

## With help from you, those who served are being served!

### *New Veteran's Transitional Housing Program is making a difference.*

At the end of 2010, supporters like you helped CenterPointe launch a new housing program for veterans who are struggling with homelessness along with mental illness and/or substance use issues.

Now as we approach Independence Day and look toward Veteran's Day, we want you to know how the program is making a difference for veterans and what your support is accomplishing.

The house offers 10 men the opportunity to live in a supportive setting while they take steps toward healthy, independent living.

Men living in the program are accessing counseling services either through CenterPointe or through the Veteran's Administration. The house also offers educational groups and group social activities.

In a recent focus group with residents, conducted by our Board of Directors, one man said, "The program should be nationwide!" Here some other things residents shared when asked what they liked about the program:

- |  |   |
|--|---|
| ■ Bus ticket   | ■ Atmosphere  |
| ■ Meals have gotten better since the program started six months ago. | ■ Everyone is respectful  |
| ■ Safety   | ■ No voices raised  |
| ■ Clean  | ■ We have fun together  |
| ■ Structure  | ■ Casual atmosphere   |
| ■ Friendly and perky staff   | ■ Everyone gets along   |
| ■ Pushy staff – in a good way – helping us become our best.          | ■ Staff will come and get us at the VA Hospital (This saves hours on the bus) |

The focus group also provided information for improvements so that veterans get the very best services. Based on feedback from residents, there will be a greater emphasis on vocational services and job readiness skills.

Your support of CenterPointe, and this program in particular, is directly impacting the lives of men who will graduate from the program better equipped to lead healthy, productive lives in our community!

Thank you!



Thank you for supporting this cozy home in one of Lincoln's quiet neighborhoods where homeless veterans are finding safety, respect, and camaraderie.

## Special Thanks to YOU!

Several local groups and individuals have provided designated support for the veteran's transitional housing program. Special thanks to the following:

AMVETS Lincoln Post 4 / Burdette  
Burkhart / Joshua J. Dorsey / Jill Grasso /  
Peggy Green / Kathy Hartman /  
Rene and Greg Holloway / Matt Jones /  
MOC Chuck Hole Puptent #4 / Schaefer's  
/ Seward VFW Post 4755 / James  
and Joanne Shuey / St. Marks United  
Methodist - Singles Ministry / The' Cup /  
VFW Post 7722 / VFW Auxillary 131 /  
VFW Post 131

## You can meet specific needs!

Many men coming into the Veteran's Transitional Housing program have been living in shelters or on the streets.

They have few personal items and could use some help with new items like these:

**socks / shaving cream / shampoo  
unscented lotion / pillows / sandals /  
coffee cups with lids**

To donate, please drop off or send items to our Administrative offices.

You may also designate a financial contribution by writing Veteran's in the notation of your check, or making a note when you return the reply piece from this newsletter.

# Your Shining Light

*A spotlight on CenterPointe Star Supporters*

This spotlight shines on a whole group of people that we just couldn't do without!

CenterPointe is a member agency of Community Services Fund. CSF is a federation of agencies that provide employees the chance to give to causes they care about through workplace giving campaigns.

A good number of people like you graciously designate their workplace giving to support women, men and teens in recovery.

So, we're shining the spotlight on these wonderful supporters:

Loren Blinde  
Mary Carol Bond  
Kathleen M. Burda  
Chanell Dawn Carpenter  
Becky Carter  
Jason Conrad  
Ronda L. Danner  
Christine M. Dooley  
Richard R. Endacott  
Stanley R. Fraas  
Charles A. Francis  
David D. Goehring  
George A. Hanigan  
Victoria R. Heggen  
Julie Hendricks  
Charlene D. Henninger  
Barbara A. Homer  
Mr. Michael A. Hruska  
Margaret A. Johnson  
Dianna P. Keefer Knight  
Celeste Knapper  
Diane Krajicek  
Lynne Lange  
Patricia J. Leach  
Mary Beth Lehmanowsky  
Susan Lyness  
Virginia Martin  
Adrienne E. McLeese-Helman  
Margaret Ann Medel

Margaret V. Mering  
Ms. Carlene Muller  
Valdeen Nelsen  
Sarah Paider Newell  
Mitchell D. Ohnoutka  
Diane Pearson  
Barbara L. Peglow  
Sandy Pospisil  
Allison Redding  
Ms. Susan Rediger  
Mary G. Reiman  
Kelly C. Robare  
Charles R. Roberson  
Lucinda A. Roine  
Karen M. Rowe  
Richard R. Seymour  
Ted C. Sheely  
Laura J. Smith  
Marcia A. Smith  
Lynnette K. Streeter  
Erin Tinsley  
Thanh Tran  
Paulette Jo Wathen  
Erica White  
Vernon Williams  
Michael & Ruth Ann Wylie

And, all those of you who give anonymously!

We deeply appreciate your commitment to making CenterPointe services available for low- and no-income women, men and teens. You are all stars!

Without you, our beacon of hope and healing would not shine as brightly for people who are working to overcome homelessness, mental illness and addiction. Thank you for shining your light on their lives.

## How to be a Star – in 1 easy step (or maybe 2)

If you would like to be a CenterPointe Workplace Star Supporter, here's 1 easy step to stardom:

\* Designate your workplace gift, or a portion of your gift, to CenterPointe by writing our name in the Designation section of your company's pledge card.

That's it! Easy as pie!

Or, if your company doesn't participate in workplace giving, here's another easy step you'll have to take first:

\* Contact Kiersten Hill with Community Services Fund to learn how to start a workplace giving campaign at your company. (then, see easy step 1 again)

I promise you will love the freedom and satisfaction of deducting a gift from your paycheck. You never have to think about giving and you can be assured that your gift is invested in a cause you care about.

Maybe you're retired and can't give through payroll deduction? Never fear, every gift — no matter the size or how we receive it — makes a difference and is very much appreciated. Thanks for all you do to help recover lives and restore hope!



**Community  
Services Fund  
of Nebraska**

To learn more, contact:  
Kiersten Hill, Executive Director  
khill@communityservicesfund.org  
404-489-4332

CenterPointe helps people with mental health and substance use issues  
live healthier, more productive lives.

Administrative offices: 2633 P St, Lincoln NE 68503 | 475-8717  
Newsletter editor: Abigail Swatsworth - [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org)

# Discovering the Future

## Monday, September 12, 2011

Miss America 2011, Teresa Scanlan, will share her message of eating disorder prevention with CenterPointe supporters and community members.

We're excited to bring Teresa to our second annual Discovering the Future event. This is CenterPointe's premier fundraising dinner and auction. This year promises to be another amazing evening to help women, men and teens find lasting recovery.

### *Among auction items this year:*

A golf outing for you and three of your friends with Nebraska's First-team All American Place Kicker, Alex Henery.

A six night stay in a luxury, beachside condo on Mexico's Caribbean coast. Private, guarded resort, pool, private Jacuzzi on the covered terrace, 2 bedrooms, 2.5 baths, sleeps six.

A sneak peek outing at Lincoln Children's Zoo including admission, train tickets, lunch at the Safari Café, and one hour guided tour with Zoo Director, John Chapo. Bring one adult and five kids or two adults and four kids!

Watch your mailboxes for your invitation or register online at: [www.centerpointe.org](http://www.centerpointe.org)

Tickets for dinner and the open reception are \$65 each, tickets for dinner and a private reception with Teresa are \$125 each.



# Center Yourself

va·ca·tion (vā kā'shən, və-); *noun*

1. freedom from any activity; rest; respite; intermission
2. a period of rest and freedom from work, study, etc.; time of recreation, usually a specific interval in a year

Vacation offers the opportunity to recharge your batteries, renew your creativity, and release the negative symptoms of too much stress.

Maximize your vacation:

- 1) Don't schedule every hour of your time off, spend some time doing nothing.
- 2) See something you've never seen, even if it's a hometown attraction.
- 3) Treat your phone as an emergency communication tool, otherwise ignore it.

## Discovering the Future Activities

**4:30 - 5:30 pm** - Speaking to our youth \$25 per youth (1 accompanying adult)

**5:30 - 6:30 pm** - Reception and Silent Auction bidding

**5:30 - 6:30 pm** - Private reception with Teresa, butler passed Hors d Oeuvres

**6:30 pm** - Three course gourmet dinner

**7:00 pm** - Silent Auction closes, program and live auction following



On Your Side® | a Nationwide® company

**Special thanks to Allied Insurance for their generous Key Sponsorship of this event!**

Teresa Scanlan is Nebraska's first Miss America contestant to wear the crown! Come hear Teresa's message at Youthfully Speaking or Discovering the Future.

# Are you championship material?

## *You are invited to become an elite CenterPointe Champion.*

You've probably heard the phrase practice makes perfect. And, if you are a sports fan you may have heard practice builds champions.

Now you can practice charitable giving every month when you become a member of the CenterPointe Champion's Circle—an elite group of donors who commit to making a recurring monthly gift.

- You can ask us to process a monthly charge of any amount on your bank card or credit card.
- You can arrange an automatic bill pay through your online banking or with your personal banker.
- Or, you can ask for a monthly reminder by email to send a check through the mail.

Recurring gifts help women, men and teens find lasting recovery because we know we can count on a certain amount of support every month.

Recurring gifts help you because you can painlessly add up a series of smaller gifts to equal a bigger annual gift without making a sacrifice at the end of the year.

Use the enclosed reply piece to sign up or contact Abbigail at 475.8717 ext 133 or [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org)

## It's a party You can bring the whole gang along!

CenterPointe offers groups a unique volunteer experience to support people in recovery.

If your group is looking for a fun way to reach out to people in recovery, please consider hosting a social event for a group of CenterPointe consumers.

You can host a picnic or a barbecue, an ice cream social, sit down meal, or other social gathering for women and men living in one of CenterPointe's treatment or housing programs.

This is a perfect opportunity for church, civic or fraternal groups who can organize and fund an activity for 10 – 20 people.

### **We'd like to talk to you about your ideas!**

Please contact Abbigail Swatsworth to make a connection, share your idea or get started on an activity: [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org), 402-475-8717 ext 133.



## Mellow out for mental health

You can join CenterPointe at SouthPointe's Friday Nights Live in August.

Are you looking for a fun new way to support women, men, and teens in recovery? Do you like free, live music?

Come to SouthPointe Pavilions any Friday night in August at 6:30pm to hear great tunes and drop a dollar or two in the bucket for CenterPointe!

You are encouraged to come see us at one of these shows:

### **Aug 5**

The Innocence (Energized Classic Rock)

### **Aug 12**

The FabTones (R&B)

### **Aug 19**

Joseph Vincelli (High Funk Jazz)

### **Aug 26**

No Better Cause (A Cappella Pop/R&B)

"Music is such a great way to mellow out at the end of the week. It's a great chance to relax and unwind, which is really good for your mental health," says Topher Hansen, CenterPointe Executive Director. "We hope to see you there!"

For more information about the series, you can go to: [southpointeshopping.com](http://southpointeshopping.com)

Volunteers are needed to help pass the bucket and/or sit at the information table. If you are interested in helping out, contact Abbigail at [aswatsworth@centerpointe.org](mailto:aswatsworth@centerpointe.org) or 402-475-8717.