

CenterPointe

pivotal treatment for recovery

Your CenterPointe Newsletter

Winter/Spring 2015

WHEN I NEEDED SOMEONE THE MOST

Your support makes such a difference. Because you care, homeless and low-income people can access pivotal treatment. You are meeting people in need with open arms and open minds.

Recovery is often a process of successes and failures. Relapse happens. Your loyal support of people in recovery supports them as they work to gain control of their lives and be well.

Below are excerpts of a thank you letter from someone you have impacted:

"I just wanted to take a minute to thank you all for your help and support. When I checked in <to the agency that referred me>, I weighed only 130lbs and only had a t-shirt, shorts, and shoes.

The previous evening I had been walking the street with an extension cord holding those shorts on my

waist. Over the next couple of weeks I went to bed with fear in me and woke up each day feeling empty and lost.

Each of you helped me to regain hope in my life in your own unique and special ways and I am thankful for that. I burned a lot of bridges in my life. I couldn't be more thankful knowing people out there care regardless of my past or experiences.

I am thankful you were all here when I needed someone the most. Please keep up the great work even if it is frustrating at times."

Right now there are hundreds of homeless men and women in need of pivotal treatment and services. Your support is so vital in making sure we can be there for them when they need us the most. Thank you.

RUSS'S COMMUNITY REWARDS FEATURES CENTERPOINTE FEBRUARY 25 - MARCH 3

We're so proud to bring you a unique opportunity to help people turn their lives around. When you shop at any Russ's IGA and scan your Community Rewards Card, you earn points that can be redeemed as a donation to local causes.



CenterPointe will be the featured cause from February 25th through March 3rd. During this time Russ's will match your donations and double

up gifts to support homeless people suffering from mental and substance use issues.

It's as easy as telling the cashier that you would like to donate your points to CenterPointe. A minimum of 5,000 points is required to donate. For more information about Russ's Community Rewards go to: <http://www.russmarket.com/russ-community-rewards/>

CENTER YOURSELF

It's important you get as much sunshine as possible during the winter and early spring months. When you expose yourself to sun-light you keep your internal clock running on time and help trigger regular patterns of sleep and waking.

Although the days are slowly becoming longer, it's easy to miss out on sunlight when we lead busy lives. Make time so you can get outside during the day. Even cloudy days offer a little natural light.

YOUR GENEROUS TRIBUTES

You ensure pivotal treatment is available for the homeless and low-income members of our community when you pay tribute to a loved one. The following tribute gifts were made during 2014. Thank you for making a difference in such a thoughtful, caring way.

In memory of Elmer Ahlman
John and Clara Bernadt

In honor of Dennis Claridge
David Claridge

In memory of
Lois and Allen Hansen
Maren Hansen

In honor of Topher Hansen
Dale and Jackie Mahlman

In honor of Rob Hillestad
Janet Walters

In memory of Loretta Keller
John and Clara Bernadt

In memory of Bradley J.D. Lange
Linda and Gary Lange

In memory of Barb Lempka
John and Clara Bernadt

In honor of Tami Lewis-Ahrendt
Mary Barton

In memory of Tim Marten
Art and Karen Bates
Betty Bates
Commercial Contractors
Equipment
Craig and Donna Malmberg
Peter and Kyla Olson
Jeanne Rosenberger
Lois Scholl
Inger Sherbeck

In memory of Jeanne Robare
Sandra Robare
Karise Rupert

In memory of Stan Terveer
Allen & Gloria Terveer

In memory of Kyle Ver Maas
John and Clara Bernadt

In memory of Mark Wenzl
John and Clara Bernadt

In memory of Jenny Wettstead
Jeri Coudeyras

GIVE TO LINCOLN DAY (or, How to Maximize Your Giving)

You will once again have the opportunity to support CenterPointe through Lincoln Community Foundation's annual Give to Lincoln Day.

Give to Lincoln Day is a community-wide effort to activate donors across the whole community to give online during one 24hr period. The gifts you give through the event are eligible for a portion of matching funds.

**MARK YOUR CALENDAR
for MAY 28, 2015.**

While the emphasis is online giving, you may also give checks made out to Lincoln Community Foundation or gifts of cash that day. You may also choose to designate a gift to CenterPointe from your Lincoln Community Foundation charitable checkbook as a part of the event.

If you are considering a gift this Spring, please consider giving it as a part of Give to Lincoln Day so that we can maximize our match!

For more information or questions, contact Abigail Swatsworth at 402.475.8717 or aswatsworth@centerpointe.org.

MAKING THE HOLIDAYS BRIGHTER

Thanks to terrific support from you, people got warm coats, gloves, mittens during the CenterPointe Coats of Hope Drive. People overcoming homelessness, mental illness and addiction got to choose coats and scarves during the annual Holiday Open House at our 1000 S 13th St location. There were so many coats, they continue to be shared with those in need!

Special thanks to the staff of the Election Commission, A-OK giving circle, Women's Sacred Circle at First Plymouth Church, the Kemp family, and the Executive Committee of the CenterPointe Board. These wonderful people adopted CenterPointe families for the holidays. Dozens of presents, grocery gift cards, household items and lots of love and caring for everyone.



The Wesleyan Men's Soccer team adopted 26 men and 4 women in CenterPointe's Veterans Transition in Place Housing program. Each vet received a stocking full of personal care items, treats, and a Christmas card. Special thanks to Board member, Jennifer Davidson, for connecting them with CenterPointe.

Greg and René Holloway raised funds to provide a Christmas meal and presents for the 10 veterans of our Vets Transitional Housing group home.

Thank you!



SPECIAL THANKS TO:

- Greg and René Holloway
- AMVETS Lincoln Post 4
- DAV - Chapter 7
- DAV Auxiliary
- Kathleen and Roger Drucker
- Military Order of the Purple Heart, Lincoln Chapter 200
- SE Nebr 40-8, Voiture 1015
- VFW Post 9875
- VFW - District 9
- VFW Post 7722
- VFW Post 4755
- VFW Post 131
- Vietnam Veterans of America, Chapter 727

SAVE THE DATE

Thursday, September 17, 2015 – Mariel Hemmingway



We're so pleased to announce that Mariel Hemmingway will join us for the 2015 Discovering the Future event. Thursday, September 17, 2015 we'll gather to hear her inspirational message of holistic health and wellness.

Mariel's family, including grandfather Ernest Hemmingway, has a long history of mental health and substance use issues. One of Mariel's sisters completed

suicide – another lives with bipolar disorder. Mariel has written numerous books, created yoga videos, and a full-length documentary sharing her unique voice of wellness.

She'll be sharing and signing her new memoir, *Out Came the Sun: Overcoming the Legacy of Mental Illness, Addiction, and Suicide in my Family*. Don't miss this opportunity to be inspired!

WISH LIST

Everyday Items Make a Difference All Year

The people we serve often have little or no income. Donations of personal care and household items can help them meet their basic needs and are needed throughout the year.

- Toothbrushes & Toothpaste
- Shampoo
- Hand sanitizer
- Feminine hygiene products
- Shaving cream
- Deodorant
- Dish soap
- Paper Towels
- Cleaning supplies
- Trash bags

Donations of these items can be dropped off at our 1000 S 13th St location: 8am to 5pm, Monday – Friday. For more information please contact Abbigail at 402.475.8717 x133 or aswatsworth@centerpointe.org.

LET'S TALK ABOUT IT

New support group for friends and family members

CenterPointe has started a new support group for friends and family members who care about someone living with mental health, substance use or co-occurring disorders. This free, confidential group offers opportunities for attendees to learn from and connect with others in similar situations.

The group meets once monthly. No registration is required.

Third Tuesday each month

1000 S 13th St

5:30pm – 6:30pm

For more information or questions, contact Peer Specialist, Retha Knapp at 402.475.5161 x 343.

CenterPointe helps the people we serve get better, sooner, for longer.

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