

# Clare House Clips

*“Where there is hope, there are possibilities...”*

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Spring/Summer 2008

## MY STORY

BY CARLA MCANDREW

I’m writing to tell my story about how I arrived at Clare House and also how grateful I am to the staff for helping me become the independent woman I am today.

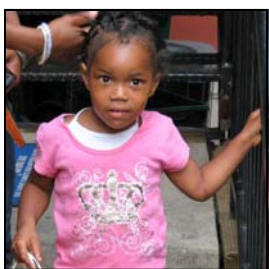
I am a recovering alcoholic, my addiction took over my life. I’ve lost so much that it would take too long to list it all. On October 25, 2007, I had enough and admitted myself to a facility where I detoxed and began rehabilitation until I was accepted at a recovery house for women in Mountville, PA. After three months, I graduated and wanted to go back to where I lived most of my life, Scranton, PA; it seemed that everyone else realized that going back to that area could threaten my sobriety. So, after the graduation on February 2, 2007, I had no place to go, because initially I turned down a bed at Clare House—not wanting to live by rules anymore, basically doing it my way, which only ended up being the wrong way. Eventually, I had a rude awakening because I had to leave the recovery house and I had no place to go. The only option for me was an emergency shelter, where I really did not want to go. Fortunately, I had help from friends and was able to stay with them for a few days, but I knew I had to do something. So I called Clare House and I was asked to come in for an interview. I took the next bus there and by the Grace of God I moved in on February 6, 2008.



Carla in 2008

The best decision I ever made was to make that call. I was overwhelmed, scared, and honestly not very happy with the expectations Clare House had—basically I was being stubborn. It started slow, but my case worker, Janette, helped me find a good job in my field. I currently work full-time as a lab technician at Eye Mart Express. When I arrived here, I was employed part-time at Wendy’s. Janette has helped me reach my goals and feel good about myself. She has always been here for me no matter what I was going through.

On June 1, 2008, I move into my own apartment because of the support I received from Clare House. I have met my goal to become an independent woman. Janette will be with me for a year, continuing to help me, which I am very grateful for. There are expectations and rules at Clare House, but it is all worth it. I’ve taken this program as a gift from God. The Clare House is the best thing that has ever happened to me—it has changed my life. I will always be grateful not only for all the staff and the help they have given me, but also for the continuing care when I leave. I’m going to miss being there and seeing everybody each day. Thank you once again. God Bless Clare House for the help you give women everyday.



Clare House Children

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## *A View from the Chair...*

Spring! It's amazing how a few warm days can make any one smile. Proms, graduations, weddings such a glorious time of renewal. This idea was brought into my mind like a lightning bolt, when I was fortunate enough to see a new beginning for one of our very own Clare House clients. She came to Clare House, over 3 years ago. Taking a leap of faith she left all she knew behind, trusting that she would find a new life and a new way. When I first met her, the weight that loaded her down was evident just by looking at her. Her hair so often covering her face, keeping her eyes lowered, careful not to reflect how she felt. A feeling I remember all too well, one we see on many of those not fortunate enough to have the upbringing or care that a child deserves. Alone with a brand new baby, no friends or family close by, my first thought was what a pioneer. It started as just a few simple lunches, a few trips to Wal-Mart and some babysitting. It ended that this woman would change my life, my mind and my family. Mentoring women for many years has always been my passion. Helping to hold up the mirror that allows them to see the incredible human inside. Funny how when I thought I was helping them, they in turn were helping me. Reminding me of my own recovery, my own horrible past and the rocky road of the future.

As she has grown so have I and we have now become great friends. At times, she has even become my counselor, and a shoulder to lean on. She is family. As I see her turn the corner, in her brand new hair cut showing her beaming pride and confidence, a black dress and heels, I am stunned into silence and tears. Her son whispers that she looks like a princess and I am overwhelmed by the woman I see standing in front of me. A true new beginning of spring. A college graduate, a single mother, a new life is beginning. Like the flower bursting from the bulb, a new cycle has begun. From this day on, spring will have a new meaning to me, as I watch her receive her diploma, grabbing her life and taking control. She is why we strive to help others every day. Why we continue to pursue donations, assistance and volunteers. Even if only one life is helped per week, per month, per year isn't that enough? Spring brings hope to everyone, even those who feel hopeless.

Happy spring everyone...as the warm weather creeps in, let's all breathe deep, enjoy the smell of a renewed world and keep reaching out.

*My Love,  
Beth*

Beth Carr (left) and  
Jennifer Powell (right)



## *From the Director's Desk...*

Happy Spring! A few weeks ago, I had the privilege of attending the Lancaster Chamber of Commerce's annual dinner where Nobel Peace Prize winner Muhammad Yunus spoke. I guess I am not well versed in my knowledge of Peace Prize recipients; before the dinner I had never heard of Dr. Yunus and now I am reading his book, thirsting to know more about this great man and his view of redefining prosperity in terms of what happens to the poor. His philosophy of helping people, providing opportunities and that the problem of poverty does not lie within poor people themselves but that it is imposed on them from the outside rings true. He made an analogy of a bonsai tree—"when you plant a tree in a small pot, it can only grow small. There is nothing wrong with the seed." However, "if you give the same seed all the resources it needs, it will grow into a healthy and productive tree. This we can do."

Although we did not knowingly pattern our mission after Dr. Yunus' philosophy, since 1980, Clare House has worked diligently to practice what he teaches. Our shelter has distinguished itself from other transitional programs in our community by consistently providing a nurturing, caring, respectful environment, where women are empowered and encouraged.

By keeping our programs small, we can meet each woman as an individual, support her as she works to achieve her goals, and empower her to take control of her own life.

We learned long ago at Clare House that our residents are women of courage and strength. With this understanding, it becomes clear that we must abandon the idea that our challenge is to fix poor women; rather, it is to eliminate the injustices and inequities they face. Supporting Clare House is more than an act of charitable giving; it is a promotion of activism, it is a commitment of the most important kind. Thank you for your compassion and dedication to Clare House as we continue to echo the laudable example of Dr. Yunus—"we will have true prosperity when there are no more poor people and that helping people, not making money, should be the real purpose of business enterprises." "Prosperity is not just putting the top higher it is lifting the bottom of the society." "And how far that goes, that becomes prosperity."

The road to justice is one best traveled in the company of friends! Thank you for your continued support of Clare House.

*With Hope,  
Jennifer*



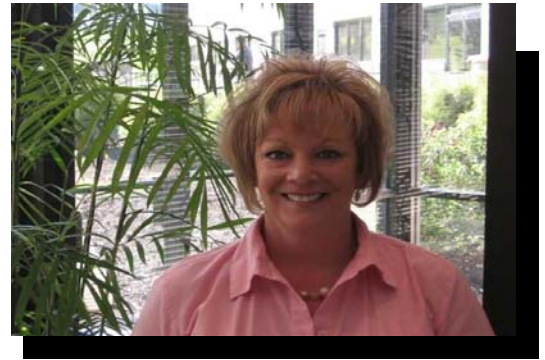
## Volunteer Connection

Clare House is a volunteer driven organization; each volunteer brings something unique and special. The donation of time and talent is vital to the operation of our shelter. The amount of commitment and dedication of our volunteers is remarkable. Clare House appreciates each and every one of you---you are part of the Clare House family!

We value our volunteers and have something for everyone—child care, transportation, maintenance/home improvement, donation organization—just to name a few of the opportunities available. But maybe you are unable to support the shelter with an on-going commitment of time but want to help? You could coordinate a supply drive at your company and collect items from our wish list. Perhaps your family or organization would be interested in our Adopt-A-Room program, where your time and money is used to spruce up one of our rooms for the women and children of Clare House? Or ask your boss to support a dress down day, where everyone pays \$5.00 to dress down on a Friday in support of the shelter. Prepare a meal and bring it in for the ladies to enjoy...we have opportunities for anyone who has the interest and desire to get involved. Give us a call for more information!

### Volunteer Spotlight

Melinda Horner has been a loyal Clare House volunteer for the past 2 years. She provides child care on Thursday evenings while the residents attend meetings. Melinda has even recruited her son, Michael, to help out and often both of them are holding babies, reading stories, coordinating crafts, and reaching out to our families. With this support, our residents are able to fully participate in our life-skills programs where weekly our women are listening to presenters and learning about nutrition, budgeting, interview techniques, health care, and much more. We'd like to take this opportunity to thank Melinda (and Michael) for their commitment to our mission and find out more about why Melinda chose to support Clare House.



Melinda Horner, Clare House Volunteer

*What do you enjoy about volunteering?*

I have so much fun with the children and really enjoy being able to spend a couple of hours out of my day just playing. We all have such busy lives and rarely as adults do we take the time to just relax and play. Being at Clare House allows me to do this, so in a lot of ways my time spent at Clare House is just as beneficial for me as it is for the kids. Over the last couple of years I have met many families at Clare House and getting to know not only the children but also the moms has been a real gift to me personally.

*Where do you work?*

I work for Berk-Tek, a Nexans Company that is located in New Holland and have been there for twenty years in various roles.

*What do you like to do in your spare time?*

In my spare time I enjoy shopping, reading, and spending time with my family. I have two sisters, Barbara and Julie, that I am very close to and our families spend a lot of time doing things together.

*What is your family like?*

I have been married to my husband and best friend Kerry for nineteen years. We have one son Michael who is graduating in June from Garden Spot H.S. and will be attending Penn State in the fall. Michael also volunteers at Clare House when his schedule permits. We have three pets: our dog Jasmine is six and we adopted her and our cat Ashley from the Berks Rescue League. The third pet is a cat named Henry that actually adopted us!

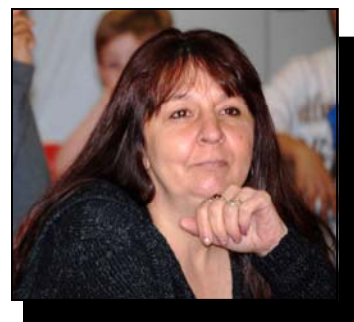
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# *What's Happening?*

## *Women's Health Practice Supports Clare House*

As a medical practice committed to women's health, new Board member, Dr. Nazafarine Keyvani is hosting an Open House in support of Clare House. The community is invited to learn more about the services offered at GALS—Gynecological and Advanced Laparoscopic Surgery of Lancaster and their support of Clare House. On Thursday, June 19, from 3-8 PM, visit the practice at 2320 Rothsville Road, Suite 103 in Lititz.

Refreshments will be served, meet and greet with Dr. Keyvani and medical staff and join in raffles and Chinese auctions for great gift baskets and certificates. The Broil Master Grill will also be on display with this being the last opportunity to purchase raffle tickets (winner will be drawn at the close of the event). Support Clare House and learn about a new practice dedicated to women's health in our community.



Rochelle listening intently at a life-skills class

## *Grill Raffle*

The lazy days of summer will soon be here. Time for family, fun and cook-outs! MBC Gas & Fireplace wants you to enjoy these memories and has an opportunity you don't want to miss. In their continuing efforts to support Clare House, they have donated a Broil Master gas grill with a retail value of over \$1,000.00 to be raffled. The grill is on display at the MBC showroom at 35 West Millport Road in Lititz and tickets will be on sale there, at Clare House or can be purchased online at [www.ClareHouseLancaster.org](http://www.ClareHouseLancaster.org). Tickets are \$2.00 a piece or three for \$5.00. Another great way to support Clare House.



## *Room at the "Inn"*

Clare House announced in the last issue our partnership with Auction Inn. Thanks to Smooth Jazz 92.7 and Auction Inn, our live remote was a great success and to date over \$2,000 has been raised through your donations.

Remember, this partnership with the "Inn" is ongoing. As you do your spring cleaning (or anytime during the year), take that extra set of golf clubs, last year's designer handbag or the collectibles you are no longer collecting down to 241 West Lemon Street in Lancaster. The items must be valued at \$25.00 or more and electronics, cars and car parts as well as inventory liquidations, close-outs and used equipment top the list of hot sellers.

Be sure to identify Clare House as being the recipient of the funds generated through your donation. Auction Inn does all the work selling your items on E-Bay and Clare House gets the funds! For more information call Clare House or check out Auction Inn at [www.auctioninn.com](http://www.auctioninn.com).

# Clare House Presents Jazz Fest 2008

Proudly Underwritten by Direction Discovery,  
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*Showcasing the talent of Amaryllis Santiago &  
The Reese Project with up and coming Bailey Park!*

Save the Date...8/8/08!



During what promises to be a memorable night, Clare House is pleased to announce the 8<sup>th</sup> annual JAZZ FEST!! Get ready for another fabulous evening listening to great music, eating divine food, fun and competition.

On Friday, August 8, 2008 at Liberty Place, 313 West Liberty Street in Lancaster you will enjoy the smooth and velvety sound of Amaryllis Santiago, "The East Coast Cool" style of The Reese Project and the eclectic mix of Bailey Park.

The event will feature dinner, complimentary beer and wine, a silent and live auction--weekend get-aways, gift certificates to local restaurant and shops, artwork, jewelry and numerous other items will be auctioned by emcee Paul Scott from Smooth Jazz 92.7.

The evening will also include the 2008 "Helping Hand" award presentation. Clare House presents the annual award to a local individual, business and church who have demonstrated ongoing support through volunteerism, financial contributions and an overall dedication to the mission of the shelter.

We plan to build on our reputation and are sure that the 8<sup>th</sup> annual event will impress both old and new event attendees. Please join us by supporting Clare House through your participation in this event. Just think...great music, delicious food and wonderful company. And remember, all proceeds generated help homeless women and children.

Tickets are just \$50.00 and can be purchased online at [www.ClareHouseLancaster.org](http://www.ClareHouseLancaster.org) or by calling the shelter. In order to maintain the quality of the festival and to help sustain the shelter, sponsorships are extremely important and are available. Sponsorships provide an opportunity to strategically position your brand in front of the diverse audience that attends the event as well as during the event promotion and recap. We look forward to greeting you on August 8<sup>th</sup>!

*Keep reading for more information on our sponsorship opportunities!*





8/8/08

# Jazz Fest

8/8/08 

## *Sponsorship Opportunities*

♪ **The Louis Armstrong** (\$2,500): full page advertisement and listing in program book (prominent placement, first come, first serve for premier placement inside cover or inside back cover), 16 tickets to the event (2 tables) with reserved VIP seating, recognition at the event, sponsor ribbon on name badge, listing with logo during event Power Point presentation, and company logo link on Clare House website

♪ **The Duke Ellington** (\$1,000): full page advertisement and listing in program book , 8 tickets to event (1 table), recognition at event, sponsor ribbon on name badge, listing with logo during event Power Point presentation, and company logo link on Clare House website

♪ **The Dizzy Gillespie** (\$500): 1/2 page advertisement and listing in program book , 4 tickets to event, recognition at event, sponsor ribbon on name badge, and listing with logo during event Power Point presentation

♪ **The Miles Davis** (\$250): 1/4 page advertisement and listing in program book , 2 tickets to the event, and recognition at the event



**Looking for another way to support Clare House at this year's Jazz Fest?  
Perhaps you'd like to be a basket sponsor or donate an  
item for our Silent Auction!**



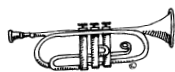
### *Silent Auction*

Do you have a summer home at the beach? Perhaps you're an artist or photographer interested in supporting Clare House? Well have we got an opportunity for you! Each year, at Jazz Fest, the Silent Auction generates a significant amount of revenue to help homeless women and children in Lancaster. Why not donate an item to our '08 event? Some examples of previously donated items include: gift certificates, art work, quilts, jewelry, wine, weekend trips, and much more! Donating an item is easy to do! Just give us a call at (717) 291-8967 for more information.



### *Basket Sponsor*

Back by popular demand, we are again looking for basket sponsors to donate themed baskets for our basket raffle. Be creative and get together with your family, co-workers, or friends to create an irresistible basket to be raffled off at the 8th Annual Jazz Fest! Baskets should be \$100 in value and can include anything from gift cards, to food, to baby products! Here are a few theme ideas to get you started... Death by Chocolate, Coffee Lover, Tea Lover, Romantic Evening for Two, Wine & Cheese, Baby, Spa at Home...the possibilities are endless! Benefits for basket sponsors include a company/family listing and basket description in the program. Call for more details!



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## *Still Going Green*



In our last newsletter we issued a plea to you, our supporters, to help us in our efforts to *Go Green*. One of our first steps in the process is our hope to eventually make this newsletter available electronically. Clare House is committed to keeping you connected to our mission, our residents and how through your generous support we are making a difference and changing lives in our community. Clare House is also committed to doing our part in helping to save our environment.

Each quarter, our small staff prepares the over four thousand newsletters; sorting, stuffing, collating, labeling, bulk mail organization and transporting to the post office is a grand undertaking. Wouldn't it be much easier and less costly to simply press a button and in minutes, you have our latest edition ready for you to read in your inbox?

To support these efforts, along with the effort to have updated and correct information for each of our friends, please take a moment and help us by sending an e-mail to [clarehousecontact@comcast.net](mailto:clarehousecontact@comcast.net) or call in to (717) 291-8967 and talk to Shannon. For those of you that do not have access to e-mail or prefer the mailed document, we will still print a quarterly copy but would like for you to connect with us as well to ensure that all of your information is up to date. It is our intention to do all we can to help our environment by minimizing production so that we can maximize your donations. Thank you in advance for your help with this endeavor!

## *New Board of Directors*

Clare House is pleased to announce the appointment of new members to the Board of Directors. Over the next few issues, you will have the opportunity to meet our newest ambassadors. Welcome to Maxi Cotto, Steve Dinnocenti, Dr. Nazafarine Keyvani, Alejandro Rosado, Jeff Shelly, Jennifer Thompson and Andrea Turasky!

## *Congratulations Jennifer!*

Lancaster County Community Foundation maintains committed to leadership development with the announcement of the John R. Baldwin fund and LeadWell Fellows program. This program involves a facilitated team process and networking along with a self-designed professional development initiative.

After completion of an arduous grant proposal process, our very own Jennifer Powell has been selected to be a member of the inaugural "class." Over the next twelve months, Jennifer will work to further develop her fundraising skills by attaining her certification as a fundraising executive (CFRE). In addition, Jennifer plans to begin the rigorous curriculum of the American Society of Association Executives to attain the distinction of Certified Agency Executive (CAE). The secondary component of the Fellows program is a focus on personal development; Jennifer plans to concentrate on courses, workshops and programs that would assist her in developing tools to deal effectively with the "slings and arrows" of life. Congratulations Jennifer.



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# The Clare House Difference

*When you choose to support a program that helps those in need in our community, consider the following...*

As a new feature in our redesigned newsletter being launched in the Fall of 2008, Clare House will be re-introducing you to our shelter program through a series of frequently asked questions and answers. This section will give you, our cherished supporters, an opportunity to learn more about our shelter, operations, residents and overall programming.

In this edition, we thought we would comment on Clare House's receipt of public funding through the United Way and the City and County of Lancaster. These funds are not guaranteed and account for approximately 15% of the annual operating budget.

As a member of the United Way, Clare House is part of a select group of social service programs in our County. As the nation's leading community solutions partner, our local United Way has been building partnerships, forging consensus, and leveraging resources to make a measurable difference for over 80 years. As a member agency, Clare House must demonstrate true community impact through measurable outcomes, completion of a complex funding application and adhere to the United Way's high agency standards. Clare House is proud to be a member agency of the United Way of Lancaster County.

Clare House also receives a small allocation from the City and County of Lancaster's emergency shelter and community development block grants. Although these funding streams represent a small portion of Clare House's overall budget, receipt of these funds means that Clare House is an organization that complies with the complex guidelines set by our government. Like the United Way process, Clare House submits the annual comprehensive 20+ page funding applications; complete with narrative, statement of need, outcome measurements, client statistics and funding request for case-management and general operation support. In addition, Clare House must present the proposal to a volunteer allocations panel comprised of local community members to "make the case for support." This rigorous process also includes submission of an annual audit, completed by a Certified Public Accounting firm that specializes in non-profit tax law, monthly demographic and outcome measurement reports as well as a monitoring visit conducted by City and County staff to determine that Clare House is compliant with regulations and meeting the purpose outlined in the grant proposal. These monitoring visits also include review of client files and Clare House financial processes.

Why does Clare House receive United Way and governmental funding? Well, of course to help meet the budgetary needs of the shelter. But more importantly--to be affiliated with these entities, you know that Clare House is being a good steward of all the donations and contributions that the program receives. Rigorous proposals, strict auditing requirements, presentations to the community, monthly reports, annual monitoring visits...Clare House must adhere to the highest charitable organization standards. If we didn't, we would not receive funding from the United Way or the City and County of Lancaster.

So, when you make the choice to support a program that helps those in need in our community, don't you want to feel secure in knowing that the organization you are giving to is being a good steward of your contribution? With all of the above mentioned standards, qualifications and specifications, you can rest assured that Clare House is...



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# Clare House Wish List

Donations are vital to the smooth and efficient operation of Clare House. We are so thankful for your generosity. However, we continue to ask you to please be mindful of your donation—are you giving Clare House something that can be used by the homeless women and children? Is this something that you or your family would be comfortable wearing, eating, or using? Increasingly much of the money we save through donations must be used for the disposal of unneeded items—broken toys and furniture, soiled/torn/stained clothing, expired foods.

To help Clare House save money, please consider the above questions—it will save us a lot of hard work and the expense of trash removal. Thank you again for your support of Clare House.



*Clare House is currently in need of the following items...*

- Can Openers
- Pots & Pans (sets)
- Lamps
- Hair Gel
- Bath Towels
- Shower Curtains & Rings
- Mops & Brooms
- Floor Cleaner
- Toasters
- Flour/Sugar Canisters
- Twin Bedding
- Mixing Bowls
- Hair Spray
- Feminine Products
- Roll-a-way Beds/Cots
- Multi-Purpose Cleaner
- Curtains
- Paper Towels
- Pull Ups (sizes 4, 5, 6)
- Cooking Utensils
- Diapers (sizes 4, 5, 6)
- Bathroom & Kitchen Rugs
- Twin Beds
- Diaper Rash Cream



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*Our Mission: Clare House serves homeless women and children by providing a temporary home in a caring environment, life-skills programs and aftercare support leading to self-sufficiency.*