

# HOPEWELL COMPASS POINTS

SPRING 2020 NEWS FOR FAMILY & FRIENDS

## HOPEWELL HAPPENINGS



Welcome to our new mini-horse Zoey! She and Brandie have become best friends.



The first full black Angus calf born on the farm arrived on March 15. He and his family are doing well.



In February, residents had a Rockin' Sock Hop in the Swadey Community Center. They dined on hamburgers and French fries, 50's candy, and danced the night away.

In February, residents and staff tapped 500 trees and collected sap. Due to the weather being so warm, maple syrup season was brief. The sap was boiled in the Sugar House, providing a total of 102 gallons of maple syrup.



# The Storm Will Pass

This month, we write fervently hoping that everyone in the Hopewell extended family is well and safe. Thankfully, as this issue goes to press, we have not experienced a COVID-19 case among Hopewell's residents and staff. But we have taken several steps to prepare for such an eventuality, and to ensure the continued safety of our community.

We were well served by having developed a comprehensive pandemic plan at the time of the H1-N1 pandemic in 2009. The plan led, for example, to our immediately contacting each resident's family to determine their ability and desire for their loved one to return home, should that become necessary if Hopewell were to suffer reduced staffing levels as a function of the virus.

Secondly, in the first days of the alarm we decided to set the demanding rules and guidelines that exist for nursing homes as our standard of performance. This conservative rigor has guided our actions throughout. As only one of many such measures, we restricted access to the farm very early on, and later disallowed any non-essential visitors whatsoever until the virus has passed.

These and many other changes at Hopewell were implemented in stages both to generate a **sense of calm and confidence** and to enable residents and staff to adapt to new requirements and behaviors. For example, in changing our food service procedures to incorporate social distancing and enhanced sanitization, we first implemented dining in shifts with monitored hand cleansing. Several days later, we moved from self-service at the salad bar to a staff member's assistance, and subsequently went to one-on-one service of the entire meal as each resident passed through the kitchen serving station – with at least six feet in spacing from others.

Not surprisingly, continuous planning and interaction among senior team members has led to creative solutions. For example, we decided to divide the staff into two teams for two-week shifts to reduce potential exposure to residents from outside the farm and to



*Dave Shute and Jim Bennett*

have the capacity to serve our residents if Hopewell were to become infected. In turn, this led us to immediately gear up a new telehealth capability, which will have lasting benefits in broadening our reach to prospective admissions, residents' families, and providers.

Regrettably, we have also been compelled to cancel our premiere fundraising event, **Summer Solstice**. This annual benefit, originally scheduled to take place in June, provides important fee assistance to residents who would otherwise be unable to afford Hopewell's care. But the safety of our community – of which you are a member – is always our paramount concern, and we look forward to seeing you at next year's event, scheduled for **June 18, 2021**. (If you are so inclined, please take advantage of the envelope in this newsletter to make a gift to Hopewell.)

As a final reflection, it is clear every day that **dealing with the coronavirus has brought out the very best of Hopewell:** overarching commitment to the well-being and recovery of residents, appreciation from them and their families for the compassionate care they receive, and courage and dedication from Hopewell's wonderful staff of some 55 people.

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## COMPASS POINTS

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

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[www.hopewellcommunity.org](http://www.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."



# Words of Appreciation from Hopewell Families

In early April, Hopewell contacted all resident families regarding changes at the farm due to the COVID19 health crisis. We received many encouraging and supportive replies.

“We are extremely grateful for your letter and the steps you are taking at Hopewell. It is completely understood by us, and anticipated by us, that in order to continue to operate, modifications to what are “daily practices at Hopewell” would need to be implemented. We support every one of these efforts! . . . Please extend our thoughts on all of this to your staff. They really have been and do make a difference.”

“Thanks for the update and we are glad to hear that [our son] is weathering the storm well. Not an easy thing for any of us, including me. It’s reassuring to know how well Hopewell has taken charge of the present situation and how they’re providing for the health and safety of both the residents and the staff.”

“I imagine all the residents are a little bit on edge right now. So grateful for your efforts to keep them safe.”

“Thank you for the tender expressions of the realities that you all face at Hopewell in this uncertain and troubling time. Your plans are thoughtful, sensible, and compassionate. We hope – we know – that you all are intensely aware of what you must do to keep you and your families safe as well. [Our daughter] means the world to us and we know that she will be safe and well-cared for with you: We have always known this to be true.”

## Serving Residents Through Telehealth

The safety of our community is our paramount concern during this global health crisis. It became clear within the first week of the COVID-19 pandemic that Hopewell residents would benefit from the ability to be seen remotely by providers, and that our Club Hope day clients would benefit from being able to continue attending group counseling sessions. We developed a “telehealth” program to meet those needs, and to help Hopewell comply with social distancing guidelines.

Hopewell’s telehealth system meets HIPAA privacy-compliance standards and our therapists have been trained to use the platform, with clinicians conducting remote sessions with clients both at Hopewell and from home. We are also using the platform for professional outreach with weekly wellness meditation for mental health providers, which doubles as a virtual tour of the farm (see the box, below).

With this expanded service, Hopewell can also develop relationships with prospective clients, maintain relationships with discharged clients, and encourage remote Club Hope attendance for those who cannot access the farm.

Telehealth enables Hopewell to provide counseling services without increasing our clinicians’ carbon footprint, utilizing their time driving between sites, or exposing either clinicians or clients to possible health risks associated with COVID-19.

**H O P E W E L L**  
a therapeutic farm community

### Friday Fifteen at the Farm



Join us for a 15-minute virtual walk on the farm, followed by time to network and decompress with fellow mental health professionals.

Every Friday at 10:00 am EDT

To register, contact Chris Goodall, LISW-S,  
Director of Outreach [cgoodall@hopewell.cc](mailto:cgoodall@hopewell.cc)

[www.hopewellcommunity.org](http://www.hopewellcommunity.org)



# Art Therapy



**Clare Conway, Art Therapy and Counseling Intern**, is a graduate student at Ursuline College in the Counseling and Art Therapy program. She came to Hopewell as an intern last year and has been facilitating the Art

Therapy Group under the supervision of **Mary Cassidy, LPCC, ATR**. She is grateful to be able to continue to work and learn as a therapeutic community clinician at Hopewell after graduation.

This winter, Clare led a pinhole photography workshop, which is the art of taking a photograph with a camera in its most basic form – without a lens. By simply pinning a hole in a light tight box, you can capture an image on photographic paper or film placed inside the box. Residents made pinhole cameras out of recycled shoe boxes and built a makeshift darkroom to develop their photographs.

Clare also leads the Art Therapy Group in writing classes where they collaborated on a collective poem (at right), sharing their thoughts, and expressing their emotions. Thank you, Clare, for being a wonderful addition to Hopewell.



## Today

### I FEEL

I feel paranoid

I feel as if the warm stones are my memories

I feel uncertain

I feel nervous

I feel revived

### I NEED

I need empowerment

I need to keep up my hope

I need rest

I need confidence

I need love

### I HOPE

I hope for my goal post

I hope that the virus will go away soon

I hope to be well

I hope the sun stays

I hope the grass continues to grow

## Welcome New Board Member Paula Pikus



**Paula Pikus** is a Senior Vice President and Senior Investment Advisor at Hawthorn, PNC Family Wealth® and has worked for over 25 years in the financial industry in Cleveland as an equity analyst and investment advisor. Paula earned a Bachelor of Business Administration in Accounting from Cleveland State University. She is a member of the Finance Committee of the Ursuline College

Endowment Fund and has served on the Board of Cornucopia Inc. Paula and her husband Allan enjoy traveling, particularly to spend time with their six children and nine grandchildren.

## HONORARY AND MEMORIAL GIFTS

FEBRUARY 5, 2020 – APRIL 17, 2020

### IN HONOR OF

**Clara T. Rankin**

Frances and Peter Bутenheim

**Maura Barber**

Donna Rogers

### IN MEMORY OF

**David Cutler**

Anonymous

**George Vassos**

Clara T. Rankin

**Henry Meyer**

Clara T. Rankin

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

# Summer Solstice

**SAVE THE DATE** Friday, June 18, 2021

Join Hopewell next year for an elegant country evening under the stars in beautiful Hunting Valley.

Our Summer Solstice Annual benefit will not take place this year. We look forward to socializing with you in 2021.



Thank you to our 2020 Steering Committee, Corporate sponsors, auction donors, vendors, and volunteers. Your support helps provide hope and healing to adults with serious mental illness.

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# HOPEWELL COMPASS POINTS

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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

Facebook: <https://www.facebook.com/Hopewelltc>

Twitter: @Hopewellfarm

Instagram: @hopewellfarm

Blog: [www.hopewellcommunity.org/blog](http://www.hopewellcommunity.org/blog)



## PLEASE SUPPORT the 2020 Hopewell Annual Fund

Hopewell is a place where residents, staff, volunteers, and contributors have come together to create a place of hope and healing. Giving to the Hopewell Annual Fund is your opportunity to help adults with mental illness.

Your donations provide fee assistance to those who could benefit from our unique healing model but might not otherwise be able to afford our care.

### Convenient ways to give!



Return the supplied Remittance Envelope contained in this newsletter.



Visit [hopewellcommunity.org](http://hopewellcommunity.org) to make a secure donation online



Call 440.247.0912 to make a donation with your credit card

THANK YOU for your support, and for being part of the Hopewell community!