

hope news

volume 23/#4 • fall 2013

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To put a twist on a title by The Who, the "girls are alright."

This fall the Stockley Gardens Arts Festival will be getting an infusion of something quite unique – Girl Power.

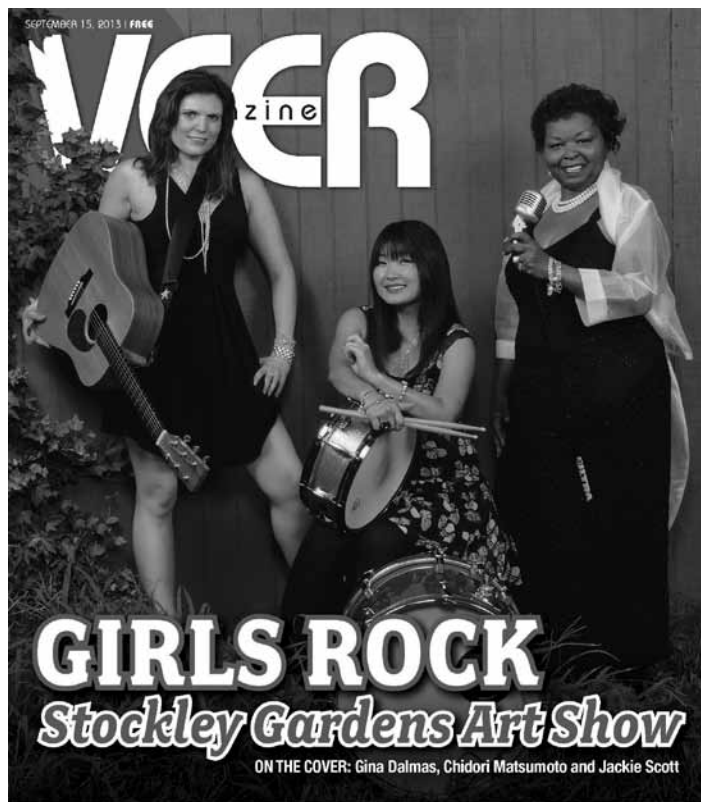
No, it's not an appearance by the Spice Girls, but a festival within a festival, a musical compliment to the popular two-day Stockley Gardens Arts Festival.

Hope House Foundation and Veer Magazine have partnered to present Girls Rock. The mission is to showcase our region's talented women musicians. All musical acts on stage will prominently feature a local woman or women musicians.

"Looking back over the past 50 years there have been so many great women singers and musicians in American pop culture," said Veer Magazine publisher Jeff Maisey. "These ladies have been role models on so many levels for young girls."

Women have played a major role, indeed, in the advancement for equality. The 1960s saw women emerging and taking the Billboard charts by storm with sensational groups like The Supremes and The Ronettes, and singers like Janis Joplin, Tina Turner, Aretha Franklin, Dusty Springfield, Joan Baez and Petula Clark. In the '70s and '80s, women ran the gamut with the likes of Blondie,

Girls Rock



Heart, Pat Benatar, Joan Jett, Stevie Nicks, Madonna, Donna Summer, B-52s, Go Gos and countless others. Helen Reddy gained super-woman status with her signature hit "I Am Woman." Where Missy Elliott brought a woman's touch to hip hop and Martina McBride and Faith Hill took country for a fun ride, today's top charting ladies include Beyoncé and Katy Perry. Women are major selling players in all genres.

Lilith Fair was an all-woman national tour that took place during the summers of 1997 to 1999, and was revived in the summer of 2010. It consisted solely of female solo artists and female-led bands. Organized by Sarah McLachlan, Lilith Fair performers include a diverse array of musicians such as Indigo Girls, Fiona Apple, India Arie, Emmylou Harris, Queen Latifa, Cat Power, Sugarland and Sinead O'Connor.

Hampton Roads certainly has its own list of talented women. There are more ladies than ever churning out recordings and playing live at festivals, coffee shops, bars and restaurants. Singer/songwriters include Julie Clark and Skye Zentz. Numerous others such as Heather Edwards and Bria Kelly head namesake bands. Other groups sport fabulous girls as well: The Deloreans, DJP & Mr T, Shifty South, Michael Clark Band, The Fuzz Band, Almost Famous Band, The Dentz and Broken Mouth Annie.

Girls Rock will present a wide range of local women.

"The most difficult aspect of programming the music for this festival was that so many deserving women wanted very much to perform," said Maisey. "We tried to include as many as possible

while providing a diverse mix of well-known singers as well as some that may not be on everyone's radar – yet."

Opening the festival will be Kaycee McGehee. Rather than perform her usual solo piano and voice routine, Kaycee will be turning the Stockley crowd on to her electronic-pop project that she's eager to debut.

Cont'd on page 2



In this issue Hope House Foundation explores the concept of HOME





Home is Where the Heart Is

“It is in the shelter of each other that the people live.”—Irish proverb

I’ve been thinking about home a lot lately. As my Mom ages, I worry about her being able to stay in her own home, where I know she wants to be until she leaves this life. The idea of being forced from your own home is scary, whether it is due to increased support needs, economic disaster, or just plain bad luck. How frightening it must be to suddenly discover that your walls are no longer your own, the furniture belongs to someone else, and the routines that made your home safe and comfortable are not known in this new foreign land.



Lynne Seagle

Having a place to call your own seems like such a basic need. We often hear it expressed in our laws, sermons, and

casual communications: food, clothing, and shelter—they’re the basics. Each person defines these three essentials in different ways and on their own terms. The range of how each human reaches for the basics is so vast that it is hard to comprehend how far apart they can be for the same species.

Eating from dumpsters, sleeping on city benches, and wearing the same clothing for weeks compared to having a personal chef, living in a mansion, and spending thousands on a pair of shoes all fall on this continuum of humanity. Kindness, generosity, and love can be found up and down this scale; these traits are not harnessed by economics, but by the heart.

Hope House Foundation believes strongly in people with disabilities living and being supported in their own homes, but we also understand there is more to living that is just as essential as clothing and food. It is connection. When the people we support are connected to others there is a shelter in that as well. This shelter repels the

We also understand there is more to living that is just as essential as clothing and food.

jeering bully, stands up to unequal treatment and reduces loneliness. It takes fundraising, donor support, and area businesses to help us achieve housing that people can call their own, but it takes each of us to provide the shelter of where people live. I know many of the individuals supported at Hope House are fortunate to have found both in Hampton Roads, and for that alone we remain grateful.

Girls Rock *Cont’d from page 1*

Following will be World Beat group OM Shanti Rising for a peaceful, if not spiritual vibe. All-girl garage rock outfit Mad Kitty will then rev things up faster than a pussycat chasing down a mouse. Electro-pop duo D*NIK will give a rare performance of material from its album “Rockz and Slingshotz.”

As the Saturday afternoon progresses, the Lonely Teardrops bring a blend of punk and garage. Gina Dalmas and her backing Cowtippin’ Playboys will lasso the audience’s attention with their old school country swing sound.

Headlining Saturday and serving as the musical entertainment for the art awards and reception will be multi-award winning blues great Jackie Scott & the Housewreckers.

On Sunday, soulful singer/songwriter Narissa Bond will ease the attendees into their day of rest. Bond will be immediately followed by JoAnna Lynne.

The tempo changes pace with the dance-rock groove of Red Stapler and then gets sludgy with two of Norfolk’s popular bands The Hissy Fits and Raunch Star.

Sunday’s event will conclude with a 30-minute all-woman, all-star jam – the perfect finale for Girls Rock!

What Home means to me

“Having my own home means I am in charge of my money and my house. HHF helps me manage my money and pay for my bills and groceries. I can also have guests stay over at my house.”

—Michelle Brown, someone Hope House supports



Dear Lynne,

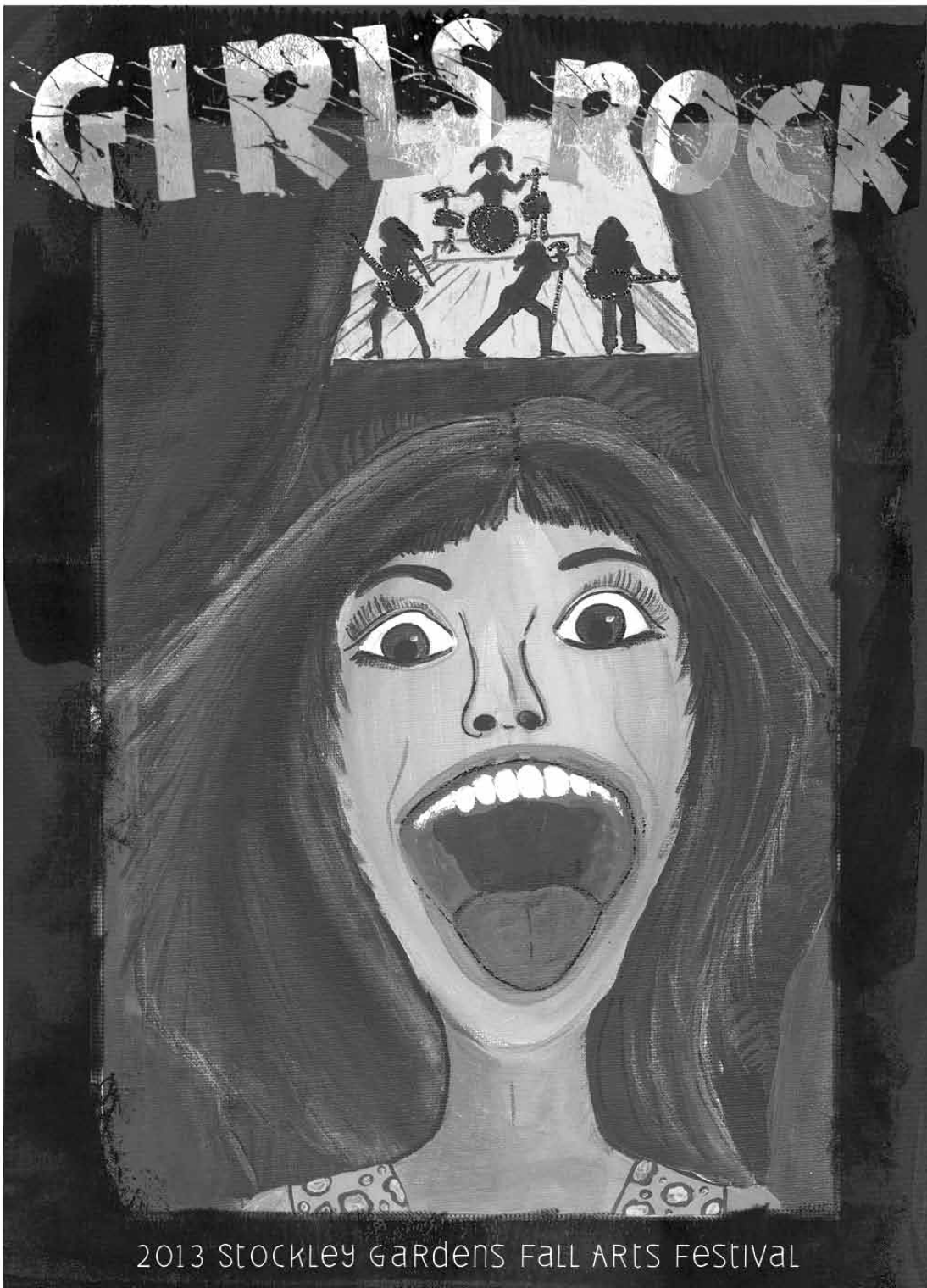
Thank you so much for “educating” me about my daughter. Allison is deaf and ID [intellectual disability], but you have shown me that I am her most severe disability! I’m now asking myself why I tell Allison no when she asks if she can use her recipe to make cookies. So what if she burns them or forgets to add the eggs. Thank you for your inspiration and motivation!

—Carol Solomon

Presents the

TOWNE BANK 2013 Stockley Gardens Fall Arts Festival

Sat, Oct 19, 10am-5pm • Artists Award Reception, Sat, 5pm-7pm • Sun, Oct 20, Noon-5pm • www.StockleyGardens.com



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

The Eyes of Hope



Hope Cup

Thank you to our presenting sponsors, Old Point National Bank, for making the 2nd annual Hope Cup possible.



Many thanks to the amazing Hope Cup committee!



Old Point didn't just sponsor—they sent a whole team!



Congratulations to the Men's Open division champions: The B Team!



K-Dinos of the Muzik Lounge kept the energy up.



These little fans won big at the Hope Cup raffle!



Board Secretary Anne Standing (left) relaxes with her team after a long day on the field.



These players check out the competition while they await their next match.

Great Gatsby Affair



Top: Dr. Joseph Newton and Executive Director Lynne Seagle rubbed elbows at this grand affair.

Bottom: Barbara Hearst's laughter and smile were contagious!

Board Member Pam Katrancha stole Mr. Gatsby's attention.

What Home means to me

“Home is where you don't have to be anyone but yourself.”

—Richard DiPeppe



Hampton Roads Community Foundation
Inspiring. Philanthropic. Changing Lives.



: John Hessey, Kristy Bitney, Brian Koski, and Anne Knox are all smiles at the after party!



What Home means to me

“Home is like a treasure chest. It’s filled with lots of goodies!”

—Debbie Knowles, Team Leader

Ghent Bar Tour



Elena Montello, Hope House Development Director, and her kids, Dave and Brittany Berry, made the event a family affair.



Jeff Hohlweg and Scott Guirlinger of Ghent Bar Tours present Anne Knox with a check for Hope House Foundation.



Top: The Belmont ladies catch their breath between crowds.

Above: Cynthia and Lonnie Sublett, the IT guru of Hope House, continued their bar tour tradition.



Hope House staff, Tracey Willoughby and Taryn Subeh, and volunteer Jamie Hunihan, came out to show their support.

Celebrating Home



Representatives from Hope House and Ghent Bar Tours appeared on the Hampton Roads Show to spread the word about the Ghent Summer Bar Tour.



Lucinda celebrates “home” by gardening and feeding the birds in her backyard.



Claudia Crispin and David are thrilled about the new bike shed at the Redgate team, courtesy of Eagle Scout Tyler Rupp and his father, Chris.



In the next issue of HopeNews, we will explore the issue of Belonging.

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



From The Buzz: Dealing with Staff

By Sarah A., a person served by Hope House.



My name is Sarah and I live in my own apartment where staff are available 24 hours a day. I've been here about two years. I live with a roommate now, and I think I'd like to live in an apartment by myself

someday, but not yet. My roommate is a good lady and we really get along. It helps a lot with the money to have a roommate, too.

I've lived and received services from different places. I really didn't like the last place I was. Staff there made me feel like they didn't trust me, they treated me like a child, and told me what to do. I had to do things when they wanted me to.

HAVE YOU HEARD THE BUZZ?

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

I like the staff who currently work with me. Some of the things that I like are that they help me with my medi-

cines and getting them on time. The staff help me with cleaning and cooking, but they also help me to be independent. One of the best things is that I have so many opportunities to go places. I go to the grocery store every Monday and I can pick out the things that I want to buy; that's not something I've always gotten to do. I really like to be able to look through my cabinets and refrigerator and make a list, then go to the store and pick those things out myself. Staff help me stay within my budget, but I make the choices. I really like that staff help me with managing my own money and I can pay my bills on my own.

One thing that was hard for me was when staff would come as soon as I got home from work and want to start cooking dinner. I need a little free time after I get home from work before I get started on cooking or other chores I have to do at home. I talked to the staff about it and that worked great. I would encourage people to talk to staff about what they need and want—it helps.

It can also be hard sharing resources. You can't always do what you want right away; you have

to plan ahead. Planning ahead gets easier after a while and it can really help you get to do the things that you want to do. I have taken ceramics classes and was working on getting my GED, but I got nervous about it and quit. The staff who work with me think I can do it, and I do too, so I need to go back and try again.

One of the hardest things is when a staff person that I really care about leaves. A couple of the staff I really liked a lot have left recently. One of them was someone who really made me feel special. I trusted her because she did not let me down; she always did what she said she was going to do. She invited me to her house for the holidays and I got to know her family and she just always treated me with respect and trust. We liked some of the same things, she encouraged me to do more, she could pick me up when I was down, and she was honest. I think that's what a good staff person does.

This article originally appeared in 2009, in Volume 1: Issue 2 of The Buzz. Sarah still accepts support from Hope House, in an apartment all her own.

Hope House Says Goodbye

The passing of a loved one is a part of life, albeit an unfortunate part that never really becomes easier. Recently, Hope House bid a sad farewell to two of the people we support: Ms. Bea and Quintin.

Quintin lived in his own apartment in Chesapeake, where he accepted support from the Marina Heights team for over 23 years. Quintin volunteered in his community and received many awards for his years of work with Chesapeake Service Systems. He looked forward to vacationing in New York City each year. In particular, Quintin loved watching the Today Show live and even chatted on-air with the show's hosts on multiple occasions. Always one to enjoy celebrating with friends and family, the upcoming SuperBowl simply won't be the same without Quintin and his annual SuperBowl party. Quintin may have passed on, but he will live on forever



Beatrice Willie or, as she was known by her Hope House family, Ms. Bea.



Quintin Riddick, on top of the world at the Empire State Building.

in the hearts, minds, and memories of all those whose lives he touched.

Ms. Bea accepted support from Hope House for over 15 years, during which time she built deep and loving relationships with staff and neighbors. She was a sweet yet determined woman who "ruled the roost" at the Granby team up until the very end. When her illness progressed and she was faced with the choice of what to do next, she

decided she wanted to return to her home at the Granby team. There she could receive hospice care in the environment she found most comfortable while maximizing the time she had left in the company of friends, family, and other loved ones. When Ms. Bea left this world, peacefully and in the comfort of her own home, she was surrounded by those she loved and who loved her. Ms. Bea will remain here with us, not only in the hearts of those who had the pleasure of knowing her, but also in the form of the following poem written by Gloria Wilson, Hope House staff member and close friend of Ms. Bea.

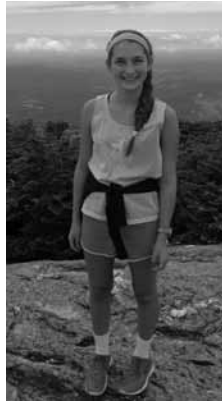
Home

Today, I woke up with a smile on my face | I said thank you dear God for me being in this place

I thought of you and all we had done, yesterday and the days before | The memory of your smile and your warm embrace

I thought of your words, your touch and smell | And I said thank you dear God for letting me be in this place

BOARD SPOTLIGHT



Meet Athena

Athena Michaels is not your typical teenager, even though she just celebrated her 13th birthday. This year, Athena decided to add a little twist to her birthday party and opted to accept donations for Hope House instead of gifts! This young lady with a generous heart learned about about the Hope House mission from a friend, Board Secretary Anne Standing. All in all, this gracious gesture raised just shy of \$600 for the people Hope House supports. Happy Birthday, Athena! And thank you for supporting your community!

Angel Tree

This holiday, get in the giving spirit with the Hope House Angel Tree! People who accept services from Hope House are compiling their holiday wish lists which will be hung on an Angel Tree in the Hope House administrative office by Thanksgiving. Hope House staff and board members will participate in fulfilling these holiday wishes, but we would love to have the assistance of our community as well!

If you'd like to participate, simply drop by the Hope House administrative office, located at 801 Boush St., Suite 302, in Norfolk, and select your Angel. Then, drop off your gifts by December 18, so they can be distributed to the designated recipient(s). *Questions? Please contact us at (757) 625-6161.*

Support Meets Style

Snag yourself a pair of these hot new polarized sunglasses from the Muzik Lounge! At only \$25 a pair, and with a portion of the proceeds from each pair sold benefitting Hope House, you really can't go wrong!



To purchase—and to support local music and Hope House—visit MuzikLounge.com, pick them up at a Muzik Lounge event or the Hope House administrative office, or contact Steven@MuzikLounge.com.

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BIG BANDS to NIGHT STANDS
and everything in between.

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Open Monday thru Saturday 10am–6pm

HOPE HOUSE FOUNDATION

Jennifer Thornburg



Birthplace/Hometown: Born in Newport News, VA, and grew up in Virginia Beach.

Family: Identical twin sister, Carrie. Mom, Tonia. Dad, Clarence.

Interests/hobbies (outside of work): I love to write poetry and personalized greeting cards.

Occupation/Company: I have a part time gig as a Peer Mentor with the ARC and DOJ settlement. I am working with a job coach to find another 9–5 job.

What do you like best about your work? I get to help people just like others have helped me.

Why do you volunteer with Hope House? Because I want people with disabilities to be involved and have a voice.

What does HOME mean to you? A place to call my own, a safe place that's all mine.

Why is HOME important for people with disabilities? To increase their independence, keep them active and gives them better opportunities.

Fy 2012–13 Grants Update All of us at Hope House Foundation are so grateful for the outpouring of support we receive from our community. We'd like to take a moment to thank some of our most recent supporters:

The Patricia and Douglas Perry Foundation awarded us \$21,000 to help cover the cost of repairs to the Lakewood team's roof.

The Wells Fargo Foundation presented us with \$5,000 toward the cost of renovations and modifications to kitchens at the Lakewood team.

And finally, **the Beazley Foundation honored us with \$20,000** to assist with the purchase of a wheelchair-accessible van.

Thank you for supporting people with disabilities and your community. We couldn't do it without you!

Thanks!

Hope House Foundation Board of Directors

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Joshua Harris, *Vice President*
Anne Standing, *Secretary*
Jonathan Gray, *Treasurer*
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Pam Katrancha
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801 Boush Street
Suite 302
Norfolk, VA 23510
www.hope-house.org

757-625-6161
757-625-7775 fax



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hope news

fall 2013

events

BE OUR FRIEND!



Oct 20–21

TowneBank presents the 2013 Stockley Gardens Fall Arts Festival. Enjoy the works of over 140 artists in a variety of mediums at TowneBank presents the 2013 Stockley Gardens Fall Arts Festival on Saturday, October 19, from 10 a.m. to 5 p.m. and Sunday, October 20, from noon to 5 p.m.. The after-hours party and artists' reception will take place on Saturday from 5–7 p.m. Visit StockleyGardens.com for more information.

Dec 8

Ghent Holiday 'Stache Bash. On December 8, 2013, from 4–7 p.m., Jake's Place Men's Barbering Lounge teams up with Hope House to kick off the holiday season with a facial hair battle. From 4–7 p.m. at Belmont House of Smoke, we'll have all kinds of fun and fuzzy festivities including music, a facial hair fashion show, and a competition between mustaches, beards, and clean-shaven faces. Admission is free with a suggested donation of \$5. Learn more about this and other events on this page at Hope-House.org.

Jan 1

2nd Annual Hogs for Hope New Year's Day Pig Pickin' & Oyster Roast. Celebrate 2014 with traditional New Year's good-luck food and live music at Belmont House of Smoke from 12–4 p.m. on Wednesday, January 1. Tickets are \$25 and a portion of the proceeds will benefit Hope House Foundation.

Mar 14

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 6–10 p.m. for a great party with live music.

Visit Hope-House-Thrift-Store.com to find out about the thrift store's daily and biweekly deals!