

hope news

volume 20/#2 • spring 2009

in this issue

p2 Hope House CD Release!

p3 In the News

p4 Joe Cleans Up

p5 It's Stockley Time!

p7 Annual Dinner



The Art of Community

by Lynne Seagle

Over twenty-five years ago the Ghent Arts Show was the premier outdoor show of our area. It was conceived by and benefited the Norfolk Free Clinic. The funds raised from this event were a significant part of the clinic's budget to provide medical treatment for people who could not afford it. The show was not only popular but served as an annual spring celebration for the Ghent community. It was held each Mother's Day weekend, and I can recall always being torn about traveling out of town to see my Mom versus staying in the neighborhood and going to the art show. More often than not I split my time between the two.

In those days the Ghent community was quite a bit different from what it is today; much of the renovation and building of more upscale housing was still very far out on the horizon. The Ghent Arts Show truly reflected the community. The



ent feel and we (the citizens of this city) would have a place to call our own. Around this time the Free Clinic was going through its own changes. So, when the City approached them about moving the show to Town Point Park where they would have a larger space with a beautiful view of the Elizabeth River they said yes! The organizers of the show saw the potential to attract many more visitors and to increase their fundraising as alcohol sales would be allowed; something that never seemed to fit within the serene and intimate surroundings of Stockley Gardens.

The decision was made to move the Ghent Arts Show to Town Point Park; it would still be on Mother's Day weekend and still carry the same name. The only thing left to do was inform the artists of the new and improved location. I guess no one really thought there might be differing opinions among the artists and the community members of Ghent, but of course there were.

A small band of artists and community members began an informal effort to block the show from moving to Waterside/Town Point. They held meetings, created buttons that bore the slogan "Keep it in Ghent" and sought press coverage of their opposition to the plan. At one of their first meetings a staff member of Hope House Foundation was present and the seeds were planted for starting another outdoor festival. The idea presented to Hope House Foundation was that we would create an alternative show, keep it in Stockley Gardens, hold it the weekend after Mothers Day, and most importantly maintain the neighborly culture of the event.

Cont'd on page 2

artists, musicians, visitors, and the neighborhood embraced the show. As I recall, everyone understood the importance of the event to the sustainability of the Norfolk Free Clinic, which operated just around the corner from the show.

Around 1983 there was a huge buzz within the city about the opening of Waterside and the newly formed "Town Point Park" that would lie adjacent to this "festival marketplace." Everyone was excited. The vision for the park area included art shows, music events and so much more. Town Point Park would take on an entirely differ-



The Art of Community *Cont'd from page 1*



The first 'Stockley Gardens Arts Festival' was held in May of 1984. We had about 30 artists, a few bands and

loads of optimism. We didn't make much money, but we did make a statement. Our entire mission was about inclusion and this action represented all of what it meant to us.

It seemed then—as it does now—that we did the right thing. We were responding to our community not only because this event was valued, but also because we at Hope House were not separate; we were a part of this community. At one time we operated two out of our three group homes in Ghent. We found the neighborhood to be welcoming and open to people with disabilities. Even now, after closing all of our group homes and supporting people in living in their own apartments, we still find this to be a place that embraces diversity.

It took a few years to build the success of the Spring festival, which then led to the creation of the Fall Stockley Gardens Arts Festival. Again, the decision to create this second festival was

made though collaboration with the artists. They explained to us that the outdoor artist circuit would be coming to a close mid October and they knew of no better place to end it than where they began; in this Ghent park.

How fitting that a small group of people wanted their opinions and voices heard and that it was Hope House that listened. It's the most important aspect of the work we do with people we support, the art of listening. Listening for the subtle messages that may be expressed in a quick expression or movement. It's fairly easy to "hear" someone, but to truly listen and understand a person requires the opening of one's heart to another.

The Ghent Arts Festival that moved to Town Point Park is long gone, yet Stockley Gardens Arts Festival continues to hold a vibrant place in the heart of Ghent. One of the ongoing jokes we hear is that no one really knows who puts on the festival or why. Well, now you do.

Please join our organization as we celebrate this 25th year anniversary of an arts festival that believed in itself and knew it belonged in its own neighborhood. With the help of friends, patrons and supporters such as you, this was achieved beyond anything that was imagined a quarter of a century ago.

It's the most important aspect of the work we do... the art of listening



The process for people with disabilities to reach the same kind of achievement may be a little different, but maybe the ingredients are exactly the same.



Hope House Has A New Musical Cd!

Crossing thresholds. Entering households. Gaining footholds. When we throw open the doors, we welcome friends and neighbors, celebrating inclusion and acceptance, friendship and joy. With that in mind, Hope House Foundation is presenting *Open Doors*, a thoughtful musical compilation by artists who support the mission of Hope House: to break down barriers and embrace every member of our community through open doors.

Hope House Foundation has put together a diverse and eclectic spectrum of musical genres on a 20 track compilation CD. ***Open Doors will be offered for sale at the 25th Anniversary of its' Stockley Spring Arts Festival May 16th and 17th.***

All the musicians on *Open Doors* have performed at Hope House Foundation events over the past 25 years. Musicians include well known artists, such as Joan Osborne and Dar Williams (who played Hope House Fundraisers at the Naro Theatre in Ghent in the '90's), and many local favorites such as Julie Clark, Narissa Bond, Matt Miller, and The John Toomey Trio. Also included are beautiful instrumentals from Steven Bennett, Lewis McGehee, the Tidewater Guitar Orchestra, and BJ Leiderman.

This CD is dedicated to the people supported by Hope House Foundation, in tribute to the value everyone brings to our community. All proceeds from the sale of the CD will be used to support people with developmental and intellectual disabilities in Hampton Roads.



\$2.00 OFF

Purchase of *Open Doors* CD at Stockley Gardens Arts Festival

IN THE NEWS

DMHMRSAS Commissioner Encourages Others To Consider Their Use Of The "R-Word"

"People often use the word 'retarded' or 'retard' in casual conversation without realizing how hurtful it can be to individuals with intellectual disabilities," said DMHMRSAS Commissioner James Reinhard, M.D. "The use of 'retarded' in a derogatory sense contradicts remarks of families who say their special needs family member lives a fulfilled life and is a source of joy and inspiration to others. I hope people will take this occasion to consider the prejudicial and inaccurate nature of this word."

In the 2009 Session, the General Assembly passed legislation to change the name of the Department of Mental Health, Mental Retardation and Substance Abuse Services to the Department of Behavioral Health and Developmental Services. *The new name eliminates the term retardation*, more broadly reflects the department's mission, and allows flexibility to grow into other service areas, like autism. The name change will be effective on July 1, 2009. "Although our department's name is not intended to be disparaging, the use of the term retarded is out of date and insensitive to individuals with intellectual disabilities," said Reinhard. "We are grateful to the General Assembly and the many advocates who supported this name change."

U.S. Vice President Joe Biden Appoints Kareem Dale As Special Assistant To The President For Disability Policy

U.S. Vice President Joe Biden announced Kareem Dale as Special Assistant to the President for Disability Policy, as he led a Presidential Delegation at the 2009 Special Olympics World Winter Games in Boise, Idaho. For the first time, a U.S. President has a Special Assistant focused exclusively on disability policy

Maine, New York, Connecticut, North Dakota, And Rhode Island Led The Nation In Fiscal Effort For Intellectual And Developmental Disability Services, Reports The Latest State Of The States In Developmental Disabilities

With the economy on everyone's mind, noted researcher, David L. Braddock was asked for highlights from his latest State of the States in Developmental Disabilities study, a book that tracks developmental disability spending in the United States. Braddock points out that "In 2006 [the latest edition of the study contains data up to year 2006], in contrast to the current economic situation, most states experienced reasonably good economic and fiscal conditions. In spite of this, the national growth rate for total adjusted ID/DD spending in fiscal year 2005 to 2006 was 0.2%...the slowest growth rate in institutional-community ID/DD spending in 30 years of data collection by the State of the States project." To read highlights from the State of the States, go to: <http://www.responsetrack.net/Ink/aaidd/1895823/?14UZK0KYLGE>

What Community means to me:

Where we ALL can live, work, play and maintain a sense of well being and acceptance.

—Shaunna Robey, Hope House Supporter

The Hope House Thrift Store Goes Green!

Hope House Foundation is taking an active role in the green movement and the Thrift Store is no exception. In fact, they may be the greenest of us all! Not only do they actually recycle 95% of people's discards (by cleaning them and selling them to people willing to love them one more time), but of the 5% that was destined to the landfill, they go one step further:

- Discarded linens are distributed to animal shelters
- Discarded clothes are distributed to local shelters
- The remainder is converted into rags.

Their latest green initiative involves re-usable shopping bags that are being sold in the store for \$2. The bag is so light it can be stored in a purse. Come support HHF with style. **Purchasing this bag entitles the shopper to 10% off each purchase every time the bag is used.**



Maria Drury supported Paul Martin in completing the Shamrock 8K

An Inspirational Walk

Hope House Foundation has been supporting Paul Martin for 15 years. Before his accident 18 months ago, Paul was very active. He took part in Relay for Life, walked all around his neighborhood, and participated in walks for community fundraisers. He now uses a wheelchair but does not let that stop him from supporting a good cause and staying involved in life.

When Paul indicated that he wanted to try the Shamrock 8k, part time staff member Maria Drury took the reins and supported him in completing the 5 miles. She pushed his wheelchair; she steadied him when he chose to leave the wheelchair for brief walks during segments of the course; and she celebrated with him when they finished. Maria approached her role in assisting Paul with a 'no big deal' shrug and a smile. Paul won second place in the wheelchair division of the race. Paul and Marie accomplished more than the 5k; they demonstrated a 'can do' spirit and inspired us all.



Hope House Foundation— proud to be a partner.

Joe Keeps Norfolk Beautiful!

Joe loves to keep Norfolk beautiful. He picks up trash wherever he goes and encourages his friends to do the same. This year Joe rallied a team of 28 friends and coworkers to clean Barruad Park, in Norfolk, for Keep Norfolk Beautiful Day. He partnered with Green Alternatives, recruited, educated and led the team in the fight for a trash-free city. At the end of the day, Joe and his team collected over 60 bags of trash, 20 of which went to recycling. Joe is a champion for a cleaner, greener Norfolk.



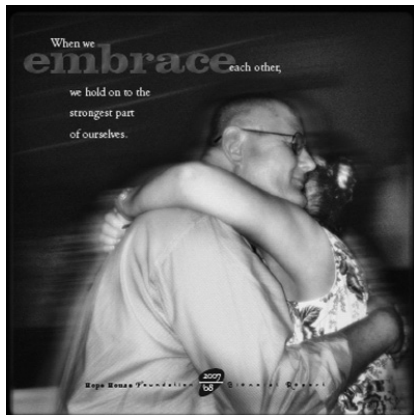
Joe and the Hope House team collected over 60 bags of garbage!

Overheard

What I saw happening at Barraud Park on Saturday was a group of people with a collective purpose in which all persons present could participate in something that completely over-rode the differences of race, gender, age, and disability. It was community at its finest. Thanks to Kim and Joe of the Dominion team for leading that opportunity and those who supported people in participating in something that was truly more, at least in my opinion, than just cleaning up a park, though without doubt that accomplishment alone was worthwhile!

—Robin Haverty
Hope House Service Director

The Hope House Foundation 2006-2008 Biennial Report is complete! You can view the report online at www.hope-house.org. Bart Morris, Ellen McBride, Glen McClure, and Jones Printing donated extensive time and service, along with boundless talent, to create this masterpiece.



DONOR SPOTLIGHT



Susan Milhoan

President/CEO
Retail Alliance of Greater Hampton Roads

Retail Alliance of Greater Hampton Roads is a trade association representing the retail industry, and promoting the interest of its members in Greater Hampton Roads, Virginia. Since 2001, the Retail Alliance has provided more than \$40,000 in grants to

Hope House Foundation and the Hope House Thrift Store on Monticello Avenue in Norfolk – where one hundred percent of the proceeds benefit Hope House Foundation. Retail Alliance employees also support us by designating their United Way donations to Hope House (#5070).

Bio I was born in Evanston, Illinois but I've lived in Florida, Michigan, Georgia and West Virginia over the past 30 years. I've led Chamber of Commerce organizations in Michigan and Florida before coming to Retail Alliance in 2007. I have two wonderful sons at Old Dominion University; CJ is 20 and Matt is 19, and a golden retriever named Max.

Interests/Hobbies I love reading, writing, travel, and fixing the house.

Your Greatest Teacher My parents... my father was in advertising and insisted we always put a positive spin on things and find the creative advantage. My mother was ahead of her time and demanded each of us (three kids) do better than we thought we could. They were both products of the great Depression and never let us take for granted the blessings we enjoyed.

Most Rewarding Part of Your Job I get to go home every day and feel like I have made a positive difference somewhere for someone.

Most Difficult Part of Your Job Not being able to control the economy... not being able to deliver dream fulfillment. Our members put their hearts and souls into their businesses and that kind of passion should be rewarded.

Legacy I would like to believe I made my small world a better place. As a parent, I suspect most believe their greatest impact to be their children. Mine have made me a better person. I am still trying to be the person my dog thinks I am...

Hope House Foundation Board of Directors

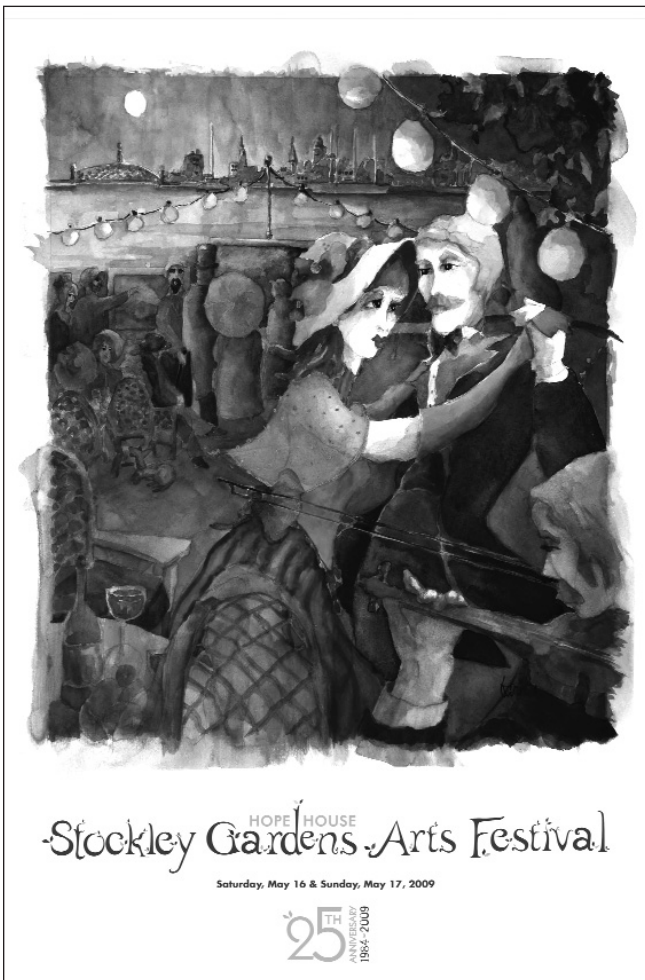
Richard C. Mapp III, *President*
Caron Crouse, *Vice-President*
Matthew Fine, *Secretary*
Pam Katrancha, *Treasurer*
Dorothy Clark
Janet Davis
Gloria Elgin
Joshua Harris
Pete Leddy

Thomas Moss, III
Grey Persons
Jeff Parker
Kathy Powell
John Redding
Joyce Schmidt
Rachel Silver
Lynne Seagle, *Executive Director*

Hope House Foundation is a nonprofit organization established in 1964 to provide residential services for people with disabilities in Hampton Roads. Funded through public and private funds, the agency is committed to serving people in an environment with dignity and respect.

25th Annual Stockley Gardens Spring Arts Festival

Saturday, May 16, 10am–6pm • Anniversary Reception, 6pm–9pm • Sunday, May 17, 12pm–6pm



The Stockley Gardens Arts Festival is held in Stockley Gardens Park, in the heart of historic Ghent, Norfolk. Over 150 artists will be displaying and selling their work.

The festival takes place Saturday, May 16, 10AM-6PM and Sunday, May 17 12PM-6PM. A special Anniversary /Artists Award Reception and Silent Auction will take place on Saturday May 16, 6PM-9PM featuring the band 'Butter'. All activities, all weekend long, are free and open to the public



Please join us in celebrating our 25th Anniversary Reception to be held on Saturday, May 16th from 6-9. This Anniversary Event will be located near the musical stage within the park and is free and open to everyone. The celebration will include:

- Musical Performance by the band Butter; a 4 piece high-energy rock band that is perfect to dance to.

- A Silent Auction of work from exhibiting Stockley Artists. An exciting chance to view and bid on exceptional pieces with winners announced at the end of the evening.
- Adult beverages and food from festival vendors available for sale.

For a list of the artists, the musical entertainment, and the kids activities please visit www.hope-house.org/arts/stockley-gardens/. Downloadable, printer friendly copies are available

The Chrysler Museum of Art & Stockley Gardens Arts Festivals continue a wonderful partnership – A free shuttle bus service from the Chrysler Museum to Stockley Gardens Park is available throughout the weekend, as well as the opportunity to be part of the Chrysler's annual Morgan Family Day, celebrating *Art of Glass 2* and the spectacular exhibitions on view!

Special Thanks to Acclaimed Events and Rentals • www.acclaimedevents.com • (757) 625-6100



Our Wish List

- 20 movie passes • Outdoor swing w/canopy • Patio Furniture
- Push Lawn Mower • 2 RT airline tickets* • New Electric Stove
- Restaurant Gift Cards • New Bed (Mattress and Box Spring)

We would like to thank those supporters of Hope House who recently helped fulfill wishes for the people we support. Thank you for enhancing their lives! If you can help fulfill any of these wishes, please contact Lauren Knowles at 625-6161, ext. 33 or email lknowles@hope-house.org.

** travel in the U.S. with any Norfolk carrier*

PAGE BY PAGE

By Page Powell—Out and about in Hampton Roads

For this column we hit another favorite local eatery (and long time supporter of Hope House Foundation): No Frill Bar and Grill located at 806 Spotswood Ave in Norfolk.

My friend and I went for lunch on a Wednesday. We got there early (11:15) and we were glad we did. By 11:30 it was already busy, it gets crowded real quick. As soon as you walk in you notice that the place is very spacious and they have fresh flowers on all the tables.

The menu had lots of selections. I had the Nachos Grande and my friend had the Spotswood salad with smoked salmon. When the nachos



came they were huge! My friend and I think 4-5 people could have had lunch from one order of nachos. I brought enough home for several more meals. The nachos were great, very indulgent and melt-in-your-mouth good. My friend's salad was also very large. It had baby spinach, apples and granola. She said it was delicious and was looking forward to having the leftovers for dinner. We looked at the desert menu – it had lots of yummy-looking selections – but we were too full to try any.

The service was great. Our server was friendly and fast. We were waited on immediately and our food came quickly. I would highly recommend No Frill and look forward to returning and trying their wraps.

What Community means to me:

Living near good neighbors,
everybody getting along and
lending a helping hand.

— Steve Wiley, accepting support from the Afton Team

TEAM SPOTLIGHT



Jen Serina

If you ever feel like you have no free time, just think of Jen Serina. Her schedule puts the notion of free time in a new perspective. Jen is a single mom, working 3 jobs. It goes without saying that she is a dedicated and talented multitasker. Her schedule has her at one job or another 7 days a week for a total of 65 hours. And that's not including her 'Mom' job, for which she has volun-

teered to serve in the role of 'Girl Scout Mom' and 'Dance Classroom Mom' this year. She serves all these roles with enthusiasm. She's won the Support Staff of the Month Award numerous times and serves as her teams' wellness liaison. She's been a part time Hope House staff member for almost 5 years now, and is a valued part of our team.

Hometown: Born in Fort Worth, TX; grew up in Middletown, RI.

What is your current position at HHF and what does it entail? I serve as a part time Support Staff & and I'm 'Wellness Liason' for the Lakewood Team. I help the people I support create a healthy weekly menu and shopping list. I also assist my team members with whatever else is needed to make shifts run smoothly. I spend quite a bit of my own time researching and sharing health & wellness tips, menus & recipes for the Lakewood Team as well as being on several committees (Holiday & Mini Retreat). I will be organizing and helping my team prepare for the 5K run that is coming up.

Most challenging/ difficult part of your job? Making sure that every person I serve receives the quality time they deserve while managing other aspects of my schedule.

Most enjoyable part of your job? Taking the people I support to do activities in the community that they enjoy, and helping them accomplish their goals.

Education? Graduated high school in 1989. But, life has educated me far more than school ever did.

Interests? I enjoy roller skating, horseback riding and collecting unicorns. I also enjoy visiting my family in Rhode Island.

Any wishes, hopes or dreams you want to share? One day, I would love to own a small house on 2 acres of land with a barn and a horse.

What do you want others to know? I truly enjoy helping others. I am extremely dedicated to making things work. I do what I do to get the job done and hope I help a lot of people along the way.

Do you find HHF to be different than other organizations? YES! Hope House is the only organization that I have worked for that genuinely cares and helps people with disabilities live as independently and as much of a life like ours as possible.

Anything else you want to add? Accomplishments are few, but, the rewards are great! Life is short, don't sweat the small stuff!

From
**BIG BANDS to
NIGHT STANDS**
and everything in between.

**HOPE HOUSE
THRIFT SHOP**
1800 Monticello Avenue • Norfolk
HopeHouseThriftShop.com

20% OFF ANY PURCHASE with this ad — Thru 10/15/09

VOLUNTEERING IS FUN...GET INVOLVED IN YOUR COMMUNITY!

Hope House Foundation needs volunteers to help with our art festivals, concerts, and the many unique fundraising events we hold. Join the Hope House events team where you can become involved in a variety of fundraisers throughout the year. Volunteering gives you an opportunity to change people's lives, including your own. For information on how to join our events team please contact Lauren Knowles at lknowles@hope-house.org or 757-625-6161.

HOPE HOUSE IS ON WEB 2.0

Hope House Foundation has a myspace page and facebook group, and we want to hear from you. To become a myspace friend go to <http://www.myspace.com/hopehousefoundation> and for facebook, look for the Hope House Foundation group and become a member. Don't forget to tell us what you think and forward the page to a friend.



We need your help today. We've partnered with OneCause to turn your online purchases into charitable contributions for Hope House Foundation – all at no extra cost to you! Designate us as your charity of choice and a portion of your purchase will go to Hope House Foundation. To get shopping go to OneCause.com and set up a free profile. Make sure to select Hope House Foundation as your designated charity. OneCause has reputable vendors from Amazon to AT&T and Barnes & Noble. So log on, start shopping and support Hope House!



BE A HOPE HERO...DONATE ONLINE!

MILES
Seamless Gutter
757-363-8451 • www.milesseamlessgutter.com
Thanks to Miles of Seamless Gutters for their donation to our Lakewood property

Annual Dinner

HOPE HOUSE FOUNDATION **Creating Masterpieces/Developing Partnerships**

On June 18th, the entire Hope House community will come together to celebrate an evening of fun, food and friends at the Norfolk Waterside Marriott. We will be celebrating another year of community inclusion, partnership, and support.

Please join us as we recognize people we support for their successes, honor staff for milestone years of service, applaud our outstanding board members, and honor Hope House community partners including Mr. Jim Newsom of Old Point National Bank, Beazley Foundation and Landmark Communications Foundation.



We would love for you to come celebrate with us. There will be cocktails, music, dinner, dancing and a program full of surprises. If you're not on the current mailing list for invitations call Stephanie Kaplan at 625-6161 ext. 19. Everyone is welcome to attend. We hope you take this opportunity to enjoy the warmth, laughter and sense of community that is Hope House Foundation.



Hope House pays for the dinners of the people we support, as well as staff dinners. This is not a fundraiser; however, if you would like to help us pay for the dinner of someone we support at the cost of \$30 per dinner, please fill out the form below. All dinner sponsors will be recognized in the annual dinner program and all donations are tax deductible.

I would like to pay for the dinner of a person served by Hope House Foundation at the 31st Hope House Foundation Annual Dinner. Enclosed is a check to cover the cost of dinner for _____ person(s) in the amount of \$ _____. Please forward to: Hope House Foundation/801 Boush St. Suite 302, Norfolk, VA 23510.

Name: _____ Phone: _____

Address: _____

In memory of: _____

In honor of: _____





801 Boush Street
Suite 302
Norfolk, VA 23510
www.hope-house.org

757-625-6161
757-625-7775 fax

Nonprofit Org.
U.S. Postage
PAID
Norfolk, VA
Permit #535

Hope House is a certified
United Way of Hampton
Roads agency



Designation #5070



Hope News is published each season by Hope House Foundation. *Editor, Jan Larson Kenny*

spring 2009

hope news events

5/16-17/09

25th Annual Stockley Gardens Spring Arts Festival 10am-6pm. Saturday, 12 Noon-6pm. Sunday. Anniversary & Artists Award Party featuring Silent Auction and the band Butter 6-9pm Saturday. For more information call 757-625-6161.

6/18/09

Hope House Foundation's 31st Annual Dinner To be held at the Norfolk Waterside Marriott beginning at 6pm. Call 757-625-6161 for more information.

Through 7/30/09

Corporate sponsorships available for our 2008 Stockley Gardens Fall Arts Festival Call 625-6161 for info.

9/12/09

"Chukkers for Charity" Polo Tournament US vs. British team, held at Omega Farms in Virginia Beach. Call 757-625-6161 for more information.

10/17-10/18/09

2009 Stockley Gardens Fall Arts Festival 10am-5pm. Saturday, 12 Noon to 5pm. Sunday. Award Reception/Party 6-8pm Saturday. Festival is free and open to the public. Call 757-625-6161 for more information.

5/09-11/09

Hope House Thrift Shop Daily Sales For more information, call 625-7493.

- Mondays:
- Tuesdays:
- Wednesdays:
- Thursdays:
- Fridays:
- Saturdays:

- Save 25%* on music, videos, books, office supplies, stationary art, & frames.
- Save 25%* on clothes, jewelry, & mattresses. 10% Senior Citizen discount.
- Save 25%* on shoes, purses, belts, hats, wallets, underwear, makeup, & accessories. 10% off for Military & Students with ID.
- Save 25%* on kitchenware, flowers, plants, knick-knacks, tools, small household appliances, & lamps.
- Save 25%* on toys, sporting goods, luggage, computers, & electronics.
- Save 25%* on linens.

Please visit our website www.hope-house.org for updates or call 625-6161 more information.