

# Jeremiah's Times

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*On Groundhog Day  
Punxsutawney Phil  
predicted an early spring.  
We can only hope he's right!*



## Note from the Executive Director

**Spring** is a time for planting seeds; for thinking about what we want to harvest come autumn. Here at the Inn, we use the Six Dimensions of Change and other tools to help the men think about where they want to be six months from now, and what it's going to take to get them there. What seeds do they need to plant now in order to get where they want to go? What do they need to do to nurture those dreams? Your support helps the men we serve plant, nurture and harvest the seeds of change.

(Cont. on pg. 2)



## Holiday Wish Program 2018

**The** holidays can be particularly difficult for our residents and clients of the Nutrition Center. Some studies estimate that the **relapse rate after Thanksgiving increases nearly 150%**! Many of our residents who are fathers often feel ashamed because they do not have the financial means to provide their children with a Christmas gift. Family stress, financial insecurity, and seasonal depression are often triggers to those in early recovery. To help combat the effects that holiday stress can have on a person trying to recover from a substance use disorder we have implemented the **Holiday Wish Program**. Community members come together and provide each of the 29 residents with gifts, toiletries and clothing. Many of the residents expressed that this was the first time in many years they actually opened a gift! Others said that being a part of this program restored their Christmas spirit and made them feel "human" again. All of the residents stated this was the most special Christmas they have had in a very long time! We are grateful to **The Greater Worcester Community Foundation** whose generous grant ensured all 40 of the residents' children had gifts to open this year. We also received a large donation of toys from the faculty and students at **Lakeview Elementary School!** Pam Copland of **Pam's Porch 5** deserves a HUGE shout out for all of her hard work and connecting us with her amazing network of donors! None of this would be possible without ALL of your support—Thank You!!



# Internship Program

## Featured Intern

### Abbey Rheault

**Abbey** grew up in the Worcester area and has been attending the College of the Holy Cross. She has been studying Psychology and Art there for the last four years. Last semester she spent some time with us shadowing in case management for a class requirement,

but has returned to complete a formal internship. When asked to tell us something interesting about herself she said: *"For Christmas I asked for composting worms because I like to help the environment."* *"I really enjoy learning new things and in my free time I like to embroider and hang out with my cat."* We are thrilled to have Abbey join us again this year! 🙌



## Note from the Executive Director cont.

As the days get longer and warmer, we're starting to plan more outdoor activities as part of the Wellness Program. We're the only publicly-funded Social Model recovery program in the Commonwealth that provides yoga, breathing, meditation, Reiki, outdoor activities and other wellness modalities, all of which have been proven to



reduce cravings, help regulate emotions, and promote well-being. We're also starting to make plans for our **Annual Meeting** – which will be held on May 8<sup>th</sup> – and our **25<sup>th</sup> Annual Food Drive**, which will be held in June. And it wouldn't be summer without the **Worcester Co-ed Sober Softball League!**

It may still feel like winter out there, and it may be a few months until the trees and flowers start blooming, but here at the Inn, we're planting plenty of seeds so we can harvest great things in the coming months. Your support makes all of this possible and we're continually humbled by the number of people who help by donating gifts, clothing, and food, by making meals and baking cakes, and by mentoring the men we serve.

If you have questions or want to stop by for a tour, don't hesitate to contact me at :

[Janelle@jeremiahsinn.com](mailto:Janelle@jeremiahsinn.com) or (508) 887-0184.

Sincerely,

*Janelle Wilson*  
Janelle Wilson, MBA  
Executive Director



**THANK YOU**  
For Supporting our Mission









Shout Out To...

# Dougherty Valley High School 19th Annual Food Drive!

**For** over 20 years, we have been the grateful recipients of a large donation of food courtesy of the students and faculty at **Doherty High School**. Each year beginning in January the club of about 30-40 students makes donation boxes and flyers to promote the drive on campus.



Jesse Garcia, the DHS teacher who runs the after school club tells us, "For me, it is a great way to show the students that with a few markers, some construction paper, and the belief that people will choose to help if you make it easier for them, that they can really

make an impact."



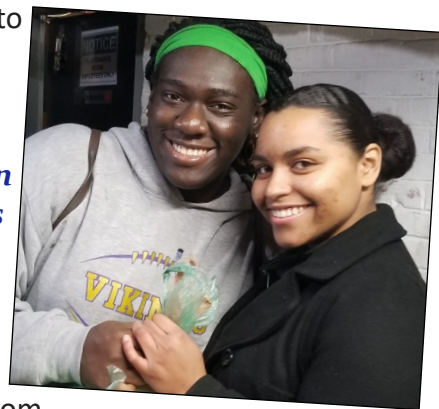
Once the fliers are up and boxes are in place in each classroom, the club spends the next few weeks collecting food, replacing boxes, and sorting items after school.


A few years ago, the club voted to add a new component to their fundraising efforts; and the **NU Kitchen Annual Food Drive Concert** was born. The fundraiser takes place on open mic night and food and cash donations are accepted while local musicians play. 100% of the proceeds are donated to JI!

"Nu Kitchen has been essential in helping the community get involved," says Jesse, "I believe there is a way to be helpful in the community while also having fun, and Nu Kitchen helps with that."

**Once** the food is collected, it is time for the delivery. Jesse credits Doherty High Booster Club for their help in funding transportation for the students. "A couple of my childhood friends' donate their trucks to carry the food, and my father, who used to teach at Doherty but has retired, has been invaluable in helping with the delivery." The goal each year for food items, Jesse tells us, is around 3,000. This year on a cold and rainy February day the DHS Food Drive Club and friends delivered 6,745 food items to our doorstep!

*Since Jesse took over the project in 2000 the club has collected over 100,000 lbs. of food!!*

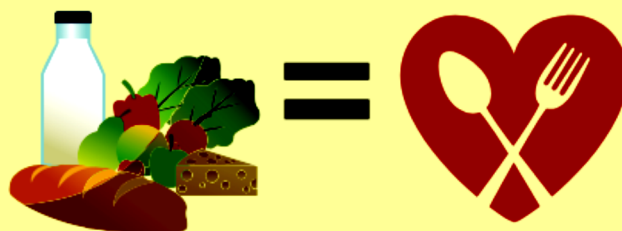


Each year the DHS community has come together for this event to make it successful. This clearly shows the generosity of everyone involved with the project – people who make a difference in other people's lives. Thank you!! Your participation provides so much more than a hot meal: it provides people with hope. 

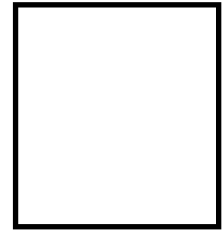
## DID YOU KNOW?

100,000 lbs of food

79,462 meals



Jeremiah's Inn Inc.  
1059 Main Street  
P.O. Box 30035  
Worcester, MA 01603



### Support Jeremiah's Inn

When you shop at **smile.amazon.com**,  
Amazon donates **.05% of your purchase** to  
JI

Use our unique charity link

<https://smile.amazon.com/ch/22-2567080>



### Board of Directors

A big thank you to our Board of  
Directors, who work hard to  
serve  
Jeremiah's Inn & the community:

Patricia Davidson, President  
Joseph Stiso, Vice President  
Gene Bouchard, Treasurer  
*Open Position- Clerk*  
Cassandra Anderson  
Timothy Bibaud  
Melinda Hillock  
Jack Reardon  
Eugene Santos-Roesler

If you are interested in  
becoming a board  
member, let us know!



### Alcohol Awareness Month

**April**

### Annual Meeting

5pm-7:30 Location TBD

**Wed.  
May 8**

### 25th Annual Food Drive

10a-6p @ Shaw's  
Goldstar Blvd.

**June 10-15**

### Alumni Meeting

7pm -8:30 Bi-weekly

**Saturdays**



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[www.instagram.com/jeremiahs\\_inn/?hl=en](https://www.instagram.com/jeremiahs_inn/?hl=en)

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 Nutrition Center. Our  
vision is to help people  
better their lives in order to  
better the community.