



Jeremiah's
Times



Summer 2016

Mission & Vision

JEREMIAH'S INN uses a Social Model to provide residents with a safe environment in which to begin recovery. We foster a sense of community & mutual aid through partnerships, volunteerism & our Food Pantry. Our vision is to help people better their lives in order to better the community.

2016 Annual Meeting: Note from the Executive Director



On May 11, we held our Annual Meeting. It was well-attended and provided us with an opportunity to connect face-to-

face and celebrate our accomplishments with people who care about the Inn, which is always a lot of fun!

This year's meeting was dedicated to Bob Siemaszko, our Clinical Director who passed away in March. The first part of the meeting focused on the Inn's finances. In 2015, the Inn continued to

do well and again posted a surplus. 2015 was a good year for the residential program – we strengthened both the program and the application process, which allows us to fill beds more quickly. At the Nutrition Center, we distributed food to more than 11,000 people. We provided nutrition education, created a 50-bed community garden, ran grocery store tours and referred people to other programs to help meet their needs. We will continue to evaluate and strengthen both programs.



We presented Golden Friends awards to: the artisans at Warmer Winters, who make winter wear for the men; Mary Anne Abraham, who volunteered at our pantry, to Donna Paschalides, our volunteer dental hygienist; Lynnel Reed & the UPCS students, who make birthday cakes for the men; and the women from Saint Mary's Parish of Grafton, who make tacos for

the guys every month and are affectionately known as "the taco ladies"!

Jeremiah's Inn could not fulfill its mission without the participation of a large corps of volunteers, contributors and donors. We are so grateful for the support we receive – we couldn't do it without you!

Janelle Wilson

New Board Members!

During the business portion of the Annual Meeting, the board welcomed 4 new members: Cassandra Anderson, Robert Bishop, Moses Dixon, and Lisa Driscoll.



If you'd like a copy of the **2016 Annual Report**, please let us know!

22nd Annual Food/Fund Drive



A Food Dessert is a place where people do not have regular access to affordable healthy food. Did you know that there are FIVE Food Desserts in Worcester? Hunger is so prevalent for area children that the Worcester Public School system has eliminated the free lunch application process, as more than 95% of students were eligible. Hunger isn't just about not having food – there are a host of medical, psychological and emotional problems that have been linked to hunger and food insecurity.

Our Annual Food Drive – which runs from July 11-16, from 9:00 am – 6:00 pm at the Shaw's in Webster Square – will help bring in funds and food for our Nutrition Center, while raising awareness about hunger and food insecurity.

Each year, the Jeremiah's Inn Nutrition Center distributes food to more than 11,000 people; nearly 1/3 of whom are children. Please help us in our efforts to feed our hungry neighbors by participating!

This year's food drive sponsors are:

Lead Sponsor: UniBank

Platinum Sponsors: SpencerBank and WTAG/WSRS

Gold Sponsors: Commerce Bank, Honey Farms, Inc., and Wegmans

Silver Sponsors: Southbridge Savings Bank and Stop & Shop

Bronze Sponsors: Millbury Savings Bank, Mill Street Motors, Telecom Pioneers, and AAA

Other Sponsors:

Jaffe, Yaffe, & Feingold, PC



Your donation of food or funds can be dropped off any time of year during normal business hours at Jeremiah's Inn (1059 Main Street) or you can stop by & visit us during the Food Drive.

Wellness Program



Our new Wellness Program offers our residents new experiences and provides them with tools to support their recovery.

Research shows that Nutrition and Wellness are essential to recovery. If a person doesn't eat well, it's hard to feel well. When we're not feeling well, we sometimes turn to things that are not so good for us (sugar, caffeine, alcohol, etc.). At Jeremiah's Inn, we want to teach the men to make healthy choices to feel well. Incorporating a program

that focuses on nutrition and wellness is just another way in which we adopt a holistic approach to recovery.

Here are some of the activities we're now offering:

- Intro to Meditation Class
- Nutrition Education and Cooking
- Art Therapy
- Hiking -- we had our first hiking trip on June 18th. The outing brought staff and resident together and included fishing and fun games.



These are classes we plan to implement in the program by the end of the year:

- Music Therapy
- Mindfulness class
- Self-Care class
- Yoga class
- Zentangles class -- The Zentangle Method is a form of drawing that is easy to create and uses structured patterns. In the form of therapy, it "increases focus and creativity, provides artistic satisfaction along with an increased sense of personal wellbeing" (zentangle.com)

We have received excellent feedback from the residents thus far. They particularly like Art Therapy and Nutrition Education and Cooking. Residents tell us that they have learned a great deal and have requested longer classes. Some of the men are advanced in meditation, while others are brand new. One of our residents, Anthony P., says that he had convinced himself that he was unable to meditate and sit still for a long period of time. After attending Intro to Meditation, Anthony has found a new form of therapy; he says he loves it!



Tracy Paul, our Nutrition Center Coordinator is pleased with the outcome of the program. She says, "I feel like the program is working. It's reaching people in different ways than they would have thought prior to attending the classes we offer." Tracy understands that not every aspect of the program will touch everyone; however, it has the ability to teach residents various ways to help them heal and flourish.

Through the Nutrition and Cooking class in the Wellness Program, our residents have learned more about fresh foods and grown to appreciate their value. We are thrilled to see the increasing interest and participation from residents!

If you have ideas that could be incorporated in our program or would like to connect us to individuals who could teach our classes, please contact Tracy Paul: Tracy@jeremiahsinn.com or (508) 755-6403 ext 13.

Community Garden

A salsa garden, peppers, lettuce, and peas. Two varieties of cucumbers, jalapenos, okra, and purple pole beans. These are just a few of the delicious foods growing at the South Worcester Community Garden. In summer of 2015, we partnered with Nuestro Huerto to build & manage a 50-bed community garden, designed to provide South Worcester residents with

space in which to grow their own healthy food.

On April 28th, Jeremiah's Inn started planting in 2 raised beds. The remaining beds are utilized by the South Worcester community and our Nutrition Center clients to grow fruits and vegetables. Many of the community members are refugees and newly immigrated people who utilize the garden to grow foods that fit their culture and diet. This year, due to increased demand, we added some additional, ground-level beds.



Richie's Story

He said he was raised with manners and morals, taught to respect, and keep elbows off the table. Richie's family has been in the trucking industry since the 1920's, he said. He has an older brother and a younger sister, a father who provided for them well, and a mother who has always been his rock. "I cannot imagine a better upbringing," he said.



Richie, a graduate of Jeremiah's Inn, started working with us as a House Manager this May. After using cocaine and heroin for more than 30 years and going in and out of detox programs, Richie found recovery in 2014. He transitioned to Jeremiah's Inn in July 2014. He completed the program, relapsed, overdosed, and came back to complete the program again in 2015. He said he relapsed because he stopped going to meetings, gave work more importance than his recovery, and stopped praying. In essence, he had lost his gratitude. "My disease landed me in more than 100 detoxes, half a dozen residential programs, and 16 years in jail. Today, because of Narcotics Anonymous, I have friends that actually care. I have a job in the field. A year ago I would have never thought any of this was possible," he said.

Richie is now 47 years old. His 1-year-clean date will be on August 2nd. Richie has a vision for his future: he imagines himself married to a beautiful woman that "loves [him] as much as [he] loves her," and he is at peace with everything. "I am at peace now; I guess I am only waiting for the beautiful woman," he said with a smile. Richie plans to get Certified Alcoholism and Drug Abuse Counselor and Licensed Alcohol and Drug Counselor designations so he can

become an addictions counselor. Working at Jeremiah's Inn, he says, is the first step he is taking towards these goals. "I hated my life before; it was a vicious cycle," he says. "I like it right now and I want to keep it that way." Jeremiah's Inn is proud of Richie and happy to have been a stepping stone in his ongoing success.

Summer Wish List

For the Men

Gift cards: Target, Walmart, TJMaxx, etc.
 Pillows (new), Sheets (twin), Pillow cases,
 Blankets (twin), Quilts (twin), Bath towels,
 Wash Cloths, Socks, Underwear,
 Undershirts, Deodorant, Soap/Body Wash
 Shampoo, Razors Shaving cream,
 Toothpaste, Toothbrushes, Dental floss,
 Water bottles, Laundry detergent

For the Inn

NEW OVEN (!), Carpet cleaner, Deli/meat
 slicer, General Kitchen Equipment, Toilet
 paper, Paper towels, Dish soap, Brooms,
 Mops, Dustpans, Plates, Bowls



In May, we had some special visitors at Jeremiah's Inn. Treatment providers from Kazakhstan came here to learn about opiates, the use of Medication Assisted Treatment (MAT), and the best practices used here in MA. Because of the growing opiate problem in Eastern Asia and the lack of initiative in tackling the issue, these treatment providers sought guidance from facilities like ours. The visit was a part of a Methadone Maintenance program sponsored by Open World Leadership Center. The 6 Kazakh delegates visited 11 other organizations including AIDS Project Worcester and Veterans, Inc.

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