts, dizziness and memory loss. As with most young women who suffer with this disorder, her symptoms led to making poor choices, then feelings of guilt over those choices.

Johnna's anxiety, guilt and sadness grew. She began cutting herself and would feel relief along with the pain. The need for relief became overwhelming, and she began hitting herself and banging her head. She would lie to cover for the marks and bruises on her body. The downward spiral of her self-esteem had taken hold.

When she was 17, Johnna's parents confronted her severe weight loss and looked for help from a local agency. Johnna was annoyed with the attention to her eating disorder and very resistant to treatment. After reluctantly beginning medication, she was able to regain focus and put her effort into sports, finishing her high school senior year with a remarkable season in soccer. (She would want me to add that she scored 11 goals that year!) She enrolled at Middle Tennessee College. She also recorded her first professional album at that time, featuring music and lyrics she created. She seemed to be well on her way to recovery.

During her last year at college, though, Johnna stopped taking care of herself. Stress was increasing and she began to use substances to distract from the nagging sense of something not being right. The substance abuse became excessive. Johnna entered into a relationship that was not nourishing for either person and became obsessed with "making it right" in an attempt to find love and acceptance. All her time and effort went into forcing the troubled relationship, while self-care, grades and other relationships suffered. Johnna became isolated, and the feelings of anxiety and self-consciousness reemerged.

Lacking coping skills, Johnna turned to substance abuse, dieting and staying in bed. And she stopped playing her music. She describes her life then as a haze of alcohol, confusion, memory loss, sleep disturbance, lethargy, sadness, self-loathing and finally trauma.

When Johnna arrived at Hopewell, she was hesitant. She had trouble getting started. Hopewell staff helped her to get going each morning. Her medication schedule became consistent, and she developed a steady sleep pattern. She slowly gained self-discipline as she considered her priorities and goals and developed a plan to achieve them. This allowed her to explore everything Hopewell has to offer. She began playing music more often, and soon had the entire community singing and dancing.

Johnna says, "Hopewell has helped me become aware of the cause and effect of my choices and to understand that I have the power to take control, to react to the world with purpose, and to cope in healthy ways. Becoming aware of being motivated by fear has changed my outlook. Now I have to act on that awareness."

Her time at Hopewell also has helped Johnna to appreciate things that are taken for granted, like health and nature. She

has found serenity in the healing power of nature – a common thread among all the people who live and work at Hopewell – and gratitude for Hopewell's atmosphere of acceptance and relaxation.

Johnna has found the courage to return professionally to her music. When she performed at Hopewell's annual Board meeting in early June, she was overwhelmed and thrilled with the positive feedback. She recalled her uplifting talk that evening with Hopewell's founder, Clara Rankin, and Board Chair Bill Hawke. Johnna also performed beautifully at Hopewell's Summer Solstice event, and again received positive feedback and praise for her talent and her courage.

In the future, Johnna looks forward to contributing to society from a place of compassion and understanding. She is beginning her discharge plans from Hopewell and hopes to find part-time work locally while she continues to write and perform. Stay tuned for upcoming news of Johnna's second album!



*Jennifer Palovich is a Licensed Professional Counselor who graduated from Kent State University with a Master's degree in Counseling. Before joining Hopewell, she specialized in working with individuals with schizophrenia and other mental illness diagnoses. She not only serves as the primary clinician for several of Hopewell's residents, she also is very involved in many aspects of the Hopewell community, from assisting residents in the garden to taking them on hikes through the nature trails as part of the nature studies program. Jen also leads various Hopewell groups, such as Dialectical Behavior Therapy and yoga.*

# Record Attendance and Sponsorship Made for a Memorable Summer Solstice

This year's Summer Solstice benefit, held on Friday, June 20th, welcomed 530 guests – a new attendance record. Sponsorship also achieved a record. The inaugural Corporate Committee, chaired by Albert S. Kantra, Jr., secured more than \$122,000 in sponsorships, a \$25,000 increase over 2013. Many thanks to Hawthorn, PNC Family Wealth, our Presenting Sponsor for 14 consecutive years, and to Penske Cleveland – Jed Hunter for their fifth consecutive Gold Sponsorship. Our generous corporate sponsors, donors and guests helped Hopewell net more than \$231,000 – another new record!

Loree Vick, Senior Media Advisor for University Hospitals, served as Mistress of Ceremonies. The program was led by Hopewell's Board President, Mark Teague, and included remarks by Honorary Chair Ellen Stirn Mavec, President of The Kelvin and Eleanor Smith Foundation. The event honored the Foundation for its years of generous support.

Adrienne Craver, a former Hopewell resident, and her mother, Cheryl, spoke to guests about the importance of scholarship monies. Adrienne said, "My scholarship allowed me the time I needed to spend at Hopewell. Hopewell, its staff and the friends I made saved my life. Their kindness and their resources helped me become who I am today."

Once again, auctioneer Bob Hale conducted a fabulous live auction and Fund-a-Need. The Fund-a-Need raised more than \$47,000 to help provide financial assistance for families who otherwise could not afford Hopewell's care for their loved ones.



*Beth Rankin, Ryn Clarke and Charlie Cooley*



*Pam Garcia, Alison McCloskey and Jennifer Chevrax*



*Richard Marshall, Susan LaPine and Jim von der Heydt*





Hopewell wishes to acknowledge the hard work and dedication of the Summer Solstice Steering Committee, led by Event Chair and Hopewell trustee, Susan Locke. Supporting Susan were Auction Chair Stacy Hunter, Table Host Chair Kitty Makley, Decorations Chair Kathy Mahovlic and Auction Designer Rory Beck.

For the second consecutive year, beautiful centerpieces and floral décor were designed and donated by Lynch Design. The Hopewell Band and resident Johnna D. performed. The spectacular “country picnic” meal was provided by Pura Vida by Brandt.

Save the date for our 15th Anniversary Summer Solstice: Friday, June 19, 2015.



*Angela and James Hambrick*



*Daniel Horne, Adrienne Craver and Cheryl Craver*



*Susan Locke and Kathy Mahovlic*



*Ken Morgan, Chris Mahovlic and Al Kantra*



*Val Mahovlic, Mary Joyce, David Block, Melissa Block, Peter Joyce and Chris Mahovlic*



*Jed and Meg Hunter; Victoria Kunkel and Dan Maslowski*



*John and Linda Olejko; Mark and Sandy Sablotny*

# Hopewell Campaign Announced at Summer Solstice

At our Summer Solstice event, Board President Mark Teague publicly announced “*Planting Seeds of Promise* – The Campaign for Hopewell.” The goal of this comprehensive fundraising effort is \$10 million, of which \$5 million already has been raised.

Following Mr. Teague’s announcement, Hopewell’s founder, Clara Rankin, asked to say a few words. In her unique, gracious style, she urged guests to take part in the campaign. She said, “The train is leaving the station. The whistle is blowing. All aboard!”

Just as Hopewell was Mrs. Rankin’s dream, this campaign represents her dedication to ensuring Hopewell’s future. Sally Cutler is Honorary Chair and Susan LaPine is Campaign Chair.

Mrs. Rankin and Mr. Teague also reminded the Summer Solstice audience that Hopewell is the recipient of a \$1 million challenge grant from an anonymous donor. Every commitment received by December 31, 2014 – for operating, capital or endowment – will be matched by an equal amount for the endowment, up to the \$1 million ceiling. Interest income from the endowment each year is used to provide financial assistance for residents and their families.

If you are interested in learning more about the campaign, please contact Hopewell’s Director of Development, Peggy Barnes Szpatura, at 440-247-0912.



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# Hopewell Resident Honored by U. S. Army – 40 Years Later

On May 22nd, the entire Hopewell community gathered in The David Cutler Conservatory for a momentous and heartwarming special occasion. Hopewell resident Mike E. finally received medals he earned 40 years ago while serving in the U.S. Army.

During a formal medal-pinning ceremony, as Mike's family and Hopewell friends watched, U. S. Army Sgt. Ryan C. Thomas presented Mike with the Purple Heart, National Defense Service Medal, Combat Infantry Badge and Vietnam Service Medal with four Bronze Stars, Republic of Vietnam Campaign Ribbon with Device, a Sharpshooter Badge with Auto Rifle Bar and Machine Gun Bar.

Mike has been a Hopewell resident for 16 years. Here he is treated for a mental health condition, partly the result of post-traumatic stress disorder (PTSD) he has faced since his return from Vietnam nearly 40 years ago. A Cleveland native, Mike was inducted into the U.S. Army in 1967 and served as a Light Weapons Infantryman in Vietnam.

The event was made possible through the efforts of Hopewell staff members Betsie Arvin and Candace Carlton, with support from Laura Pechaitis, Senior Constituent Advocate from the Office of U. S. Senator Sherrod Brown, and Sgt. Thomas.

Everyone at Hopewell is proud of Mike, and grateful that he has finally been given proper recognition for his service to his country.



*U.S. Army Sgt. Ryan C. Thomas and Mike E.*

## Hopewell Honors The Kelvin and Eleanor Smith Foundation

*continued from cover*

“How can you say no to an amazing idea of a therapeutic farm community of over 300 acres of woods, trails, ponds and fields, where residents have meaningful work and each person is a contributing member of the community? And with Clara Rankin’s unwavering passion for a therapeutic farm

in Northeast Ohio, the Foundation knew Hopewell was going to be and would remain a grand success.

“Since 1995, we have annually supported Hopewell with unrestricted general operating grants totaling over \$1 million.

We are honored to support the phenomenal Board and the imaginative, responsible and compassionate staff who have worked tirelessly to support the residents of Hopewell.”

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- Visit the blog on our website [www.hopewell.cc](http://www.hopewell.cc)

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



## Hopewell Selected as Whole Foods Chagrin “Nickels for Non-Profits” Designee

Hopewell has been selected to be a “Nickels for Non-Profits” organization at the Whole Foods Chagrin location (27249 Chagrin Boulevard in Woodmere).

Between July 7 and September 28, 2014, customers who visit the Chagrin store and utilize their reusable bags at checkout will have the option to donate five cents per bag to Hopewell.

“One of the core values of Whole Foods is giving back and supporting the local community,” said Hailee Dorflinger, Whole Foods Marketing Team Leader. “We have 30 team members here, and we all believe in helping places like Hopewell.”



## Our Foundation Partners

Hopewell would like to extend a special thank you to these generous foundations for their support. (January 1, 2014 – August 21, 2014).

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Additional thanks to John Carroll University's Boler School of Business for their effort, generosity and participation in the Jesuit Day of Service gardening project spearheaded by recent graduate, Tabitha Bowen Mensch.