

hope news

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Pine Manor: Hope House's Newest Team

For more than twenty years, Hope House has supported people with intellectual disabilities exclusively in their own homes. In 2003, refusing to believe that having one's own home was only for the able-bodied, or for anything less than everyone, we began to seriously look at environmental modification and technology as ways for people we were already serving to remain in their

own homes. Additionally, we began to realize that we could expand this opportunity to people who traditionally remained either with family, in ICF-MRs, or in institutions solely because more creative approaches did not exist in the community. With the technology available today, many people could benefit dramatically by achieving greater independence, better safety, and, in some cases, simply a space in which to live successfully.

Our agency now commonly supports people who have various types of assistive technology, such as accessible bathrooms, door openers, automated response systems, an abundance of communication devices, medication minders,



bidets, wandering alerts, spaces dedicated to sensory experience, and more.

We know that the need for creative housing must be addressed if we are to be able to serve all people in the least restrictive environments possible. We also understand that this need will only increase for the foreseeable future as people with significant intellectual, physical, or behavioral needs who are currently held in our state institutions get their chance at living in their own homes, in a true community setting. Pine Manor is an opportunity for people with disabilities to do just that. The buildings originally consisted of forty-two units, sixteen of which were small efficiency apartments that we have converted to spacious, one-bedroom apartments with customized adaptations to enable optimal independence.

Phase one of the Pine Manor project focused on basic renovations like new flooring, new appli-

ances, widened doorways, and other structural changes to open up spaces and make them easier to maneuver. Phase two will involve further customization of the spaces for the individuals ultimately leasing these homes in such a way that would fully and specifically maximize safety and independence for each tenant—regardless of intellectual, physical, or behavioral challenges.

We know that huge differences can be made for people with Alzheimer's, impaired vision or hearing, and/or who are at risk for falls with the thoughtful use of specialized flooring, lights, color, and contrast. We know that something as simple as a touch switch can be the difference

We believe that well-designed housing can play a key role in supporting people with disabilities.

between being able to control the lighting in your home and requiring someone to do it for you. We have many changes in mind for the future to create successful homes that serve as an alternative to placement in institutional settings where community integration and inclusion are practically nonexistent. Touch light switches, bathrooms with central drains (which allow for easy, complete cleaning), and recessed lighting with shatterproof lenses are just a few examples of simple modifications that can make a tremendous difference.

All units have upgraded wiring and plumbing as needed to accommodate a stackable washer/dryer, dishwasher, induction stovetop, and support technology for personal response systems, monitoring, reminding, and communication devices as may be needed for some tenants. *Cont'd on Page 2*

BELONGING

In this issue, Hope House Foundation explores the concept of BELONGING.





The History of Belonging

—by Lynne Seagle

The cure for despair is not hope. It is discovering what we want to do about something we care about. —Margaret Wheatley

One of the fundamental principles on which Hope House Foundation was founded was a sense of belonging. The individuals who created this organization were certainly pioneers as they were tasked with envisioning what Hope House could be when nothing like it existed. The only options for people with disabilities at this time were to live at home or in large, state-run institutions, so our founders' dream had to come from within; it sprang from their hearts.

This small band of people wanted to create a place where people with disabilities could have a sense of belonging, in a community they knew and called home.

Most of all, they wanted to combat and even eliminate the loneliness that they saw for themselves in not only their own adult children with disabilities, but also in oth-



Lynne Seagle

Our founders knew that a sense of belonging was paramount to a good and healthy life and they believed it started with living in the community

ers across the state of Virginia. They believed if people were given the opportunity to interact with people with disabilities there might be a huge payoff, and they named it friendship.

As I reflect on this seemingly simple idea I realize that, though the form in which Hope House provides support and services has changed dramatically (i.e. moving from group homes to supporting people in their own homes), this founding principle, originally expressed more than forty years ago, remains at the core of who we are today.

We have learned much about belonging, whether in a community, among friends, or within a family, and equally so we have learned more than we care to about the effects of loneli-

ness. Our founders knew that a sense of belonging was paramount to a good and healthy life and they believed it started with living in the community so one could then be part of the community. So how are you part of your community? I bet it involves relationships, some personal and some not. This is true for the people Hope House supports as well. Individuals who have one true friend, just one person who is not paid to be with them or is not a member of their immediate family, can make all the difference in the world. We have seen this over and over again. Having a friendship, even if it's just one, creates a sense of belonging that is different from clubs, places of worship, jobs, and family.

When you have a best friend all that is good in them belongs to you and vice versa. Those that have this experience with someone with a disability think it's no big deal or they were just lucky to have met another person they really like to spend time with and who enriches their life. I can tell you now that this sort of relationship is so important to people who just want to feel that they belong and, even more, it can eliminate loneliness, which is really the greatest disability of all.

Pine Manor, Cont'd from Page 1

Furthermore, all apartments were updated with new flooring and paint and kitchens were completely renovated and received new appliances, cabinets, and countertops.

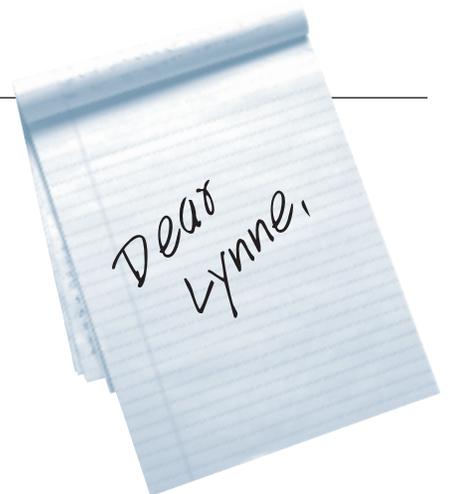
We believe that well-designed housing can play a key role in supporting people with disabilities—increasing safety, independence, and quality of life as well as, in some instances, significantly reducing the cost of long-term care. But the execution of these ideas would not have been possible without the hard work of our staff as well as a generous donation of time and manpower provided by the Tidewater Builders Association Academy, which sent a class out to Pine Manor to paint six of the apartments. Pine Manor's renovation has truly been a community effort and

will benefit the community in turn. Units at Pine Manor will be open to community members seeking affordable housing as well as individuals supported by Hope House. This structure not only is a service to our community, but also provides the inclusive environment to which Hope House is committed.

Hope House is looking forward to a long and prosperous future and we are glad to now have Pine Manor as part of that vision.



Ramps were added to some of the first floor apartments to allow for wheelchair accessibility.



Dear Lynne,

Thanks for your great leadership and advocacy. Hope House is a true leader in individual support and community living.

Best regards, Howard Cullum
Past President of the Arc of Virginia's
Board of Directors

Stairs to Hope

Clint Dalton of 757 Creative Space has devised a new project that is a fascinating combination of architecture, artwork, and charitable giving: Stairs to Hope.

The project will involve erecting a steel and acrylic staircase from the ground floor of 259 Granby St. up to the second floor beside a twenty-by-eighteen-foot collaborative mural created by local artists. The stairs themselves will feature an advanced LED lighting system, etched vignettes depicting elements of Norfolk's history, as well as corporate sponsor logos and over 700 individuals' names and personal messages.

Each sponsor is encouraged to make a matching donation to Hope House Foundation to help us continue to provide supportive living services to adults with disabilities in Hampton Roads.



Construction on the Stairs to Hope will begin this spring so the time to secure your sponsorship, be it personal or corporate, is now! Learn more or purchase a sponsorship at StairsToHope.com.

Left: An artistic rendering of the Stairs to Hope.

The Hope House Annual Fund

Don't forget: the Hope House Annual Fund Drive is underway!

The Hope House Foundation's Annual Fund is a general fund used to assist with the day-to-day expenses of the people we support that Medicaid doesn't cover, things like dental care, household items, clothing, rent, and routine building maintenance and repairs. Many of the people we support have low incomes and don't have much spending money left over after bills are paid. But a donation to the Annual Fund helps to mitigate that. A donation to the Annual Fund means that when someone we support needs a new shirt for work or has a dripping faucet that needs to be repaired, it can be taken care of.

Please consider making a donation to the Hope House Annual Fund. Even the smallest donation can make a big difference.

If you have any questions about making a donation to Hope House, please call us at (757) 625-6161.



Thank You, TowneBank!

Hope House would like to take a moment to acknowledge TowneBank, our new presenting sponsor of the Stockley Gardens Arts Festivals! TowneBank has long been an amazing supporter of Hope House Foundation and we greatly appreciate this new opportunity and all the potential it holds for both the Stockley Gardens Arts Festivals and Hope House Foundation.

This generous gesture shows that TowneBank not only supports Hope House Foundation's mission, but that TowneBank also cares about the arts and our community. This partnership ensures that the Stockley Gardens Arts Festivals will continue to be premier arts events in Hampton Roads, drawing tens of thousands of visitors and serving as Hope House Foundation's largest fundraisers. Together, TowneBank and Hope House will continue to host these events that bring the community together over art, food, and friendship. But it doesn't stop there: funds raised from the festivals go toward providing support for adults with disabilities, which is an invaluable benefit to the community.

Thank you, TowneBank, for showing such commitment to our community!

What Belonging means to me:

“Belonging is finding your place in the world with the people, places, and things that make you happy.”

—Whitney Metzger
Founder of Urban Playground

Hope House Foundation Board of Directors

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The Eyes of Hope

Stockley Gardens 2012 Fall Art Show

Below: A crowd gathers to hear the results of the judging process. *Right:* Best in Show winner Kurt Ruby shows off his award with festival judge Kristin Kingsland Brown. *Below right:* Fun times come in threes.

Below: Carson experiences his first Stockley Gardens Arts Festival with his dad, local artist Carey Blindenhofer.



Above: Hope House volunteers are always ready to lend a helping hand.

Right: Proof that you never know what awaits you at the Stockley Gardens Arts Festival!



Above left: Evan Button proves that big talent sometimes comes in a small package.

Above right: As always, the Hope House Thrift Shop tent is full of shoppers looking for a bargain.

Paint It Forward

Hope House would like to thank all of our friends who participated in Paint It Forward!

Bob Batcher
Ema Colley
Cindy Cutler
Norma Dorey
Jennifer Doumar
Kim Herborn
Victoria Jones
Debra Persons
Natalie White
Patrick Evans-Hylton
Jennifer Hammock
Yarita Rodriguez



Mike Gruss



DiAna and Natalie White



Mayor Will Sessoms



Admiral Jack Kavanaugh

Claus Ihlemann and Robert Roman, owners of Decorum Furniture and the Palace Shops and Station



Men on a Mission

Right: A good time was had by all at Men on a Mission!



The ladies of Jake's Place are all smiles after pulling off such a successful event.

What Belonging means to me:
 “Having the confidence of being comfortable no matter where you are.”

–Thomas Warner, Hope House volunteer



Above: Models (L to R) Scott Zelna, Tomasz Foster, Ryan Burnell, and Jonathan McKee wait patiently for their package to be auctioned off.



Left: Charlie Johnson and Jake's Place ladies Donna Lemoine and Rae Moses radiate the holiday spirit.

Hope House Rocks the Jewish Mother



Many thanks to (*Left to right, top*) Blue Ridge, Evan Button, User Friendly, (*Left to right, bottom*) The UnXpected, and Zig Zag for sharing their talent and helping to raise \$1,000 for Hope House!



In the next issue of HopeNews, we will explore the concept of Freedom.

We will explore the concept of Freedom and what it means to the people we serve, the community and you. **Please send your stories and thoughts about Freedom to sgrimes@hope-house.org.**



Kitsch: Where Arts & Crafts Meet Community Inclusion

Hope House believes that a true community includes all of its members and we like to recognize others who embody this ideal. Kitsch, a little arts and crafts shop in Ghent, is just such a place.

Kitsch offers a variety of classes on topics ranging from sewing to painting and beyond. Kitsch also features a wide assortment of items made by Virginia artists and also showcases the work of a different artist each month. In September, their featured artist was Stockley Gardens Art Festival's own Linder "Hollywood" Lawrence!

Hollywood spends lots of time at Kitsch, some-

times just hanging out with her friends and other times teaching classes. When her birthday rolled around, the Kitsch family knew they wanted to make it a special day.

"We made her feel like the star she is with the red carpet, glittery stars and all," said Michelle Odom, Kitsch's owner.

Kitsch's Vicki Bahr added, "Hollywood looked glamorous and enjoyed the evening with some of her closest 'soul brothers and sisters.'"

Say thank you to Kitsch for supporting and promoting an inclusive community by visiting them



Hollywood and Kitsch's owner, Michelle Odom, seize the opportunity for a photo during Hollywood's birthday party!

at 807 Shirley Ave. in Ghent or find them online at KitschVA.com.



Green Teens

Hope House Development Coordinator Anne Knox (left) met with Norview High School's Green Teens who awarded Hope House with a donation from the proceeds of their booth at the 2012 Stockley Gardens Spring and Fall Arts Festivals. Hope House is excited to partner with such an innovative and energetic group of young entrepreneurs. Come check out their booth at the upcoming 29th Annual Stockley Gardens Spring Arts Festival!

HopeNews is produced by the Development Department of Hope House Foundation with support from Emily Young, Human Resources Manager.

REACHING OUT



By Mr. James Burney

When I spoke at the Arc Convention in Virginia Beach this past August, my main concern was that the listening audience would get a clear

understanding in their heart and mind of what I was saying to them. At the same time, I was trying to paint a picture of the daily struggles that a person with disabilities goes through in life.

The Friday of the Arc Convention, I spoke about self-advocacy and peer advocacy. I talked to the audience about how I moved from being a self-advocate, one who just thinks about me and my own needs, to becoming a peer-advocate, one who fights for the rights of others. My main message was that everyone can get the things they need in life and they can live independently by advocating for themselves and speaking out. It is also important to advocate for others because some people need help making ends meet. If I only advocated for myself it would be selfish. I want to encourage more people to advocate for themselves and others.

When I advocate for another person, I feel a sense of self-worth because I have helped that person through a difficult situation. I feel good knowing that the other person trusted me and

accepted me as a peer advocate to help them with their personal problems. Advocating for others gives me something productive to do in my life. Since I have become a peer advocate, I have joined the Our Voices committee and the Voices of Virginia Advocacy group. I have participated in advocacy functions, I have met with the attorneys from the U.S. Department of Justice to fight for the rights of people in institutions and I have spoken in Richmond to change disability laws in Virginia. Reaching out is not just about you but about others and their needs too.

Self-advocacy and peer-advocacy go hand in hand. I first learned to advocate for myself and others from my family as a young child. Reaching out and helping people has always been a part of my life. I really enjoy helping people because it gives me a great sense of accomplishment. I want everyone who is a part of Hope House Foundation to know that I am always here if you need someone to talk to or need help with an advocacy issue. I will not judge you or criticize you. I am only here to help or simply lend an ear if you just need someone who understands to vent to.

HAVE YOU HEARD THE BUZZ?

The Buzz is produced by people supported by Hope House Foundation and is coordinated by Erin Freeman.

If you'd like to contact Mr. Burney or would like more information about self or peer advocacy, please call Hope House at (757) 625-6161.

HOPE HOUSE AMONG RECIPIENTS OF 2012 COMMUNITY DEVELOPMENT GRANTS

Hope House is excited to announce its receipt of a 2012 Community Development grant from Bank of America! This grant, used for the rehabilitation of our newest property acquisition—Pine Manor, is part of a \$22 million investment by Bank of America to build and rehabilitate affordable housing, offer foreclosure prevention services and homeowner counseling, and provide other services intended to invigorate and rejuvenate neighborhoods. Nationally, the Community Development grants are part of neighborhood stabilization and affordable housing efforts by more than 650 non-profits in 34 states.

As we look to provide our community with independent housing for people with disabilities as well as affordable housing for other members of the community, Bank of America's investment in our organization will enable us to continue performing our vital work. Hope House is very grateful to have been chosen by Bank of America as a grant recipient and we look forward to continuing to build an inclusive and accessible community for all!



GOT MAIL?

We have restructured the Hope House Foundation mailing lists! Please visit our website's subscribe page (<http://www.hope-house.org/subscribe.php>) to see the new options for receiving notifications and to sign up.

If you have any questions about our mailing lists, please contact Shari Grimes at (757) 625-6161 x508 or sgrimes@hope-house.org

FRIDAY, MARCH 15

Shamrockin' in Ghent



For the Fogles, St. Paddy's is a family affair!

benefit Hope House Foundation!

So, join us at Shamrockin' in Ghent and kick off your St. Paddy's Day weekend with your friends and a great cause! For more information, please contact Anne Knox at aknox@hope-house.org.

Is it ever too soon to start celebrating St. Patrick's Day? We certainly don't think so! That's why, on Friday, March 15, 2013, from 6:00 to 10:00 PM, we'll block off Colley Avenue between Shirley and Gates Avenues so you and all your friends and neighbors can come out and join Hope House in celebrating all things Irish.

We will have live music, festive libations, and more—and there isn't even a fee to participate! Yes, you read that right, Shamrockin' in Ghent is free and open to the public. But wait, there's more: all proceeds from Shamrockin' in Ghent



The Pipes and Drums of the Newport News Police set the mood for the evening.

A WOMAN OF SERVICE

Congratulations to Hope House Foundation's Development Director Elena Montello on receiving the Virginia Wesleyan College 2012 Alumni Service Award for her many years of service to Hope House, the Stockley Gardens Arts Festival, and her community in general. Hope House couldn't be more proud of Ms. Montello.

Congratulations, Elena! Keep up the great work!



Development Director Elena Montello (right) with friend and fellow Virginia Wesleyan Alumni Mary Wright who presented her with the 2012 Alumni Service Award.

What Belonging means to me:

“Giving a part of yourself to another, group or cause, sharing with others, and knowing that no matter what you are not alone”

—Brittany Berry
Hope House volunteer

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BELONGING

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events

BE OUR FRIEND!



February 21

Feather the Nest On Thursday, February 21, KDW Home Kitchen Design will be throwing a "shower" for Hope House Foundation. Each attendee will bring a gift card that will help in the redecoration of the home of someone we support. The event will include hors d'oeuvres, beverages, and music from More Perfect Jones.

March 15

Shamrockin' in Ghent Celebrate the luck of the Irish at Ghent's St. Patrick's Day street party. We close Colley Ave. from Shirley to Gates Avenues from 6 PM to 10 PM for a great party and awesome bands! This event is free and open to the public. Come join us as we celebrate the one day when everyone is Irish!

May 18-19

TowneBank Presents: Stockley Gardens Spring Arts Festival Enjoy the works of over 140 artists in a variety of mediums such as painting, ceramics, sculpture, photography, and jewelry at the 29th Annual Stockley Gardens Spring Arts Festival on Saturday, May 18, from 10 a.m. to 5 p.m. and Sunday, May 19, from noon to 5 p.m. The after-hours party and artists' reception will take place on Saturday from 5 p.m. to 7 p.m. There will be live music and kids' activities all weekend long. This event is free and open to the public.

January-May

Hope House Thrift Shop bi-monthly specials Check out the website at <http://hope-house-thrift-store.com> and sign up for coupons and be the first to find out about special sales.

Find out the latest information on events, photos and video at www.hope-house.org.