



# NEWSLETTER SPRING 2022

Fresh Start: A Home Where Women Can Grow

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Please remember Fresh Start in your charitable giving and estate planning. Fresh Start is a 501(c)(3) organization and contributions are tax deductible.

Fresh Start is proud to partner with



"Life got better," according to Amanda, a former resident of Fresh Start.

Amanda was a resident of Fresh Start in 2018. Before that, she was staying at the People's City Mission and struggling with sobriety and other issues.

With the help of a Fresh Start case manager, she applied for apartments and found one. She now lives independently and attends AA meetings regularly. In February she observed her seventh year of sobriety.

In her new life Amanda is working on a BA in creative writing from UNL. She is writing her autobiography in the hope that the book will help women going through the same kinds of issues she did. "It will tell my story. The story of my life at Fresh Start is how my life went from miserable to a success," says Amanda.

***"I believe in myself."***



As a volunteer every week she picks up the phone, answering questions and referring the callers to the right person. She also sorts and organizes donations to The Daisy, and helps with mailings and other clerical tasks.

Fresh Start gave her the confidence to do things herself. She learned she could be independent and live on her own. As Amanda says, she believes in herself now.

## SAFE AND SECURE

How many times have you heard, "You can fix anything with duct tape." This has held true for Fresh Start over the years. However, we're ready to remove the duct tape from the security camera. Several cameras no longer work and others fade in and out making visibility hard. Fresh Start is a home to 24 women who have endured struggles, including unemployment, domestic violence, and substance abuse. Help us continue to provide a safe and healthy environment for women by donating towards this much needed upgrade for the shelter.



# HERE COMES THE SUN



This has been a long two years. Spring of 2020 was when the COVID-19 pandemic really hit our community. It has overshadowed our lives and had a major impact on our staff, our residents, and our program. Our program is designed around connection points, building rapport, trust, and a sense of belonging. These have all been much harder to do from 6 feet away and while wearing masks.

Now it's spring again, two years later. To paraphrase the Beatles, it's been a long, cold, lonely pandemic- but now, here comes the sun!

It feels as if we are coming out of the dark, coming out from under the shadow of COVID-19. There are still precautions to take, and there are lessons learned that we will continue to apply in our home and our program. But, as is often the case in the spring, there is also new light and new energy. Offering a communal living program during a global health crisis has been stressful, to say the least. We could not have weathered the pandemic without you. So many people reached out, not just with monetary contributions, but to see how we were doing. You called and emailed to see what we needed, and to ask how you could support our residents and staff. We have been so grateful for each and every person and group that shone a light on Fresh Start during these dark two years. Thank you for providing bright spots- some sunshine, if you will- during these dark times.

## VIRTUAL TRIVIA EVENT

Zoom in and join us for a little Spring and Women's History themed trivia on Thursday, March 31, beginning at 7pm. Invite 3 of your friends over for baked pasta and cheesecake made for you by Relish Lunch and Catering and delivered to your home by our lovely Fresh Start volunteers!



Purchase your tickets on our website at [www.FreshStartHome.org](http://www.FreshStartHome.org).



**QUIZ FOR A CAUSE**  
SOCIALLY QUIZTANT EDITION

All proceeds benefit

\$48 per team  
teams of up to 4 people



## HELP US REACH OUR GOAL OF \$40,000

Mark your calendars to support Fresh Start on **Thursday, May 26!** For 24 hours, on Give to Lincoln Day, every donation given to local nonprofits is made bigger by matching funds.

Go online to [GiveToLincoln.com](http://GiveToLincoln.com) on Thursday, May 26 and give from 12:00 AM to 11:59 PM!

# DONATE TO FRESH START

Thank you in advance for your generous support. You make a difference in the lives of women experiencing homelessness.

**Please indicate the contribution you are able to give:**

- \_\_\_\_\_ \$750+: Support 24/7 shelter team
- \_\_\_\_\_ \$300: Groceries and supplies for one week
- \_\_\_\_\_ \$100: Internet and phone for shelter
- \_\_\_\_\_ \$75: One night in our safe home
- \_\_\_\_\_ \$25: Welcome basket for a new resident

In honor of: \_\_\_\_\_

Indicate if you would NOT like to be acknowledged. \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Would you like to receive this mailing electronically? Yes No

Email: \_\_\_\_\_

Please complete the following section if you would like to make a recurring monthly donation.

Monthly Donation Card Number: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Exp. Date: \_\_\_\_ / \_\_\_\_ CVV: \_\_\_\_\_

Email: \_\_\_\_\_

Scan code to donate



## SHELTER HAPPENINGS



Saturday mornings the aroma of coffee wafts through Fresh Start while women circle around the table to enjoy Coffee Talk with Red Nelson, a Fresh Start case manager.

Coffee Talk is an opportunity for the women to get to know each other and bring a sense of belonging and comradery to Fresh Start. They came here believing that they didn't have anything in common with the other women. They find out differently during the coffee talks. The get-togethers provide an opportunity for the women to bond and make friends.

The talks often touch on subjects like addiction, sobriety, relationships, and trauma they may have experienced while they were homeless. They open up about their experiences in the past and dreams for their future.

Red, the case manager, may kick off the conversation by passing out articles to read or by asking general questions. "The coffee talks provide a way for women to connect, to support their peers, and to bond with each other," Red said.

### CURRENT NEEDS



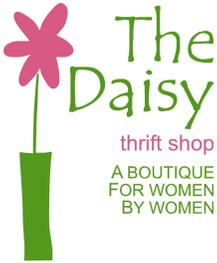


6433 Havelock Avenue  
Lincoln NE 68507

Return Service Requested

Non Profit  
U.S. Postage  
PAID  
Permit # 1486  
Lincoln, NE

## THE DAISY IS NOW OPEN



The Daisy is open  
Wednesday and Thursday  
from 4-6pm  
Friday and Saturday  
from 10am-4pm

We encourage social distancing between shoppers.  
Volunteers will sanitize high touch points regularly.

# FRESH START RECEIVES \$25K FROM HEALTHY BLUE NEBRASKA

Fresh Start, a transitional shelter for women experiencing homelessness, has received \$25,000 from Healthy Blue Nebraska to further its mission to empower women in overcoming barriers to self-sufficiency.

“This funding from Healthy Blue Nebraska will further our efforts to promote the health and well-being of the residents. Often our participants have not been in places or positions where they could focus on their health. While at Fresh Start, we encourage them to make this a priority, so that when they leave Fresh Start they are in a better place both physically and emotionally.” said Monica Zinke, Fresh Start Executive Director.



Healthy Blue Nebraska also provided food baskets filled with fresh produce and non-perishable items to seven women on Fresh Start's community support program.

Fresh Start, located in Havelock, provides women experiencing homelessness with a safe place to stay while they work on personal goals to address the problems they face—substance abuse, domestic violence, involvement in the justice system, as well as physical and mental health challenges. Fresh Start provides women with the tools, resources, and skills development to live independently. Women come to Fresh Start for different reasons- but they all have the same goal: to improve their lives.