

Jeremiah's

Serving the Community
Since 1982



TIMES

Social Model Recovery Residence • Emergency Food Assistance

Summer 2006

Tobacco Awareness Sessions Required for Residents

Jeremiah's receives grant from Bureau of Substance Abuse Services for Nicotine Replacement Patches



By
Judy Rose
Office Manager

In the United States, each year, about 14,000 people are killed by illicit drugs. 17,000 are killed by AIDS. 19,000 are murdered. 41,000 die in motor vehicle accidents. 81,000 die from alcohol-related illnesses. And tobacco-related illnesses kill about 430,000. These are all considered "premature deaths" – people dying sooner than they should have or needed to.

For people in recovery, tobacco-related illnesses are the leading cause of death. There are a number of reasons why. When an addict is active, he gives little thought, if any, to proper nutrition, proper rest, dental care, health care. In addition, there is often exposure to TB, Hepatitis C, HIV and a myriad of other health dangers. To add tobacco to this already compromised human body is a lethal mix.

Far Greater Chance

For the past 7 years, Jeremiah's has been steadily working to address the issue of tobacco use and recovery from other addictions. Research is showing that people who quit smoking when they quit their other addictions have a far greater chance of

staying clean and sober. There is a connection between tobacco use and other addictions. In the general population of the United States, 23% of the population smoke. Among addicts the number of smokers is 70-85%. Currently at Jeremiah's, 18% are non-smokers, 72% continue to use

Tobacco-related illnesses are the leading



cause of Death for people in recovery.



tobacco. It is not all bad news. Of that 72%, many want to quit, about 75% have indicated a desire to stop using tobacco.

To that end, Jeremiah's now requires that all new residents attend four 1-hour sessions on Tobacco Awareness with the hope that the education will help them better understand the dangers of smoking. After all, tobacco is the only product on the market that, when used as directed, is guaranteed to kill one out of two users.

—Continued on page 7

Annual Summer Food Drive to be held July 24th week

By **Walter Spencer**
Executive Director

Start collecting non-perishable food to donate to Jeremiah's Inn's 12th Annual Food Drive! Every donation is important, so set up a box in your home or office and form a team to conquer hunger in our community.

Jeremiah's Inn's 12th Annual Food Drive will be delayed one week this year. It will be held July 24th through July 29th from 7 a.m. to 6 p.m. at the same Webster Square Plaza location.

Todd Marlin chairperson

We are pleased to announce that Todd Marlin, General Manager of the Worcester Tornadoes, is serving as our honorary chairperson. This year's drive coincides with a Tornadoes home stand beginning with a series against the New Haven County Cutters and ending with the New Jersey Jackals.

Mr. Marlin has announced that any fan who brings a non-perishable food donation for Jeremiah's Inn to the park on Tuesday, July 25th will receive one dollar off the already low admission price for that night's game.



We are pleased to have Mr. Marlin as our honorary chairperson and look forward to the most successful food drive ever.

A Personal WORD

from the Executive Director



Walter Spencer

Everyone Off the Couch!!

Dan and Betsy Nally were the keynote speakers at our annual meeting in May. For those of you who didn't have the pleasure of meeting them, let me introduce them to you.

Ten years ago, Dan and Betsy saw a television news broadcast that told of the plight of the Greater Boston Food Bank in attempting to secure enough turkeys to meet the Thanksgiving demand. They estimated a shortage of 5,000 birds. The Nallys decided that something had to be done so that families would be able to enjoy a turkey dinner for our national feast. They were able to gather 36 turkeys as a contribution to the food bank. Last year they provided over 6,000 turkeys to the Food Bank!



This year, Dan graduated from high school, and Betsy completed her sophomore year. They started when they were nine and six years old, respectively.

Their story is an example of what we can do with love, compassion, determination and action. We will never make a difference in this world if we never get off the couch. If we consider only the obstacles, nothing gets accomplished. We cannot let what we can't do get in the way of what we can do.

What started as a couple of nice kids going to their neighbors for turkeys for the Greater Boston Food Bank, has grown to an organization that provides turkeys in 18 states! A visit to their website www.turkeys4america.org is a great experience. I encourage you to visit and get a glimpse of what these terrific young people have accomplished.

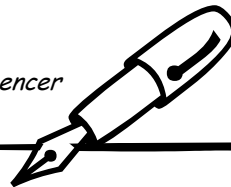
Who among us has not heard the old aphorism, "Where there's a will, there's a way." Betsy and Dan are certainly proof of this reality.

Hearing their story, I was reminded of Trevor Ferrell, who in 1983 at age 11, heard a TV news story about the homeless people in Philadelphia. Moved by the horrific image of a homeless person on the cold December streets, he cajoled his parents into driving him downtown where he placed a blanket on a person who was curled up on a sidewalk grate. The mumbled, "Thank you very much. God bless you," he got in response was enough to encourage him to do it again the next night. Soon others joined in the simple acts of kindness which blossomed into donations of hot soup, sandwiches and eventually into a shelter and services for people in Philadelphia. (See www.trevorscampaign.org for more information, or read Trevor's Place by Frank and Janet Ferrell.)

We can end hunger and homelessness in our community. Collective will is more powerful than collective wealth in adopting a compassionate response to hunger and homelessness. If we look through the eyes of a six year-old Betsy and a nine year-old Dan, we just might see the solution.

Thank you for your support and best wishes for a peaceful summer.

Walter Spencer



Family Friendly Times Two



Jeremiah's Inn appreciates the actions of the Worcester Tornadoes and the Worcester Sharks in offering fans alcohol-free seating at baseball games at Hanover Insurance Park at Fitton Field and at the DCU Center respectively. They have graciously responded to community requests to make the venues truly family friendly. We encourage sports fans who want to enjoy great baseball and ice hockey to request seating in the alcohol-free sections.

JEREMIAH'S TIMES
is published as a
community service
for the
families and friends
of Jeremiah's Inn

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What They Say

Actual Testimony
from residents
whose life changed
significantly at
Jeremiah's Inn.

Residents speak for themselves about how Jeremiah's Inn has helped in their recovery.

I was still polluting my mind...

It was a cold day in December when I was pulled from my cozy corner on the dining room floor at the P.I.P Shelter (People in Peril) where I was still experiencing the last effects of a shot of heroin. My "angel" had helped me make my first steps toward a difficult road ahead. For the next three years, I would fall numerous times. Though still attending recovery meetings as I had for 12 ½ years, I continued to fall into the talons' grip of addiction. My perfect downfall or "trigger" was two important things in my life: where I was living and how much money I was making.

I am a skilled tradesman, able to build, wire, plumb, and I'm certified in steel. Being versatile allows me to earn a substantial paycheck. As an addict, I chose not to pay bills or clean up my financial past while I was still "in the fog". So, I had plenty of money to spend on illicit drugs.

At one point, I moved from a quiet single family house to, what I refer to as, the "Combat Zone of Worcester". Just walking out my front door was a challenge for me because I could find anything I wanted to "medicate" myself.

Time went on. Although I was attending recovery meetings, I was still polluting my mind with drugs. After 3 or 4 "slips" while living in a sober house, I was asked to leave. I had no money and no where to go. I checked myself into a detox and was administratively discharged three days later for suspicion of smoking. (We smoking addicts know how vital a cigarette is.) Before being discharged, I had arranged to go into a holding facility and had an interview at a halfway house. I blew all that to smoke a cigarette!

Now, I wanted to be clean and sober more than I wanted to stay high. Eventually, I got into another detox and applied to Jeremiah's and was accepted. Thanks to this wonderful organization I am no longer sleeping on the streets and I am clean and sober. I am even quitting smoking!

She took the time to visit me...

I want to thank God and Jeremiah's Inn for all the help I received. I want to thank the staff, especially Lorraine Hartwell, the Program Coordinator because she took the time to visit me at MCI Shirley and interview me. I came straight from prison to Jeremiah's where I got a warm welcome.

When I arrived, all my possessions were in a very small plastic bag. Now it is four months later and I have all the clothes I need.

At Jeremiah's, the program has provided me with classes and groups in Job Readiness, Anger Management, Housing, Nutrition, Relapse Prevention, Early Recovery, Tobacco Awareness, 12 Step, AWOL (A Way of Life), and Walter Spencer, the Director taught us a safety class for the kitchen.

After spending 4 years in prison, Jeremiah's took a chance on me and, now, they are helping me become a productive member of the community.

I am grateful and thank you all for all your understanding. When I needed a hand, you gave it to me. Thank you.

Dates Still Available for
EVENING MEALS

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dinner for 30
resident guests

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Science to Service

By Lorraine Hartwell & Walter Spencer

"I first heard of Dr. Nancy Petry's work at a seminar in the New England School of Advanced Addiction Studies in 2002," commented Jeremiah's Inn Executive Director, Walter Spencer. "The research was convincing, but I was not sure it would successfully translate to a social model residential program from the outpatient setting in the study." The disconnect between proven scientific research and the application in day-to-day treatment environments is an issue that the Department of Public Health (DPH) is trying to address.

Program announced

Early in 2005, the DPH Bureau of Substance Abuse Services announced a program in cooperation with the Addiction Technology Transfer Center of New England (ATTCNE) to assist in applying proven research in treatment programs. Jeremiah's jumped at the chance to participate in this project. At the first meeting of representatives from interested programs we learned that the first project would be Contingency Management - based on the work of lead researcher Nancy M. Petry, Ph.D.

We had been struggling to move away from imposition of sanctions for rules infractions and wanted to work towards introducing a system of rewards for positive behavior in our program. Dr. Petry's research had proven the effectiveness of treating substance use disorders with tangible incentives. We saw an opportunity to improve our outcomes and signed on to the project.

Behavior we wanted to change

Working with a coach for the four central Massachusetts programs that participated in the effort (out of only 16 in the entire state), we were guided in selecting the behavior we wanted to change and in methods of introducing the research to involve everyone in the organization.

After considerable discussion, we decided that a resident-suggested early morning recovery group would be the best place to

Social Model Meeting Benefits Program

Directors exchange information and share experiences

By Walter Spencer, Executive Director

On Thursday, June 8th, Jeremiah's Inn hosted a meeting of directors and program coordinators of other social model residential programs in the state.

While there are regular resident-focused social model meetings throughout the year, this was the first time that we have been able to get the directors together to share ideas, experiences and best practices in the seven-site social model programs.

Assumption College professor Nancy Adams, Ph.D., presented the results of our first

follow-up survey of residents who have left the Jeremiah's Inn program. Other directors have expressed interest in joining this project as it develops.

Our thesis is that everyone who spends time in social model programs gains some benefit that supports their recovery regardless of why they left the program. We hope that the long-term study will support this thesis and give us feedback on how to improve the program.

We all agreed to meet again in the fall to continue to exchange information about our programs.

start. Months earlier, residents had begun a morning meditation group to start the day with a focus on recovery. Attendance had been dropping off in this voluntary participation group, and staff wanted to encourage men to begin the day in a spirit of recovery. In essence, there would be no sanctions for missing the meeting, but those who attended would be eligible for rewards.

Donors generosity

Thanks to the generosity of several of our donors, we were able to purchase some incentives for participants. Rewards ranged from a new pair of socks to personal care items, t-shirts, books, alarm clocks up to a grand prize of a gift certificate to a shopping mall.

Residents who showed up on time and stayed for the entire 10 to 15-minute meeting were eligible to draw a slip from the "fishbowl". Prizes were categorized as small, medium and large. Everyone was assured of receiving some incentive just for participating.

Slowly, the attendance increased. In the second week of the 12-week implementation, one resident won the large prize.

(Prizes were replaced after each drawing so the chances were consistent from day to day). Participation rates remained constantly high for the duration of the implementation. Even when the 12-week experiment ended, participation remained high. Success. Positive reinforcement generated the behavioral change we were looking for. We are continuing the project on an intermittent basis. Residents never know on which day we will bring out the fishbowl.

Introducing change

The ATTCNE model provided a template for introducing change in an organization. The use of a facilitator or coach to help us define our project while remaining true to the research provided support without interference. We are eagerly looking forward to further "Science to Service" projects.

For more information about the ATTCNE, visit www.attc-ne.org.

For more information about BSAS programs and services visit www.mass.gov/dph/bsas/bsas.htm.

Golden Friends Honored

The support of the hundreds of volunteers who give so generously of their time and talent is a gift that we appreciate every day. At our 24th Annual Meeting on May 10th we paused to recognize a few of the many individuals and groups who help us in our work. They, and so many others, help bring hope to people they will never know.



Linda Carpenter and Sajiv Sarin, Burncoat Baptist Church



Zuhdiah Abdeljaber, receives award from Walter Spencer, Executive Director, Jeremiah's Inn on behalf of the Al-Hamra Academy

We are pleased to acknowledge the generosity and love bestowed on us by the following Golden Friends of 2006

**Masterman's
Fallon Clinic Foundation
Leslie Kelly
Burncoat Baptist Church
Sarah Bush
Al-Hamra Academy
Our Lady of the Angels School
St. John's High School**



Johanna Lolax
Fallon Clinic Foundation



Ben Masterman
Mastermans



Leslie Kelly



Sarah Bush

Facility Needs

Soup/Cereal bowls
Fresh Produce
fruits and vegetables
New Pillows
Twin-fitted Sheets
extra long and regular
Twin-flat Sheets
Bath Towels
Floor Buffer

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Nutrition Center Needs

All non-perishable foods –
**Cereals, Spaghetti Sauce,
Canned Fruits, Pasta,
Beef Stew, Hearty Soups,
Spaghettios,
Canned Ravioli
Baked Beans
Cooking Oil**

Laundry/Dish Detergent
Toilet Paper
Paper Towels
Baby Diapers
Baby Foods

**TOILETRIES –
Shaving Cream
Feminine Products,
Bar soap, Deodorant,
Shampoo, Toothbrushes,
Toothpaste,
Disposable Razors**

Checks to the Worcester County Food Bank for Jeremiah's Nutrition Center account are always welcome and needed.

**Call Deb
Nutrition Center Director
(508) 755-6403**

On-line Giving



Jeremiah's Inn has joined Guidestar®, a national database of U.S. charitable organizations which now makes it possible for us to accept donations online.

When you visit our website www.jeremiahsinn.org you will notice a small "donate now" icon. Clicking on this icon will link you to the Guidestar® website where you can get more information about this service.

Students Brush-Up

Ginette Hehn (lower right) and students from the Whitinsville Christian School spent two days at Jeremiah's Inn painting the common areas of the third floor.

They scraped, painted and decorated the hallways with a bright, homey touch.

Thanks to all the students who participated!



Maximize your Donation

Many employers have a matching gift program for employee donations to charitable organizations.

When writing your check to support Jeremiah's Inn, please check with your Human Resources Department and ask about their matching gift program.

Jeremiah's Inn is a 501(c)3 organization.

In a holiday card to the staff from a former resident's young daughter, "Thank you for helping Sam get his life together so he can be part of ours! ...Love & Peace".

During the holidays, at least a dozen former residents either stopped in, phoned, or sent holiday greetings to let us know how they were doing.

We wish the birthday cake bakers could see some of the residents when presented with their cakes. Phil had been a resident for only 2 days and, it was his birthday. He was going through the initial adjustments of Jeremiah's, getting to know the other residents, getting to know the rules and schedules and holding the "look" that many have when they first get to Jeremiah's: head down, shoulders hunched over, eyes dull, little or no facial expression.

When handed his cake, there was an immediate transformation; he was so grateful (and probably amazed) that someone had remembered. He exclaimed several times how "awesome" and "cool" it was. There was a big smile on his face that ex-

Jeremiah's Moments



By
Judy Rose
Office Manager

Names have been changed to respect our residents' confidentiality.

This column notes some of the miracles and times that occur each day at Jeremiah's which are part of the fabric of healing and change.

I call them "Jeremiah's Moments"

They encourage us all to continue this difficult, but deeply rewarding work.

I hope it will help you to understand what a difference your support makes, and what an honor and privilege it is to journey with these men.

tended to his eyes. I wish you had been there to see it. It made my day.

Another former resident wrote: "Thank you for all your help when I was so much in need". He is doing well and stays in regular contact.

While a Mom shopped in our Nutrition Center's farmer's market, Donald held her baby so she could have a free hand. He is 58 years old and says he has never held a little baby before. The baby must have felt secure, she fell asleep in his arms.

A note from resident Paul: "I would like to thank you and the rest of Jeremiah's staff for all your hard work and helping me out with my legal issues. I could never convey in words how much I truly appreciate all your help, not only with my court issues, but also for allowing me the opportunity to better myself. I know and understand that in this line of your work you are very rarely recognized for the true Godsendings that you all are. Thank you for helping me find myself and guiding me through these hard times. Thanks a bunch."

Student Interns Gain Experience

By Walter Spencer, Executive Director

We are fortunate at Jeremiah's Inn to have so many wonderful volunteers who help in so many ways. This year we are enjoying the services of two wonderful students who are serving internships at the Inn.

Chris Mackowiak recently graduated from Clark University *summa cum laude* with a double major in sociology and psychology. Chris worked in the recovery program and developed a men's group based on the film *Tough Guise* by Jackson Katz.

Chris also assisted with our work with the Central Mass. Men's Resource Center, and with the Worcester County Fathers and Family Network. We are grateful for his dedication and enthusiasm.



Chris Mackowiak



Malaika Clarke

Malaika Clarke is a history major at the College of the Holy Cross who will be completing her 10-week internship at the end of July.

Malaika has been working in the food pantry and has quickly acculturated herself to the pantry operation and the philosophy of Jeremiah's Inn. Malaika will be starting her junior year in September.

Nathaniel Wheeler Landscaping Grant Received



Horticultural consultant, and designer Gregory G. Tormey waters plantings at Jeremiah's Inn.

In June, Jeremiah's Inn received a grant from the Nathaniel Wheeler Trust for landscaping of the traffic islands in Webster Square directly in front of the Inn.

Local horticultural consultant and designer Gregory G. Tormey prepared a landscape plan of about a dozen varieties of plants to beautify the intersection.

Our thanks to the trustees of the Nathaniel Wheeler Trust for their generous grant, and for their commitment to keeping Worcester beautiful.

—continued from page 1

When the Massachusetts Department of Public Health, Bureau of Substance Abuse Services Tobacco Guidelines went into effect July 1, 2004, Jeremiah's tobacco program had already been up and running for a time. In September, I attended a week-long Tobacco Treatment Specialist Certification Training to better assist our residents and staff with their smoking addiction.

Although the Tobacco Settlement funds have been decimated for other unrelated projects, Jeremiah's is one of twenty programs in the state to receive a grant from the Bureau of Substance Abuse Services for a supply of the Nicotine Replacement Therapy (NRT) patches. We are grateful to have another tool we can use in addition to education and individual counseling.

Determined to Quit

Two of our most entrenched smokers have determined they want to quit. One has smoked 2 packs of unfiltered cigarettes for 50 years, since the age of 7. Though he has not been able to entirely quit, he is down to 3-5 cigarettes a day. The other resident has smoked 3-4 packs of cigarettes a day. He, too, has cut down dramatically to about 5 cigarettes a day. The NRT patch is not a magic bullet and, since tobacco addiction is thought to be the most powerful and deadly of addictions, it may take several attempts to get clean from tobacco. But, these men continue to try to cut out those remaining few cigarettes, and many of the other residents have been cutting down with the hope they will ensure a longer life with better health for themselves and their loved ones.

Summer Hours
Food Pantry
Monday through Friday
9am - 2pm



JEREMIAH'S INN

12th Annual Summer



Food Drive



**Look for the
Big Shaw's Truck**

**Webster Square
Plaza
Worcester, MA**

Monday thru Saturday

JULY 24– JULY 29th

7am — 6pm

*Help us feed
the elderly,
kids and
their families.*



To accomplish this...
Jeremiah's provides, through its residential program, a Transitional Social Model with a key focus of addressing issues related to substance abuse as well as emergency shelter beds for the community with related support services.
Jeremiah's provides an Emergency Nutrition Center with additional support services.
Jeremiah's produces educational opportunities and material to educate the general public about issues related to hunger and homelessness.

has three components:
JEREMIAH'S MISSION
● A RESIDENTIAL component to assist adult homeless men in maximizing their ability to live independently as self-sustaining contributors to the community.
● An EMERGENCY FOOD component to help address hunger and poor nutrition in our community.
● An EDUCATIONAL component to educate the general public regarding issues related to hunger and homelessness.

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