

hope news

volume 23/#2 • spring 2013

in this issue

p2 Freedom is Fragile

p3 It's Stockley Time!

p6 Beads & Bling

p7 Home Grown!



Building a Community

Sometimes an organization needs a little help from its community, and Hope House is no exception. After the success of the Drive for Affordable Housing campaign, Hope House had the funds necessary to purchase some new property. That is exactly what happened and that property is now Hope House Foundation's newest team: Pine Manor. But, when Hope House acquired the property, it was in need of some major renovations. Enter, the Tidewater Builders Association's Building Trades Academy.



This BTA student prepares to replace broken drywall.

The Building Trades Academy (BTA) was created in 1978 as an offshoot of the Home Builders Institute, which was the workforce development arm of the National Association of Home Builders. It was one of sixty programs providing training in the construction industry in America at the time, but is the only one that is still in existence. The school, which has been highly successful, provides job training in a condensed, high-intensity program that involves both classroom learning and training in the field.



John Mack, Staff Vice President of the Building Trades Academy.

maintenance. This was done because, while both construction and facilities maintenance have similar skill sets, facilities maintenance provides for more stable, long-term employment than does the often-fluctuating home building market. In addition,

the concentration of people in the military in this area translates to an increased demand for multi-family homes and apartments, as well as facilities managers to oversee and maintain them. The BTA works directly with some of these types of rental property owners to get students training and, ultimately, jobs. Through the BTA, students acquire a valuable set of skills and abilities which allow for the vast majority—if not all—of the graduates of the Building Trades Academy to go immediately into jobs.

But how does any of this relate to Hope House? About a year ago, Hope House Foundation's Executive Director Lynne Seagle met with Channing Pfeiffer, the Chief Executive Officer of the Tidewater Builders Association about developing a mutually-beneficial relationship between the two organizations. Soon thereafter, representatives from both the BTA and Hope House were on board and ready for the next step. Then, about six months ago, a group of students from the BTA came out to Pine Manor to paint and prep six apartments followed by an intern who spent a week under the guidance of Sam Baxter, Hope House Foundation's Maintenance Coordinator, working at Pine Manor on projects like tearing out and patching walls, hanging cabinets, and laying flooring. But, if Mr. Baxter has anything to say about it, that won't be the end of the relationship with the BTA because, while some supervision is necessary since the students are still learning, he has been very impressed by the quantity and quality of the skills the BTA students are attaining. He added, "I really think they're running a really great program."

Mr. Baxter hopes to bring in a few more BTA students to work on the last apartment at Pine Manor and some others to help renovate the kitchens at one of our teams in Chesapeake. The goal behind these projects is to provide a variety of hands-on experiences so the students can learn everything, says Mr. Baxter, "from destruction to construction." Hopefully, the BTA students will also benefit from the outside-the-box thinking involved in many of Hope House Foundation's projects.

Cont'd on p. 7



In this issue Hope House Foundation explores the concept of FREEDOM





Freedom is Fragile

by Lynne Seagle

“Freedom is fragile and must be protected. To sacrifice it, even as a temporary measure, is to betray it.” —Germaine Greer

In the world of intellectual and developmental disabilities there is a process for restricting freedom: it’s called guardianship. When someone is appointed a guardian, it is done so under the assumption that the person with a disability cannot make decisions for him or herself.

Sometimes this is a positive move for a person with a disability, especially when the person appointed as guardian is someone who knows and loves them, such as a family member. In those instances, all freedom is not removed and when the person with a disability can make decisions, they do so, or when his or her preferences are known, they are acted upon. This is not done in a benevolent manner, but through the guardian’s innate knowledge that it is the right thing to do.

In other situations, an entity such as a hospital or disability service system deems a person with a disability unable to direct his or her life and pursues the appointment of a guardian who is to act in the best interest of that person. Often times



Lynne Seagle

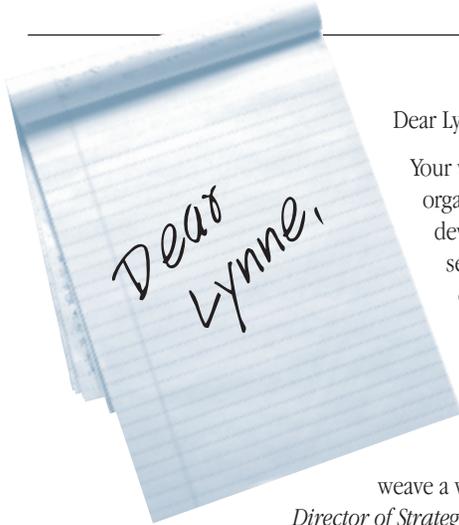
There is a process for restricting freedom: it’s called guardianship.

the organization or the person appointed as guardian does not know the individual, or their capabilities and gifts, and though the law concerning guardianship clearly states a responsibility to assist the individual in restoring his or her rights and having guardianship removed, this is rarely—if ever—pursued aggressively. Having all your freedom held by someone or something that knows nothing about you is one of the worst situations faced by some people supported at Hope House Foundation.

The situations that are hardest are with those who clearly know what they want, such as who they want to spend time with and how they want to spend their money, but are not allowed to due to their guardianship status. Explaining this system is difficult for the staff at Hope House Foundation who do know the individual and cannot make sense in their own hearts why the individual’s voice and choice cannot be heard and honored. A 38-year-old woman we have supported for a long time, who became ill and had to be hospitalized, illustrates this point. While in the hospital she was most certainly not herself. In fact, she was in a coma. Thankfully, through the excellent treatment she received, she recovered without the loss of any of her

skills. But there’s a catch—without any known family, the hospital staff had no idea what she was like before her coma. Couple that with a label of disability and the hospital staff quickly moved from a temporary guardianship to one of permanence. This was shocking, as this woman had been leading her life and making her own choices quite responsibly her entire adult life. She had been free. When we explained to her what happened she insisted that she wanted a lawyer to fight what she believed to be a great injustice. After several court hearings and pleading with the organization that held her guardianship, she lost her case. She lost not because she was different since her hospitalization, but because she carried the label of “intellectual disability” and, with it, the assumption that she was in some way incapable. These judgments became the truth that would define her reality and, more than a decade later, she still mourns the loss of her freedom.

I would like to say this is rare, unusual, and a one-of-a-kind situation, but sadly it is not. Now, across the county, there is more and more discussion about guardianship reform and taking strong measures against restricting someone’s freedom even partially. This is welcome news to us at Hope House Foundation. Taking someone’s freedom from them is serious business in this country, and how we are doing on that front should be measured by how people with disabilities are treated in this system.



Dear Lynne,

Your work and the extraordinary partnership between our organization and Hope House has been instrumental in the development of our leadership and focus on customer service. As one of the most successful public healthcare organizations in the UK’s National Health Service it is difficult to find consultancy of a caliber that stretches our thinking, helps us to break through traditional boundaries and is tuned in to our organizational values. It is essential that organizations, such as ours, working in the field of disability across the globe

weave a web of change. —Peter Wadum-Bubl, Executive Director of Strategy and Business Development, South Essex Partnership University National Health Service Foundation Trust

What Freedom means to me:

“Freedom to me is being self-employed. I wake up every day feeling anything is possible.”

—Jeff Maisey,
Editor and Publisher of *Veer* Magazine

Presents the
TOWNE BANK 29th Annual Stockley Gardens Spring Arts Festival

SAT, MAY 18, 10am-5pm • ARTISTS AWARD RECEPTION, SAT, 5pm-7pm • SUN, MAY 19, 12-5pm • www.StockleyGardens.com



2013 Stockley Gardens Spring Arts Festival



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

The Eyes of Hope

Below: Elena Montello, Development Director for Hope House Foundation joins Anne Standing, Hope House Board member, owner of Panache Interiors, and one of the lead designers for the Feather the Nest renovations.



Feather the Nest

Below: Development Coordinators Anne Knox and Shari Grimes make working look easy.



Right: The folks behind Feather the Nest: Marvin Daniel, event organizer and President of KDW Home, Hope House Executive Director Lynne Seagle, and Shades of Light owners Chris Menasco and Bryan Johnson.



Above: Honorary Feather the Nest co-chairs Jody and Dr. Alan Wagner know how to host a party!

Top Right: Joey Mishkofski, of Otto Design + Marketing, and Debra Persons, Hope House volunteer, ham it up for the camera.

Right: Cindy Mackey, of Mackey Ink, and Donna Agresto-Seavy, of Sinclair Stations, enjoy the festivities.



Above: Pete Leddy, President of Hope House Foundation's Board of Directors, catches up with Dabney and Fred Napolitano.

Left: Music by More Perfect Jones was the perfect addition to the party.

Below: Hope House board members Josh Harris and Tom Moss groove to the music.



Top: Ross and Tanecia Baker, Hope House Community Support Coordinator, hang out with Alex and Page amidst the Feather the Nest festivities.

Above: Ross, whose apartment was renovated using Feather the Nest funds, mingles with Service Director Susan Henderson.



Above: Newlyweds Bruce and Heather's apartment underwent a major renovation, made possible by resources collected at the 1st Annual Feather the Nest event last year.

Thank You!

Anne Standing/Panache Interiors
 Andy Branyan
 Blair's Plumbing
 Cabinet Makers
 Daltile
 Decorum Furniture
 Duff Kliewer/Cox Kliewer & Co.
 E.A. Holsten
 Electrical Concepts
 Gary Roth Construction
 Jill Cummings
 KDW Home
 Mitchell's Upholstery

Modern Electric
 Moser Originals
 Professional Accent Painting Co.
 Proper Tile
 Sean Grimes
 Shades of Light
 Shuler Flooring Inc.
 Tom Lyons / Holiday Inn & Suites North Beach
 Walsh Tops
 WC Carpenter
 William Deal
 Woodcrafters of Virginia
View gallery at Hope-House.org.

Shamrockin' In Ghent

Right: A real, live leprechaun joined the festivities this year. Too bad he didn't bring his pot o' gold!

Top Right: This festive couple sure knows how to embrace the holiday!

Center Right: Volunteer Linda Pirkle basked in the quiet before the storm.



Above: Shamrockin' in Ghent always draws quite a crowd!

Top: Glasgow Kiss was a big hit, especially among the wee ones.
Above: A truly great event thanks in large part to our super volunteers!
Left Center: Mike Beezup and Dave Filipowski, owner of Belmont House of Smoke, mixed and mingled with friends.
Left: Even Ghent's canines got into the St. Paddy's Day spirit!



Above: Out of the Box's Paul Shugrue and Jeff Maisey, publisher and editor of Veer Magazine, wait patiently to present the next award at the Veer Magazine 2013 Local Music Awards. (Photo credit: Danna Cullen)



Above: Dorothy is already getting lots of use out of her new Brita pitcher, courtesy of Feather the Nest!



Above Right: Paul had a blast experiencing The King at "Elvis Lives" at the Ferguson Center for the Arts.

-What Freedom means to me:
 "Freedom is going to work, church, going on an outing, and to parties."

-George Outlaw, a person Hope House supports



In the next issue: HopeNews will explore the issue of Equality.

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

The Power of Friendship

It's not often we get to hear the story behind the charitable donations we receive, but every once in a while we get lucky. We'd like to share with you a letter that we recently received explaining how a particular group of friends ended up as supporters of Hope House Foundation. Here's what Robert Lane had to say:

"Back in the early 1960's there was a group of young Naval Officers assigned to the General William Mitchell (TAP-114). The ship was home ported in Oakland, CA. Our mission was to transport troops, dependents and supplies across the Pacific to various ports in Asia. Due to the rigors of our schedule we became a very tight-knit group. After the ship was decommissioned we went our separate ways. Some continued careers in the Navy, others went on to civilian life, but a number of us stayed in contact and every two years we get together for a little R&R. A little over two years ago one of our members, Tom Brown, died and went on to Fiddler's Green. Unfortunately, his wife Jeanette followed him last year. At our last get-together in San Diego it was decided that we would like to make a donation to Hope House in memory of Tom and Jeanette Brown, as their son has been receiving assistance from your fine organization."

Thank you to the Lanes, Hedemans, Joys, Tudors, Demetrious, and Fishers for your generosity and for sharing this story with us!

A Community Connection

Felicia loves jewelry. But she doesn't just wear it—she makes her own. A few months ago, Felicia, who accepts support from Hope House, was awarded a \$200 gift card as part of a grant that Hope House Foundation received. She put the money toward the cost of supplies to create her own jewelry and she's been at it ever since. Not one to be selfish, Felicia gives her creations to her family members as gifts, in addition to keeping some for herself.

Each Thursday, Felicia visits a little family-run shop called The Bead Shop to practice her jewelry-making skills and to work on new pieces. She's

built quite the social circle there: everyone knows her name and looks forward to her weekly visits. So, you can imagine the disappointment when Felicia found out the store would be closing for a month while the owner went out of town. Luckily, due to the kindness and generosity of the staff at The Bead Shop, that disappointment didn't last long. The owner made arrangements for her niece to come in on Thursdays and open the store—just so Felicia can come in to work on her jewelry!



DONOR SPOTLIGHT



John P. Matson, TowneBank

About the company: TowneBank is a \$4.41 billion community bank founded in 1999 with a focus on friendships and relationships. Through its 26 offices in Hampton Roads and northeastern North Carolina, Towne provides a wide array of financial services to individuals, businesses, and community organizations. With a hometown focus, Towne is a leader in promoting the social, cultural, and economic growth of the local community.

Interests/hobbies outside of work? Family, friends, travel, body surfing, swimming, music trivia, politics/current events, history, reading, exercise.

Who was your greatest teacher? I have been fortunate to have many great teachers beginning with my parents and grandparents. I have learned much from observing the examples set by selfless individuals here in Hampton Roads who demonstrate the importance of giving back to the community and supporting individuals in need. Individuals such as Harvey Lindsay, Josh Darden, and Bob Aston are wonderful role models for all of us. They are incredibly generous leaders who have never worried about whether or not they receive credit for their acts of kindness, their civic leadership or their charitable efforts.

What is the most rewarding part of your job? Becoming a trusted advisor to businesses or individuals and helping them achieve their personal or business goals. I also take great satisfaction in helping younger bankers to grow and succeed.

What is the most difficult part of your job? Climbing 8 flights of stairs every day to reach my office (an exercise issue not an elevator issue!).

What made you decide to become a supporter of Hope House? From working in Norfolk for many years I am aware of Hope House Foundation and its mission. When Hope House Board Member Matt Fine suggested that TowneBank sponsor the Stockley Gardens Arts Festival, we jumped at the opportunity to support the great work of Hope House and be a part of this premier event. Our sponsorship is particularly relevant this year as TowneBank is planning a new branch for Ghent which will be located at the intersection of Colley and Westover Avenues.

Hope House Foundation Board of Directors

Pete Leddy, <i>President</i>	Jacqueline Schillereff
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Valerie Harvey, M.D.	



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Homemade Food with Home Grown Herbs

By Frank Spratley, a person served by Hope House who is exercising his freedom to grow.

I enjoy cooking and growing herbs in my apartment and want to share with readers a little bit about my experiences. I've always enjoyed cooking and while I was growing up I spent many hours in the kitchen trying different recipes with my mom. Sometimes she would have my siblings and I stand in line and watch her cook so that we knew how to cook when we got older. My mom taught me how to make hamburgers, hot dogs, pot roast, and pork chops. I still cook pork chops the way that she taught me: cooking the onions first and then combining them with the pork chops and roasting them in the oven or on the stove top. I think that it can be fun to cook sometimes. My favorite things to cook are chicken, pizza, and steak.

Growing plants and herbs is still somewhat new to me. About three years ago I had a new staff member working with me who shared her passion of growing plants. I bought all of my plants and gardening materials at Wal-Mart. They now sit in pots on my porch where they can get

sunlight. I have special bottoms under them to help them retain the water when it rains or when I go out and water them.

I started with flowers and then began to expand my garden to incorporate my love of cooking. I currently grow rosemary, basil, and chives. The rosemary and chives last year-round; however, I have to replant the basil for the new seasons. Sometimes I also grow tomatoes, but they aren't in season right now. I've even tried to grow cucumbers in the past. The tomatoes and cucumbers are harder to grow than the herbs because they dry out easily.

When cooking, I use rosemary the most out of all the herbs that I grow. I like to add rosemary to my sauce when I make pasta, add it to chicken that I marinate in Italian dressing, and make rosemary potatoes. I like to try new combinations when I'm cooking and sometimes I watch the Food Network to get ideas for recipes. I recently learned how to make black beans and rice and soup from a show that I watched. I also like to marinate steak with seasoning salt and pepper and then bake it in the oven with potatoes and onions. I make a delicious stir-fry with steak, carrots, and onions as well. Sometimes I have com-

pany over to eat dinner, usually my friend Linder. She seems to enjoy all of the dishes I make her but I particularly like to make her lemon pepper fish with rice and broccoli and cheese.

I like to cook different things depending on the season. In the winter I use my crockpot a lot to make chili or beef stew to warm up a chilly day. In the summer, I like to cook spaghetti, chicken, and burritos. I like to make chicken burritos with black beans instead of the traditional refried beans, red and green peppers, and mushrooms. Recently, I made a flat bread pizza with pepperoni and

sausage that tasted really good. I hope that all of this talk about food has inspired you to head into your kitchen and try some new recipes!



HAVE YOU HEARD THE BUZZ?

The Buzz is produced by people supported by Hope House Foundation and is coordinated by Kim Enesey.

Building a Community... Cont'd from p. 1

Because Hope House works with people with disabilities, we have to factor in how to make each home into an optimal environment for the particular individual who will be living there. This often requires thinking about and doing things differently than you might in other home renovation scenarios.

This relationship is very new, but all in all, things are looking promising and it seems that everyone who has been involved so far is pleased with the way things are progressing. John Mack, Staff Vice President of the Building Trades Academy, has repeatedly expressed how glad he was to be partnering with Hope House. Referring to the Hope House staff he's encountered over the past year, he said, "You can just see the passion and feel the passion for what they're doing. And, you know, it's making a difference for people. I think that's the most important thing. It's allowing people to be independent, much more so than they would be if they were just, you know, in some sort of institution."

Hope House is incredibly grateful for this new friendship and for the work done by the BTA students. And this is still only the beginning; there's much more in store for the future, beyond simply renovation tasks. For example, Mr. Mack will be part of a group of experts assembled by Ms. Seagle who will examine how Hope House currently manages and operates its properties to see if there are improvements that can be made.

Be sure to stay tuned to see where this new endeavor takes us!



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In this issue Hope House
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concept of FREEDOM



spring 2013

hope news events

BE OUR FRIEND!

- May 18–19** **TowneBank Presents the 29th Annual Stockley Gardens Spring Arts Festival** 10:00 a.m.–5:00 p.m., Saturday, May 18, and Noon–5:00 p.m. on Sunday, May 19, at Stockley Gardens Park in the Ghent area of Norfolk. After hours party and artist award ceremony from 5–7 p.m., Saturday at the main stage. Visit StockleyGardens.com for more info.
- June 13** **Hope House Foundation's 35th Annual Dinner** Contact Shari Grimes at 757-625-6161 or sgrimes@hope-house.org for more information about sponsorship opportunities or the event in general.
- July 20–21** **2013 Hope Cup** Hope House Foundation's second annual adult indoor soccer tournament. Contact Anne Knox at aknox@hope-house.org for more information or to register.
- July 27** **Ghent Summer Bar Tour** 4 to 9 PM. Register at GhentBarTours.org.
- May–July** **Hope House Thrift Shop bi-monthly specials**
 - May Days of Sale** 25% off linens, lamps, luggage, small appliances, silk flowers, and desks. *May 1–15.*
 - A+ Sale** 25% off computers, children clothes, sporting goods, luggage, carpets, and rugs. *May 16–31.*
 - Fun in the Sun Sale** 25% off towels, books, bathing suits, and sporting goods. *June 1–15.*
 - Summer Start-Up** 25% off clothes, outdoor furniture, and grills. *June 16–31.*
 - A Touch of Glass** 25% off all glass items. *July 1–15.*
 - Summer Sizzler** 50% off bathing suits, outdoor furniture, grills, and sporting goods. *July 16–31.*