



# Jeremiah's Times



Summer 2023

## Taking Action

### Hunger Action Month & Recovery Month

Each September, our Recovery Program and Nutrition Center Program unite in raising awareness, remembering, and celebrating. Throughout the month, we work to combat stigmas related to overdose, substance use, mental health, hunger, food insecurity, and the need for public assistance.

Hunger can affect people from all walks of life. Millions of people in America are just one job loss, missed paycheck, or medical emergency away from hunger. However, hunger does not affect everyone equally; certain groups, such as children, seniors, Black, Latinx, college students, and LGBTQ+ individuals, experience hunger at significantly higher rates, as we have witnessed through our experience.. In 2022, out of the 24,000 guests we served, 30% were under 17 years old, and 20% were over the age of 65. A majority (77%) of our clients identified as either Black or Latinx. Additionally, 30% of our guests faced disabilities, and 40% relied solely on social security as their source of income. Hunger disproportionately affects our neighbors living in poverty and is associated with numerous adverse social and health outcomes and is increasingly considered a critical public health issue. Show your support by wearing orange on **Hunger Action Day**, September 15th, and consider volunteering or holding a food drive for a local pantry. Visit our website to see how you can help us make sure families in Worcester can thrive: [www.jeremiahsinn.com/donations](http://www.jeremiahsinn.com/donations).

**This September,  
join the fight to  
end hunger.**

Hunger  
Action  
Month  
FEEDING  
AMERICA



**RECOVERY MONTH**  
Every Person. Every Family. Every Community.

**Recovery Month** recognizes the strides made by those in recovery from substance use and mental health challenges, promoting evidence-based treatment practices and fostering a strong recovery community. The month begins with **International Overdose Awareness Day (IOAD)** on August 31st, drawing attention to the devastating impact of overdose deaths. Mass.gov reports the largest overdose death increase in 2022 was seen in Worcester County. They also report that again our Black and Latinx community members are being affected at a higher rate. Among Black residents, the opioid-related overdose death rate increased by 42% (the highest opioid-related overdose death rate increase among males in all race/ethnicity groups) and the rate for Black women increased by 47%. IOAD aims to spread the message that overdose is preventable and that harm reduction strategies, and treatment work. Join us and other local recovery organizations, civic leaders, and families of those who have lost loved ones to overdose in a celebration of life and recovery at the **Candlelight Walk & Vigil** held at City Hall Plaza at 5 pm. Then again on Saturday, September 16th, 2023, 11 am - 3 pm at Institute Park in Worcester for the **Yes to Recovery Walk & Rally for Recovery**. There will be information, music, food, games for the kids, and more!

As a community, let's not limit our efforts to just September but continue to support our neighbors facing food insecurity and those suffering the effects of chronic substance use disorder throughout the year. By coming together and showing our solidarity for those who are the most vulnerable, we can foster a compassionate and inclusive environment where everyone has the opportunity to heal and recover. Visit [www.rm.facesandvoicesofrecovery.org](http://www.rm.facesandvoicesofrecovery.org) for more information and a calendar of events.



## Better Money Habits

Bank of America



We were thrilled to have Kenny P., a Financial Center Leader from B of A, and an alumnus of JI, here to speak with residents about better money habits. It makes our day when a former resident can return with multiple years of recovery and give back to the residents of the community what was so freely given to them: hope for the future.

Better Money Habits is a free financial education platform for people from all walks of life to get practical, easy-to-understand knowledge about money, with topics like budgeting, saving, home ownership, and more. More than 6,000 of their employees deliver in-person guidance and advice in communities around the country.

These Better Money Habits Volunteer Champions learn about the people they serve, then help them learn about personal finances and how to achieve their individual goals.

[www.bettermoneyhabits.bankofamerica.com](http://www.bettermoneyhabits.bankofamerica.com)

## Alumni Update

Scott H.



Scott stopped by the Alumni Open House to share his experience, strength and hope with current residents. Embarking on his 4th year of sobriety Scott has been on a literal recovery journey. Staying substance free has allowed him to bike thousands of miles all over New England and over the past two years he's traveled extensively in Australia and Newfoundland, Canada. The more time I dedicate to my sobriety, the stronger I feel," he says.

"I couldn't have done this trip otherwise, and it gives me huge levels of confidence, hope, and pride knowing that without a doubt, the substance-free life is the BEST life and the ONLY life for me!"

## Group Hiking Adventure

Purgatory Chasm State Reservation, Sutton MA

At JI, we know that physical exercise and other holistic activities such as meditation, yoga, and hiking can be extremely beneficial to those in early recovery. In that spirit, we went off to Purgatory Chasm on a hot July morning for our annual group hike!

An article published by the American Journal of Lifestyle Medicine in 2018 shows that researchers have found the benefits of simply spending time in forests to include decreased systolic blood pressure, decreased stress levels, deactivated sympathetic nervous system, and strengthened immune system. Each of these studies compared forest and urban environments, finding significant differences in health-related effects between the two. Studies have found that exercise conducted outdoors has greater health benefits than comparable exercise conducted indoors. A theory is that inhaling the volatile antimicrobial organic compounds, or phytoncides, from particular trees may contribute to the health benefits.

Hiking can simultaneously harness the health benefits of simply being in nature and of partaking in physical activity. In one study, hikers burned more calories than runners or walkers because they tended to spend longer periods of time outside enjoying nature. Enjoy nature we did! Even though it was a little steamy, it was all worth it when we stopped at West End Creamery for a frozen treat! 🍦



thank you

Bank Of America  
Clark University  
LabCorp Foundation

Masterman's Safety & Industrial Supply, LLP

Max & Victoria Dreyfus Foundation, Inc.





## CHP Volunteer Days!

### Community Harvest Project – Grafton, MA

At JI, cultivating a spirit of mutual aid through partnerships, volunteerism, and our Nutrition Center is an essential aspect of our mission. Our collaboration with Community Harvest Project (CHP) serves as a prime illustration of this commitment. By joining forces with the Worcester County Food Bank, CHP generously donates thousands of pounds of fresh produce to our food pantry, as well as other similar local organizations. This remarkable partnership ensures that our community and others alike have access to nutritious resources.

Community Harvest Project is a non-profit farm in Grafton dedicated to involving and educating volunteers in the cultivation of fresh fruits and vegetables to combat hunger. The 15-acre farm nurtures an impressive array of over 40 vegetable varieties alongside bountiful blueberries. The heart and soul of this endeavor lie in the dedicated volunteer groups, guided by team leaders, who wholeheartedly contribute their efforts to cultivate, tend to, and harvest these nourishing crops, ultimately providing fresh, local produce for our neighbors facing hunger. Jeremiah's Inn staff and residents actively participate, volunteering at both the farm and the apple orchard in Harvard multiple times each year. This invaluable service work opportunity serves as an integral component of recovery, while directly impacting the individuals we assist daily in our nutrition center.

To learn more about volunteering at CHP visit their website: [www.community-harvest.org/volunteer](http://www.community-harvest.org/volunteer)

*Looking for a way to support BOTH Hunger Action Month and Recovery Month?*

A donation to our **Annual Fall Fundraiser** will benefit both of our programs! We will use the funds to make upgrades and improvements to our Nutrition Center and to help support our Recovery Programs.

Scan the QR code, visit our website:  
[jeremiahsinn.kindful.com/donate](http://jeremiahsinn.kindful.com/donate)

or mail check to: P.O. Box 30035  
 1059 Main St.  
 Worcester, MA  
 01603



## 29th Annual Food Drive

### Shaw's Supermarkets June 5-11

A great BIG shout to our friends from both Worcester Shaw's Supermarket locations for allowing us to hold our 29th Annual Food Drive live event at their stores. With their help, and that of our sponsors, we collected 2,542.5 lbs. of food and essential household items and raised \$2,659 - nearly twice what we raised at last year's event!! Along with generous sponsorships and a loving community of donors we have raised \$8,500, and donations are still coming in! It's not too late to make a contribution to help your neighbors in need! Visit our food drive webpage to donate online or view our Amazon wishlist. [www.jeremiahsinn.com/food-drive](http://www.jeremiahsinn.com/food-drive)



## New Staff Spotlight

### Erin Quaiel – Nutrition Center Coordinator



Erin graduated from the University of New Hampshire in 2020 with her B.S. in Environmental Conservation and Sustainability. During her time there she found a passion for advocacy, policy, and learning about the connection between our natural environment and human security. She

continued to follow her passions into graduate school returning to the University of New Hampshire and graduating with her M.S. in Global Conflict and Human Security. She conducted a needs assessment of the Navajo community in Apache County, Arizona through her graduate research. From this needs assessment she outlined a program that focused on mitigating the effects of food and nutritional insecurity among their community. Erin plans on continuing to develop and advocate for culturally sensitive programs and increased access to nutritional food here at Jeremiah's Inn and throughout Worcester. We welcome Erin's energy and enthusiasm. We appreciate that in just a few short weeks she has already made a big impact on Nutrition Center operations, and has a vision for upgrades and improvements! Great work Erin!!





INTERNATIONAL OVERDOSE  
AWARENESS DAY Aug. 31

HUNGER ACTION DAY Sept. 15

UNITED WAY  
DAY OF CARING Sept. 15

YES TO RECOVERY WALK &  
RALLY Sept. 16

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[www.jeremiahsinn.com](http://www.jeremiahsinn.com)



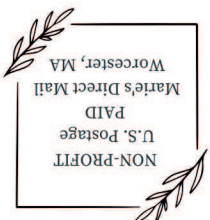
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