

# Jeremiah's Times

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## A Note From the Executive Director...



Happy New Year! We hope you had a wonderful holiday season! December is a busy time of year at the Inn – our

staff work hard to make sure the men get the support they need to get through what can be a difficult time of year for them, and to ensure that our Nutrition Center clients have food with which to prepare a holiday meal. We were touched by the donations of gifts, food, meals, and money that poured in during the course of the month, which made the season brighter.

As 2018 unfolds, we'll be focusing on the priorities we identified at our annual strategic planning retreat in December. A big thank you to all of you who completed the survey we sent out, asking for your thoughts and ideas!

Our goals for 2018 are to:

1. Establish a Sober House: we laid the groundwork for this project in 2017 by researching other sober houses and looking at various properties within one mile of the Inn. In 2018, we plan to purchase and renovate a property to house graduates from Jeremiah's Inn and other programs. The House will provide a safe, sober living environment to its residents while they continue their recovery journey.

2. Strengthen and Expand our Alumni Program: the Inn's alumni serve as mentors, providing advice and encouragement to current program participants. This year, we want to include them in on-site groups and Unity Night. We'll also be soliciting ideas from the alumni about other things ways they'd like to contribute.

3. Establishing an Endowment: we all know we need to tuck away money for that rainy day! While we have a rainy day fund at the Inn, we've decided to create

(Cont. on pg. 3)

## Did You Know...?

- ⇒ 1 in 8 Americans struggle with hunger
- ⇒ More than 95% of the students in Worcester Public Schools qualify for free or reduced cost breakfast and lunch
- ⇒ Almost 1/3 of the community members Jeremiah's Inn Nutrition Center feeds are children.
- ⇒ On average, Jeremiah's Inn Nutrition Center provides food to 10,000 Worcester residents
- ⇒ Our Nutrition Center is home to the largest food pantry in Central Massachusetts

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## Resident Story– Meet Marc



Marc was born and raised in Leicester, MA. He grew up in a two parent household, with 6 siblings. His childhood was supportive and "normal" by all accounts. Alcoholism ran on his father's side of the family, but did not really affect his household. His parents had regular get-togethers on the weekends with friends, and alcohol was easily accessible to Marc. He began experimenting with it at age 11. He spent his teens and twenties as a 'weekend warrior', only drinking on the weekends socially. As a student, Marc was very intelligent; however, he had difficulty with some of the faculty, and decided to drop out. He became employed as a Mechanic Maintenance Worker, and spent nights and weekends singing and playing in various bands. It was not until the passing of his father when he was 30 that his drinking became problematic. He didn't know how to cope with the loss of his father, and turned to alcohol to

ease his pain. By the time he was 33 years old, his physical health was failing. He suffered three grand mal seizures attempting to detox from alcohol, and this landed him in his first detox facility. After this stay in treatment, and with the help of a 12 step fellowship, Marc was able to remain sober for 20 years, despite the grand mal seizures having deeply affecting his short term memory. Unfortunately Marc picked up again after 20 years of sobriety. He credits pulling away from his 12 step fellowship and being in an unhealthy relationship as being the primary cause for the relapse. His health quickly began to fail him again, and he knew if he didn't get sober, he would eventually succumb to his alcoholism and die.

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## Featured Staff

### Doug Robbins, Direct Care



Doug spent many years working and in management within the restaurant industry. He has a real joy for cooking as well as helping others.

He came to Jeremiah's Inn as a resident in February 2017. Following his graduation, he joined the Direct Care staff here at the Inn. He finds a deep joy being able to work here, and to give back to the very program he credits with giving him his life back. He says "I can't wait to help others find their path while I continue my own journey in recovery". We are very happy to have Doug on board!

### Carlos Ojeda, Case Management



Carlos joined the Jeremiah's team as an intern in February of 2017. He was enrolled in an Addiction Counseling Education Program

(ACEP), and this internship was a part of his education. Once his internship was complete, he was offered a position as a Direct Care team member, and upon completion of his ACEP, he was promoted to Case Management. Carlos is passionate about recovery from substance use disorders, as he identifies as being a person in long term recovery. He wants to continue to help guide the Jeremiah's Inn residents down their own path to recovery, and support them in their efforts in the same ways others have supported him. Carlos is grateful to be a part of the solution today.

We are grateful to have Carlos on as a member of our Case Management team!

## The Nutrition & Hunger Response

In January, Jeremiah's Inn was thrilled to be represented by our very own Tracy Paul, Nutrition Center Coordinator, at the 1st Annual Summit of Food Pantries in Central MA. Tracy led the discussion on the importance of nutrition in your food pantry, as well as the importance of resource sharing between pantries in an effort to provide the best food choices possible to those that we serve.

For many families that visit food pantries in Central MA, the ability to pick and choose what foods they eat is significantly limited. Much of the food offered at food pantries is standard canned goods and pasta. Fresh fruits, vegetables, milk, eggs and meats -- basic staples most of us pick up at the grocery store -- are just not as readily available to food pantries across the state.

Jeremiah's Inn Nutrition Center strives to provide healthy, well-balanced food choices for the thousands patrons of our Food Pantry Annually. Tracy works hard to establish and foster connections with local farms, supermarkets, and other pantries to provide fresh produce, milk, and meats as much as possible throughout the year. With help from groups such as Partners for Feeding People, the resources are available to get free or reduced cost refrigerator equipment to store fresh food. A goal of the Food Pantry Summit was to share these resources to all pantries so that they may better serve their clients.

There were several other speakers, including Reverend Bishop McManus (opening remarks), Jerry Beddes of Catholic Charities on IT management and the importance of data collection, Walter Doyle of Urban Missionaries and St. Paul's Food Pantry on changing from preset items to a client choice food pantry and the effect on dignity for clients

and staff, and a discussion on the collection of client data and best practices from the Worcester County Food Bank and the Mass Law Reform Institute.



**Tracy Paul speaking at the 1st Annual Food Pantry Summit, located here in Worcester, MA.**

### Wish List Items

- Cooking Staples (flour, sugar, oil, seasoning, eggs, etc.)
- Fresh Produce
- Eggs
- Dish Washing Liquid
- Underwear and Undershirts
- Toiletries
- Twin Bedding
- Towels & Face Cloths
- Gloves, Hats & Coats
- Industrial toaster
- Plastic Totes for Storage (large)
- A Step Ladder
- New rolling coolers for NC to store meat and milk

## Shout Out To...



**Their annual Haulin'4Hunger Initiative delivered 50 holiday meals to feed the clients of our Nutrition Center, who otherwise would not have been able to provide a holiday meal for their family. They also provided 12 tickets to a Worcester Railers Hockey game, coats, and super cozy Tri State winter hats!**

**We are humbled and amazed at the generosity of the Tri State Truck Center crew. Thank you to the Tri State Team for helping to make the holidays brighter for those in need!**

## Note from Exec. Dir. (cont.)

an endowment to ensure the long-term financial stability of the organization. Over the course of 2018, our board of directors will be developing a plan.

4. Physical Improvements: while we have done a tremendous amount of work on the Inn in the last 4 years, there are still some projects on our "to do" list: repairing and painting the building's exterior, installing back-up generators, and making some upgrades to the kitchen. As always, we want to provide a safe, homey environment to the men who stay with us!

We're also going to be increasing our communications, increasing to four newsletters a year, more social media posts, and the integration of video! Now you'll have plenty of ways to stay abreast of all the ways in which we continue to change and grow! As always, if you have questions or want to stop by for a tour, don't hesitate to contact me.

*Janelle Wilson*  
Executive Director

## Resident Story (cont.)

Marc made the decision to seek treatment. He heard through word-of-mouth what a great program Jeremiah's Inn is, and decided to give it a shot. He came in for an interview with residents and staff and immediately felt comfortable here, like this was a place he could really get the support he needed to get back into recovery again. Marc became a resident in September of 2017. He kept the faith that the program would be what residents and staff told him it would be, and it has lived up to all of his expectations. Marc credits Jeremiah's Inn with putting solid structure back into his life. He is disabled, but has decided to return to school to pursue his G.E.D. He says his life has improved "big time" since coming here. He wants to continue his education beyond his G.E.D. He would also like to get back into music & recording, and with help from Jeremiah's Inn and his 12 step program, these goals feel achievable today because he is sober. He tells the newer residents coming in that if they want their lives back, to follow the programming Jeremiah's lays out for them to a T, and they will be successful. We are very proud of the progress Marc has made, and are cheering him on to meet all his goals!

## Holidays at the Inn

We had such an amazing holiday season here at the Inn! We are once again amazed at the support our donors have provided. From winter coats, hats and scarves, holiday presents and holiday meals, donors like you have given our residents and Nutrition Center clients so much to be thankful for. Thankful not only for these gifts, but also for the feelings of hope, faith, joy and community support these gifts represent. We feel so fortunate for the opportunities your giving has provided us to make this season special for so many. Because of you, hundreds of families had a wonderful and happy holiday season. 2017 was an amazing year for Jeremiah's residents, clients, and staff. We look forward to sharing with you all that 2018 has to offer for us! From our family to yours, we want to wish all of our donors, volunteers and stakeholders a happy and prosperous New Year!

## Get Involved!

Looking for more information about the volunteer programs we have to offer? Contact Melissa at 508.755.6403x10 or via email at [Melissa@Jeremiahsinn.com](mailto:Melissa@Jeremiahsinn.com)





### 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  
Cassandra Anderson  
Timothy Bibaud  
Elmer Eubanks  
Amy Harrington  
Melinda Hillock  
Jack Reardon  
Eugene Santos-Roesler

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



### Upcoming Events!

- **May 9, 2018- Annual Meeting**
- **June 11-16– Annual Food Drive**

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

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Our Kindful Donor Database is now up and running! Visit our donor page at [www.Jeremiahsinn.com](http://www.Jeremiahsinn.com) to check out our latest way to donate!