



Note From the Executive Director



Happy spring, everyone! As usual, we've been busy at the Inn, working hard to help men recover from addiction disorders and keep South Worcester residents from going hungry. We've

also been implementing the goals we outlined in our 2017 strategic plan and are making great progress! Here are the projects our staff and board members are working on:

- (1) Sober House – we hope to open a MASH-certified Sober House in the next two years so our men have a safe, stable environment in which to continue their recovery. There are very few certified sober houses in the area, so we're looking to fill the gap!
- (2) Signature Fundraising Event – stay tuned for some exciting news about our fall fundraiser! It's going to be such fun!
- (3) Continuous Quality Improvement – we continue to be committed to continuous growth here at the Inn and now we have a team of staff and board members who are identifying processes, practices and protocols that need to be strengthened.
- (4) Rebranding – we will be updating our look in the coming months – stay tuned!
- (5) Strong Alumni Program – we want to provide ongoing support to the men who

graduate from our program. Expanding our Alumni Program will help us achieve that goal, as well as benefit our current residents.

(6) Nutrition Center FAQs – we are having our intake and basic information materials translated into the top 3-4 languages spoken by our Nutrition Center clients, as we are seeing an increase in non-English speaking clients.

(7) Education Reimbursement – we are exploring the possibility of providing partial reimbursement for certification or degree courses that relate directly to the work our employees are doing. We already provide ongoing training for our staff, but want to take it to the next level.

As you can see, we have a lot of exciting projects underway! We are also in the process of replacing our heating system and upgrading our phone and surveillance systems. If you'd like to get involved in any of these projects or just stop by to see all the changes we've been making, we'd invite you to come on by!

Janette Wilson

SHOUT OUT!

We'd like to thank Bimbo Bakery in Millbury for supplying us with bread each week. Feeding 29 men three meals per day requires a lot of food, and so we are grateful that we can take bread off our weekly shopping list! Thank you, Bimbo!



IT'S GARDEN TIME!

While the weather may not feel quite spring-like, it's time to think about gardening – specifically, our community garden! This year, we had 60 beds available on a first-come, first-served basis. Sign-ups have already begun, if you would like to get on the waiting list to be a gardener this summer, contact Jenna at campstreetgarden@gmail.com.

For more information, please contact Tracy at the Inn: 508.755.6403 or email her at tracy@jeremiahsinn.com



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.

Featured Staff

We have been featuring different staff members in the past few editions of Jeremiah's Times so you can get to know our amazing team! Here are some more:

Kashawn Hampton, Case Manager



Kashawn came to Jeremiah's in September 2016 as a part time Case Manager. He's been working in the area of addiction since 2005. Prior to his arrival at Jeremi-

ah's, he worked for organizations that focused on addiction.

Kashawn is passionate about helping individuals in recovery and providing them with the opportunity to get their lives back and become productive members of society. "There is an epidemic with addiction in today's society, and I feel that it's my duty to assist with the reshaping of sober living and provide individuals with as much opportunity and support possible on their road to recovery. Since coming on board, I have been blessed to witness the staffs' commitment and dedication to tackle this epidemic of substance abuse and addiction. I feel honored to be a part of this wonderful team." -Kashawn



Aubrey Miller, Direct Care

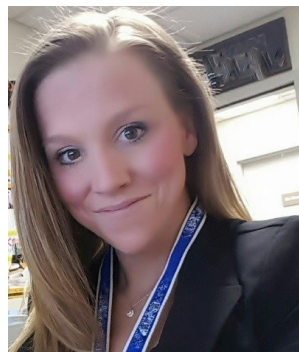
Aubrey joined the Jeremiah's team in January of 2017. He comes to

us with a wealth of knowledge and experience, having worked in this field for many years after finding recovery himself in 2009. Aubrey was pursuing a degree when he suffered a stroke and was unable to continue his education. He has, however, continued to work in the field of substance abuse treatment, having earned many certificates over the years, including his most recent certification as a recovery coach.

Aubrey is the father of three successful women and grandfather to five beautiful grandchildren. In his free time, he enjoys a number of activities, such as football games, trips with his grandchildren and reading.

Having completed a social model program himself, the work Aubrey does here at Jeremiah's Inn is very important to him and close to his heart. Throughout his life, he has learned that as long as he remains clean, anything is possible, and he enjoys helping people on their path to recovery.

"I am always available to anyone in need of help and I am truly blessed to be here today."-Aubrey.



Melissa Waddell, Communications Coordinator

Melissa joined the Jeremiah's team as

the Communications Coordinator in October, 2016. Melissa has many years of experience working in the field of substance abuse and recovery.

She completed her certificate for Addiction Counselor Education (ACE) in 2014.

Melissa spends most of her free time with her family. She enjoys reading, horseback riding and listening to music. She is currently enrolled in part-time college courses, working towards a long term goal of becoming a nurse.

Melissa has been in recovery for seven years. Over the years, she has experienced painful loses of family and loved ones to the disease of addiction.

"This field is very close to my heart, I want to help make a difference in others' lives, the way others made a difference in mine."-Melissa



John Wronski, House Manager

John grew up right down the street from Jeremiah's Inn. He struggled with substance use disorder for

many years. In 2015, he became a resident of Jeremiah's Inn. He has witnessed what this program does for its residents and the community, and believed it could work for him.

While here, John had witnessed some of the many changes made by Executive Director Janelle Wilson and Clinical Director Bob Siemaszko, and wanted to be a part of this change. John graduated the program in January 2016, and was employed here in June as a full time overnight awake staff member. In November 2016, John was offered a position as house manager.

He accepted the positions here because he so strongly believes in the work this program does and the awesome family of staff that has grown together here.

"I love Jeremiah's Inn, for what they have done for me and what "WE" do for others."-John

Eric's Story



Drug use, drug sales, violence and murders - just a part of everyday life for a child growing up in the Boston housing projects in the 60's and 70's. Eric fought hard to not be another statistic. He dreamt of working as a police officer, helping others, and improving the streets he grew up on. Eric participated in youth football, and did his best to stay out of trouble and on track in school. Despite being the victim of domestic violence, Eric's mother also fought to give Eric a better life, going so far as sending him to a youth summer camp in New Hampshire. Despite their best efforts, Eric began recreational marijuana use at that very camp. Eric's initial substance abuse was not problematic. He entered the Marine Corps and was determined to make a life for himself.

In 1985, Eric was 24 years old. Freshly discharged from the Marine Corps and back in Boston, Eric fell into a lifestyle of partying, selling drugs, and drug use. His drug use eventually became so bad that the people around him, doing the same things, viewed his use to be extreme and urged him to seek help.

Eric was 32 years old when he got clean for the first time. He achieved abstinence with the help of a 12-Step fellowship, and managed to maintain this abstinence for 10 years. In that time, he was married and had his first son in 1995 and his second son in 2006. Unfortunately, he began to stray away from the 12 step fellowship that helped him to maintain recovery for so long. He stopped associating with recovery oriented people, and eventually this separation

caused him to return to active addiction.

Eric made many attempts to get clean and stay clean again. He never gave up on himself, despite the struggles and challenges he faced. His efforts to get and maintain abstinence solely on willpower alone, however, were failing. He needed help.

He had a moment of clarity one day, sitting in the stands at his son's baseball tournament, alone, newly homeless, having lost everything, Eric was not even invited to his oldest son's high school graduation.

With the help of his estranged wife, Eric picked up the phone and began making phone calls to detox facilities. He was able to procure a bed at a detox facility in Worcester. On June 19th, 2016, with only the clothes on his back Eric entered that facility. He knew he needed to do something different this time around -- he had completed detox programs in the past, but had little success in maintaining abstinence after discharge. This time, Eric knew he needed additional treatment. He had heard of residential programs before. He thought a halfway house program was designed to 'break you down and build you back up'.

When Eric arrived at Jeremiah's Inn on July 7th, 2016, he was surprised at what he found. Rather than a strict and restrictive environment, Eric found a house full of brothers -- 28 other men who had been where he had been and wanted to support him in finding his true self again. He realized he didn't need to be "broken down and built back up", he just needed some help "realigning- physically, emotionally and spiritually." The structure, the rules, groups, and his brothers in the house, helped him to do just that. "It was the best thing I ever did".

Seven months later, Eric is still here at Jeremiah's. He is soon to graduate, delayed only by a broken ankle, but that hasn't slowed him down on his path to recovery. Eric has grown leaps and bounds since his arrival. He has his children back in his life. He is the loving, supportive dad he always wanted to be and that they need. He is a provider to his family. "It's a good feeling." He has not reunited with his estranged wife, but they have established a friendship, and she is supportive of his recovery efforts.

Eric says the obsession to use mood- and mind-altering substances has lifted. Today, he's employable, because he's clean. His body, mind and spirit are healthy. His goals for the immediate future include getting a job in the construction industry, a trade in which he previously excelled. He is working towards getting a vehicle and an apartment. He feels he is capable of achieving those goals today. "Before, there was no light at the end of the tunnel, today, I need some sunglasses".

Thanks for sharing your inspiring story with us, Eric!



SAVE THE DATES!

Please save the date for these important upcoming events:

- Our Annual Meeting will be held on Wednesday, May 10 in the Grace Conference Room at Clark University. Details to follow soon!
- We are hosting a food and supplies drive at Sam's Club in Worcester on April 13th-15th, from 12:00 to 6:00pm each day.
- Our Annual Food Drive will be held from June 19-24. We will once again be at the Shaw's Supermarket in Webster Square. We hope you'll stop by to say hi!



Our Kindful Donor Database is now up and running! Visit our donor page at www.Jeremiahsinn.com to check out our latest way to donate!



Make sure to 'like' us on Facebook and sign up for our E-News to stay up to date with the latest goings-on with Jeremiah's Inn!

Laughter is the Best Medicine

The 3rd annual Justin Clement Memorial Comedy Show, presented by Addicted to Laughter, was held on Saturday, March 18th. It was a huge success! Their biggest event yet, the show generated \$4,922.12! These donations will be dispersed to support a scholarship in Justin Clement's name at the Marlborough High School as well as Jeremiah's Inn.



Jeremiah's Staff laughing it up at the show!

A big thank you to Eric Taylor, Jack Burke, Casey Crawford, Mike Dorval, Anthony Devito, and Tim Dillon for an amazing show and night to remember!



Wish list...



- Twin Sheets
- Cleaning Supplies
- Laundry Soap
- Blankets
- Pillows
- Shampoo
- Deodorant
- Condiments

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