



Jeremiah's Times



Seasons greetings from your friends at Jeremiah's Inn. We wish each of you a safe and happy holiday season!! While some of us may eagerly look forward to this time of year, the holidays are known to be a trigger for many people who struggle with substance use & mental health disorders.

The holidays are often stressful — end of year deadlines, shopping, and festivities. There's almost no end to the anxiety-inducing triggers. Interacting with certain

family members may bring up stressful memories. For some, just being in their childhood home may be triggering.

It's not just people with mental health disorders that suffer. A 2021 National Alliance on Mental Illness (NAMI) survey showed that 3 in 5 Americans feel their mental health is negatively impacted by the holidays.

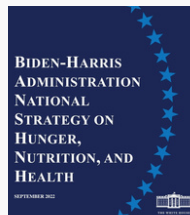
According to the NAMI website there are a few things everyone can do to help prioritize their mental health :

- **Accept your feelings:** try your best to acknowledge and accept your emotions rather than place judgment on them.
- **Maintain healthy habits:** getting enough sleep and exercising are critical to keeping your mental health on track.
- **Set boundaries:** it's OK to say no. It's also OK to limit the time you spend with family.
- **Make time to connect:** make time for your important relationships and connect with yourself through self-care.

Learn More: <https://nami.org>

White House Conference on Hunger, Nutrition, and Health

Ending Hunger, Improving Nutrition and Physical Activity, & Reducing Diet-Related Diseases and Disparities



On September 28, the Biden-Harris Administration hosted the White House Conference on Hunger, Nutrition, and Health. This was the first conference of its kind in 50 years! Millions of Americans suffer from food insecurity and diet-related diseases such as heart disease, obesity, and type 2 diabetes. The effects of hunger disproportionately impact underserved communities, including communities of color, people living in rural areas, people with disabilities, older adults, LGBTQI+ people, military families, and veterans. They subsequently released the National Strategy outlining the actions the federal government will take to drive solutions to these challenges. Their goal is to end hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension. You can read and download the entire report on the Nutrition Center Page of our website.

www.jeremiahsinn.com



Local Hunger Action

Poverty and food insecurity are rampant in Worcester. Household income is 40% lower here than in Massachusetts as a whole. The city's poverty rate and hunger prevalence are both twice the state average, and one-third of the city's children live in households that struggle to meet their basic food needs. Worcester faced an unemployment rate higher than the national average at the height of the COVID-19 outbreak.

We spoke with a few of our food pantry guests this September during Hunger Action Month and many shared that some months they must choose between paying bills and other living expenses or having enough food to feed their families. Life is full of tough decisions, but we can all agree that eating dinner or taking your life-saving medication shouldn't have to be one of them.

"Knowing Jeremiah's Inn food pantry is available to me makes my life easier!" - Ricardo



Our vision is to help people better their lives, and that vision is realized when fewer families struggle to put food on the table.

We can't do it alone!

We are immensely grateful to have so much support from local organizations and individuals. From volunteers in the food pantry to donations both monetary and in-kind - the community comes out in full force to show support, especially around the Holidays!



Organizations like the Worcester Art Museum and Clark Students have offered to hold food and gift card drives through the holidays. Shaw's Supermarkets and the Nourishing Neighbors Program have supplied us with gift cards that we will distribute to families for holiday meals. We have received numerous grants to make improvements and updates that will ensure the guest experience at JI continues to be positive, impactful, and inclusive. Thank you everyone for supporting our mission to combat hunger and food insecurity in Worcester!!

Thank You

Nutrition Center

Avidia Charitable Foundation
Bank of America
Bay State Savings Charitable Foundation
Commonwealth Corporation
CSX Transportation
Digital Federal Credit Union
Eastern Bank Foundation
Fred Harris Daniels Foundation
Frederick E. Weber Charities Corporation
Hoche-Scofield Foundation
Nypro Foundation Inc
Price Chopper/Golub Foundation
St. Francis Community Health Care, Inc.

Stoddard Charitable Trust
The Hanover Insurance Group Foundation

Recovery Program

Berkshire Bank Foundation, Inc.
Reliant Foundation
Webster Five Foundation
Wyman-Gordon Foundation
Yes to Recovery, Inc.

Undesignated

Fallon Health
Greater Worcester Community Foundation, Pyle Fund
George I. Alden Trust



Community Harvest Project Volunteer Day

Prospect Hill
Community Orchard,
Harvard, MA



Prospect Hill Community Orchard is a stunning 75-acre orchard in Harvard that is owned and operated by Community Harvest Project, a nonprofit with a mission to engage volunteers in the fight against hunger, since 2014. CHP donates hundreds of pounds of fresh seasonal produce to Jeremiah's Inn food pantry and other local organizations fighting hunger. Since volunteerism is at the heart of our residential program, staff and patients volunteer as a group 2-3 times each growing season at both the CHP orchard and the farm in Graton, MA to show our support for their mission and to support our own recovery! This team packed, bagged, and sorted 3,280 lbs. of apples to be distributed to the community. Great work everyone!



Scan to
make a
Donation

"The happiness I feel knowing I have
gifts for my kids this year is
unexplainable!"

Patient 2021

Holiday Wish Program

Gift stress and family dynamics are the main causes of depression and anxiety around the Holidays. A study by The Center for Network Therapy found that drug and alcohol relapse rates spike 150% during the holidays. A painful reality for individuals with a Substance Use Disorder. For the men in our residential treatment program who are working hard on their recovery, this is compounded even further since they are away from home and in many cases not yet ready for employment. Wanting to support your family but not having the means is a heavy burden to bear. We want our residents to focus on what's important – getting well and never having to miss another holiday with their family because of Substance Use Disorder. Our goal each year is that every resident and each child receives an outfit, including shoes and coat, and a gift from their wish list. We are truly grateful for all the support we have already received such as toys from the United Way and the T&G Santa program. Clothing and gifts from Miss Nancy Cook, Pam's Porch 5 and so many others!! If you would like to help us fulfill some wishes for patients and children simply scan the QR code to make a donation!!

Fun in Recovery

Being a patient at Jeremiah's Inn means going to a lot of groups, outpatient treatment, therapy, meetings and appointments. It's a lot of work to try and change the person you brought in here. But recovery, like life itself is all about balance. A group trip to Six Flags New England this October was a great way to remind ourselves that having fun and being together is a huge part of living in recovery!



Advocating in the Community



Patients and staff participate at a number of Recovery Month events in September such as, the Overdose Awareness Vigil on Aug. 31, 2022 and The Yes to Recovery Walk and Celebration on Sept. 17th. A big part of being a patient at Jeremiah's Inn is the social model treatment principle of volunteering and helping the community.



Alumni Open House

The journey isn't over when patients walk out these doors. In fact, in many ways it's just beginning. Studies show that patients who attend a formal aftercare program, as well as 12-step/recovery meetings, are more likely to remain in recovery after 1 year.

Former patients are welcome to join us on the last Wednesday of each month at 5:30 pm for fellowship, support, food, and activities. Past events include a BBQ, ice cream party, cornhole tournament, and a pumpkin carving contest. Next month we will be hosting a trivia contest!!





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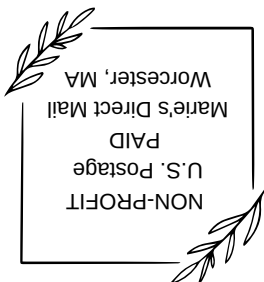


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