

# HOPWELL COMPASS POINTS

SPRING 2022 NEWS FOR FAMILY & FRIENDS

## Tom's Creative Path

Tom was born and raised in Alexandria, Virginia. Big city life contributed to his struggle with concentration, and he was easily distracted, acting out at a young age. Mental illness slowly progressed but Tom remained hopeful that he eventually would feel good. At age 16, he started a medicine regimen.

Struggling with his illness after high school graduation, Tom worked in construction. Though his medications made him feel better, he searched for a happier mental place. He spent time at another residential farm where he rediscovered the passion for art he had as a child. After returning home, he continued his painting journey.

In 2020, Tom still felt unsettled, so he searched for another therapeutic farm and fell in love with Hopewell. He said, "I found my support system at Hopewell. I benefited with the help of the community and being around so many wonderful people, especially the staff." His family visited often and stayed in Hopewell's guest house.

At Hopewell, Tom explored EMDR (Eye Movement Desensitization and Reprocessing), walked in nature for Ecotherapy, and took his creative talents to a new level. He said, "I fell in love with art. I was drawn to rustic pop art and expressionism, mixing realistic things with whimsical stuff."

Tom also experimented with golf, buying a golf net and his first set of golf clubs. Tom said, "Golf has opened new doors for peace, strength, and creativity. It is a time to be in nature, and to practice my concentration."

In the fall of 2021, Tom left the farm and moved to Hopewell's University Circle Transition Program so he could live independently and experience the art scene. After working at the Cleveland Zoo for a



*Tom, at opening night, with his paintings he completed at Hopewell.*

few months, he currently concentrates on his art. We are happy to announce that **Tom's beautiful paintings will be at Amore Gallery, in Cleveland's Little Italy, from May 5 through May 31. Please stop by and see his art.**

"Hopewell was a beautiful place to celebrate recovery," Tom said. "I remember the work I did and the many things I learned. I am more diligent in my creative endeavors, and I am a happier person."

**"I found my support system at Hopewell. I benefited with the help of the community and being around so many wonderful people, especially the staff."**

– Tom



# Mental Health Awareness Month



Dave Shute

*"...The humanity we all share is more important than the mental illness we may not. With proper treatment someone who is mentally ill can lead a rich and full life. What makes life wonderful—good friends, a satisfying job, loving relationships—is just as valuable for those of us who struggle with schizophrenia as for anyone else."* – Elyn R. Saks, **The Center Cannot Hold**, quoted in **Healing: Our Path from Mental Illness to Mental Health**

At Hopewell, spring has emerged and everywhere you look, you see the promise of verdant and warmer times to come. With May also comes **Mental Health Awareness Month**. In 1949, it was created to remind us that those living with mental health issues and their families deserve care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment. It is valuable to consider the challenges people with mental health issues and their families face in pursuing this journey.

I have been reading a new book, **Healing: Our Path from Mental Illness to Mental Health**, by Thomas Insel, M.D., a psychiatrist and neuroscientist who was formerly the director of the National Institute of Mental Health. Dr. Insel focuses on two major points: first, the enormous challenges people with mental illnesses face in

receiving appropriate care and solid help with recovery; and second, how we already know what works and simply must be better at delivering that care and psychiatric rehabilitation.

Dr. Insel particularly concentrates on the movement from mental health crisis to recovery. While he is very clear about the value of evidence based, coordinated clinical care, he also highlights the importance for recovery of *people* (social connection and support), *place* (safe and supportive home), and *purpose* (contributing to family and community). He writes, "Mental health is strategically focused on relieving symptoms when it needs to focus on recovery."

This is what we do here at Hopewell. We bring our residents clinical care, the connections of our therapeutic community, a safe and supportive temporary home, meaningful work, and other programs that help them discover and fulfill their purpose.

Thank you so much, in Mental Health Awareness Month, for helping others understand that healing and recovery are possible, and for supporting Hopewell's programs.

David H. Shute  
Executive Director

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## COMPASSPOINTS

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

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147 Bell Street, #303

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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."





# summer solstice

## NEW LOCATION!

**Squire Valleevue Farm**

**37125 Fairmount Boulevard, Hunting Valley, Ohio**

**Friday, June 24, 2022 | 6:00 pm**

Spend a lovely evening with cocktails under the summer sun and stars, followed by a delicious sit-down dinner from NOSH Creative Catering. Bid on Live and Silent Auctions filled with wonderful items, including travel and other entertainment experiences.

For over twenty years, Summer Solstice has been Hopewell's signature fundraising event. Proceeds provide fee assistance to a majority of our residents' families who otherwise could not afford our care.



To purchase tickets (\$250) or donate to our Fund-a-Need, visit [www.hopewellcommunity.org/events/summer-solstice-2022](http://www.hopewellcommunity.org/events/summer-solstice-2022) or click the QR code with your smart device.



## Time to Make the Syrup

Hopewell's woods teem with maple trees and the property has its own sugar house, built in 2014 with philanthropic support. Residents count sugaring as one of their favorite farm activities. It is a labor-intensive process and a great opportunity to work together.

In March, when cold nights lead to warmer days, sap rises in the maple trees and detours into spouts protruding from the tree trunks. Resident work groups and staff collect sap throughout the sugaring season and process it into syrup in the sugar house.

Throughout the year, Hopewell kitchen staff incorporate syrup into sweet treats and delicious breakfasts. With hard work comes great rewards!



# Celebrating Spring Around the World

Hopewell's **Diversity, Equity and Inclusion Task Force** members organized a Celebration of Spring with traditions from different cultures around the world. During the week, each program/clinical group participated in an activity relating to the various cultural spring celebrations.

**Candace Carlton, Quality Improvement and Compliance Director**, spoke about Nowruz ("new day"), the first day of the Iranian calendar which falls on spring equinox. Communal festivities include bonfires, feasts, and celebrations of culture such as musical performances, poetry readings, and traditional sports. Staff and residents participated in a drum circle.

**Ashley Green, Clinician**, led a celebration of Ostara (also known as Eostre), a Germanic goddess of spring and dawn.

**Chris Goodall, Director of Outreach**, talked about the Native American Full Sugar Moon, which is a symbol for new beginnings, magic, and miracles. The name Sugar Moon comes from the maple trees beginning to produce sap so the maple syrup production can begin.

**Candace Carlton** spoke about Purim, a Jewish holiday which commemorates saving the Jews of Persia from destruction. This festival celebrates triumph over adversity and standing up for one's beliefs.



## COLORFUL WALKING TRAILS

**Robin VanLear**, the visiting artist who helped organize Hopewell's Lantern Festival in December 2021, returned to the farm in March to lead another large-scale art project that involved many members of the community. Colorful porcelain flowers were created and attached to trees along the wooded trails, making those trails more accessible and easier to navigate by color coding them. The project was completed on Earth Day 2022.





# Poetry Week

Poetry Week took place in early March. Visiting artist, **Dr. Mari Alschuler, LISW-S, MPTP, PhD**, facilitated poetry groups in the mornings and visual journaling sessions in the afternoons. At the end of the week, the community shared their poetry.

A POEM WRITTEN BY LIZ O:

*Things are going well, but it's not all easy as pie  
I was going to try to hide it, but then I wondered, why?  
People are following me because I'm honest and true  
Because I share my successes, but my challenges, too  
I'm doing well when my mom's here, and get a lot of work done  
But then when she leaves, it's a lot less fun  
It's anxiety provoking to be alone at night  
I'm trying to do calming things, but it gives me quite a fright  
But today is better than yesterday, which is all I'm hoping for  
I'm killing this "coming home" thing, and that is for sure  
Today I went to the store and got some groceries we needed  
I was totally calm and in the end completely succeeded  
I've been cubing butternut squash and roasting it in the oven  
And sauteed some veggies for spaghetti, and browned some beef with lovin,  
I've been doing really well, keeping the dishes cleaned  
I even ran the dishwasher, and kept the counters mostly clean  
I put my laundry away, and I even made my bed  
I couldn't go to the gym, so I worked out downstairs instead  
I took the garbage can out and the recycling to the street  
I took some time to do some writing, which was really neat  
Finally, I took a bath, and enjoyed using the jets  
It wasn't all perfect, but it was the best night yet  
I'm proud of myself in all, it was a very big day  
And I know that if I keep fighting, it will continue to go this way.  
Thanks for you love and support...Liz*



## Welcome Boomer



Hopewell welcomed a new farm friend to our Equine Assisted Learning program. Boomer, a 15-year-old pinto pony, was donated by the Foutty Family. "Boomer is one of kindest, sweetest geldings I have ever met," said **Colleen Welder, Director of Program and Operations**. He is retiring from a long and successful show career.

Boomer was diagnosed with a rare neurologic disorder that is now easily treated with vitamin E. Unfortunately, the damage that was done prior to his diagnosis is irreversible, making him unsuitable to be ridden. He sometimes stands in an unusual position with his legs crossed or close together and has difficulty backing up. Otherwise, he is young and loves to be groomed and petted.

## Four-Legged Guest



Therapy dog Alex visits Hopewell's morning meeting.

# OUR TEAM, OUR PASSIONS:

## ANN THOMPSON



Think of someone warm, empathetic and kind who has a huge network of friends. No matter where they are, be it a new restaurant, a concert, an airport in a different city – they run into someone they know. They remember everyone's friends and family and they thrive on bringing people together.

Fundraising is all about making and nurturing relationships, and **Ann Thompson, Development and Communications Manager**, has a special talent for connecting with others, no matter their background or circumstances.

In 2016, Ann volunteered for Summer Solstice and then joined the Development Team in 2017. Currently she is organizing our Summer Solstice 2022 benefit and she is also the force behind the newsletter, marketing and advertising, our printed communications, and much more. Unruffled and calm, her easy manner serves her well in dealing with the demands of event management.

Ann has lived in the Chagrin Valley for over 30 years, raising children, volunteering, running an interior design business, and teaching yoga. In 2014 she graduated with a master's degree in Urban Planning, Design and Development. "I have always had a passion for keeping the planet happier and healthier, which has motivated me to get involved in my community," Ann mused. She has volunteered with Meals on Wheels, worked with a developer to bring new housing to Chagrin Falls, and participated in a mentoring program.

"I love to play in my organic yard, growing vegetables and flowers," Ann said. "I moved to a new home last year and I'm decorating and updating it to make it my own. I also had a shed built where I keep my creative energy. I make products with essential oils, homemade greeting cards, and journals out of old children's books." Ann shares her home with rescued pets – a Great Pyrenees, Bernese Mountain Dog, and two cats.

When asked about a "best day" at Hopewell, Ann laughed and said, "At midnight on the day of Summer Solstice when the benefit is over and we know we've met our goals!"

## FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact **Don Bernardo, Director of Development** (dbernardo@hopewell.cc) for more information.

### CAN YOU GRANT ONE OF THESE WISHES?

- Gift card of \$150 or more for Dick's Sporting Goods to allow us to purchase outdoor sports equipment (kickballs, baseball equipment, soccer balls, footballs, frisbees)
- Binoculars for birding
- Electric pole chain saw with adjustable head (\$99)

### ITEMS ON HOPEWELL'S AMAZON.COM WISH LIST:

- Outdoor rocking chairs (\$249 each) and end tables (\$75 each)
- Spikeball set (\$59)
- Portable plein air easels (\$85) – need 10

Please visit [www.hopewellcommunity.org/support-us/wishing-well](http://www.hopewellcommunity.org/support-us/wishing-well) for more information and to connect to our Amazon Wish List. Hopewell is a registered AmazonSmile Organization. Choose "Hopewell Inn" as your charity and Hopewell will receive .5% of the purchase price from your eligible AmazonSmile purchase.

### WISHES GRANTED – THANK YOU!

**The Steven Hammer Memorial Project** – Gift bags for residents

**Foutty Family** – Booming to the top (Boomer), a registered pinto gelding

**Makley Family** – Wooden swing for two people

*Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records. For more information, please contact the Development Office at 440.247.0912.*





The **Steven Hammer Memorial Project** made gift bags for the residents at the farm and University Circle Transition Program. According to their Facebook page, "Everyone involved with this project has dealt with their own mental health struggles in various ways. It is deeply important to us to help those that are struggling as well. We hope to show that no matter what you may be going through, there are so many people that care for you and want to help."

## HONORARY AND MEMORIAL GIFTS

FEBRUARY 12 – APRIL 30, 2022

### IN HONOR OF

**Maura Barber's birthday**  
Donna Rogers  
Rosalie Ruffin

**Bill Hawke**  
Mr. and Mrs. Larry Kronick

**Celeste Hein's birthday**  
Joe and Karen Beran  
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### IN MEMORY OF

**David Cutler**  
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**Helen and John Grima**  
Dr. Kathleen Grima

*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.*



University Circle Transition Program residents welcomed spring with their own music celebration.

# MEET US AT THE MARKET

GEAUGA FRESH FARMERS' MARKET



Find Hopewell products at the Geauga Fresh Farmers' Market this summer!

Please stop by to shop and learn more about Hopewell.  
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May	June	July	Aug.	Sept.	Oct.
28	25	30	27	17	01

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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

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## Summer Solstice 2022

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