

# hope news

volume 19/#1 • winter 2008

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## Independence and Integrity Matters: A Letter from a Mother

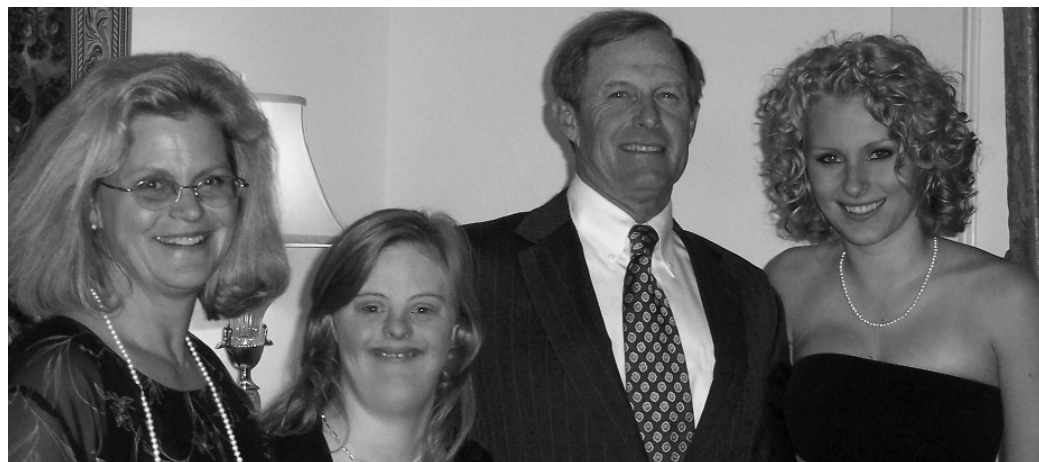
By Kathy Powell

*(Editor's note: Kathy Powell wrote this heartfelt letter of support for Hope House Foundation's nomination for the National AAIDD Community Inclusion Award. She agreed to allow us to share it with you. We have since been informed we WON this prestigious award. Thanks to Kathy, to all who supported our nomination, and to the many people who support our mission.)*

Two-plus years ago, my husband and I decided that our daughter, Page, a 22 year old young lady with Down Syndrome, needed to do what most kids do at that age – move out, get a job, get her own place, and live her own life. A move usually forced upon us parents by our children, this decision was complex and challenging for our child with a disability. We wanted for Page what we all want for our children – to be an active, productive member of her community, living a full happy life as independently as possible.

As we reviewed residential options in our Virginia Beach area, we saw 3 options: stay at home with Mom and Dad, move into a group home, or check out Hope House Foundation. As we queried, probed, explored, and observed, we discovered what a treasure the Hope House is. A well-kept secret? Too good to be true? Neither, it turns out.

Thinking out of the box to realize their vision, Hope House Foundation was the first to have a group home in the 60's, when that was unheard of in our state; then they moved everyone into their own places, because that's what they said they wanted in their lives – a place of their own in their community. (I see this often as Page leaves her apartment and speaks to her non-disabled neighbors on her way to the gym around the corner.) Giving people a 'life like ours' is the very fiber of this remarkable organization, and it still takes



l to r: Kathy, Page, Rob and Nancy Powell

thinking out of the box to make things happen.

Hope House walks their talk, and from every direction – from each team with each staff person, to each person in the administration, to each Board member. They are breaking new ground – figuratively and literally – and now are on a course to create affordable housing for adults with intellectual and developmental disabilities in Virginia Beach because there is none. They walk their talk.

I was invited to be a member of the Board of Directors two years ago. I see first-hand a fiscally responsible, experienced organization with an impressive, dedicated, hardworking Board who is committed to Hope House. Coming from a business background with hands-on experience with two non-profit organizations, I am not easily impressed. I am with Hope House Foundation.

When I reflect on the community inclusion made possible by Hope House, here's what comes to mind: The Stockley Gardens Arts Festival, an

exceptional art show enjoyed by the entire Hampton Roads community, including the folks supported by the Hope House, is held twice a year to raise necessary funds to supplement sadly inadequate state funds; I think of Dorothy, a Board member, an appointed member of the Virginia Commission for People with Disabilities, an exhibiting artist – Dorothy receives support from the Hope House; the Our Voices Committee comprised of people supported by HHF, working on advocacy issues; second interviews of staff candidates by people we support; the marriage of a couple who met, fell in love and married while living in their own apartments with help through HHF; our daughter's column in the Hope House newsletter, 'Page by Page'. I could go on and on. *(Cont'd on p.7)*



# Winter Wonders

by Lynne Seagle

As the cold moves in and the political arena heats up I find myself in the wonder filled place of gratitude. This gratitude is inspired mostly by events here at Hope House...and the power of wonder.

We wondered for years if an agency like ours would ever be able to find housing in Virginia Beach for the people we support. We knew that if we could afford to purchase our dream of an apartment complex, we would have the opportunity to support people with disabilities in their own homes right alongside their fellow citizens



Lynne Seagle

without disabilities. We wanted to take what we thought would be the first major step toward creating truly affordable housing in the city. Despite our optimism, everything was so far out of our reach and trying to find land seemed just about impossible. It's no wonder this dream was met with skepti-

cism. Yet, when dreams become reality we tend to react full of wonder and gratitude. How else could you describe the following news?

We are under contract and expected to close by the end of February on an apartment building in the City of Virginia Beach! It's a modest sized apartment complex that will be safe and affordable for people with and without disabilities. Now how wonderful is that?

But the good news doesn't stop there. We also just learned that we were awarded the American Association of Intellectual and Developmental Disabilities (AAIDD) Full Community Inclusion Award for 2008! Letters of support were sent from organizations and individuals across the United States and the United Kingdom. We are thrilled. Virginia's system for including as well as supporting people with disabilities has long been ranked at the bottom of the nation, which creates huge challenges for an organization such as

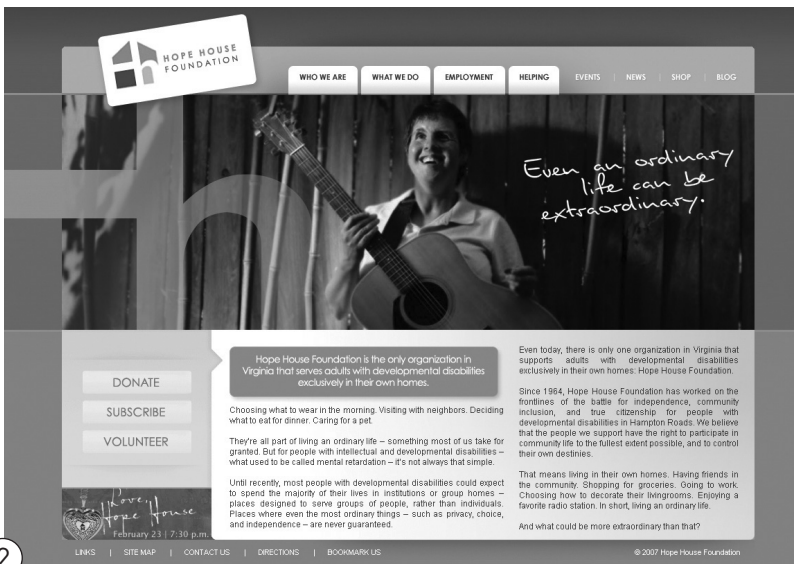
**LYNNE'S ONLINE: CHECK OUT 'THE NON-PROPHET' AT [www.lynneseagle.com](http://www.lynneseagle.com) OR GO TO OUR NEW WEBSITE AND CLICK ON BLOG**

...we were awarded the AAIDD Full Community Inclusion Award for 2008!

ours. So is it any wonder that we are surprised and honored about a national award such as this, given directly from our peers to an organization right here in Hampton Roads, Virginia?

All this wonder fits perfectly with the upcoming election. Ever wonder which of the candidates embrace the issues and opportunities that people with disabilities and their families know all too well? Wonder which one believes in inclusive communities where everyone belongs and has the opportunity to have a life of his or her choosing? ...I wonder?

## WE'VE RE-DESIGNED OUR WEBSITE!



**Introducing our new website!** We have a new look, new pictures and new features, and we want everyone to check us out! Here are some tidbits to whet your appetite: Our first-ever photo gallery has pictures galore! Not only do we have photos of our many fundraising events, but also photos of our staff retreat, our annual dinner, and even photos of items for sale at our Thrift Store, all at just the click of a button.

Another feature is our ability to email these newsletters to you. Hit the big subscribe button on the left and choose to save some trees (and money). You can receive the newsletter, event mailings, annual reports, invitations, thrift shop coupons, and/or tax credit information via email (or snail mail, if preferred). Plus, you can pick and choose what we send you.

You'll love the new photography on the site. Photographer Mark Atkinson donated his time and talent toward creating these new visuals. Check back often because Mark is planning to donate more.

And, as before, you can donate securely online through our site.

*This new site was designed and is hosted by Otto Studios [www.thinkot.com](http://www.thinkot.com). We love it. Please log on ([www.hope-house.org](http://www.hope-house.org)) and let us know what you think of our make-over!*

# Staff Perspective

By Jennifer Simms, Community Support Coordinator,  
Princess Anne Team



Everyday, the people supported by Hope House Foundation look to staff to bridge the gap that keeps them from being included fully in the community. The people who we support who have minimal language skills are often those who depend on us the most. How we represent them makes an enormous difference in how they will be viewed by the community. Most of us have never experienced what it's like to not be able to express ourselves. We take for granted that we have the ability to get our message across in our own words. We also tend to take for granted that we can understand the message that is being conveyed to us by the outside world.

Before I started working for Hope House, I worked as an interpreter for people who are deaf in Columbus, Ohio. My main focus was working with people who had minimal language skills and hearing difficulties. This skill has proved to be very useful in supporting Linwood Tatem, a man with minimal language skills, served by the Princess Anne Team, who is also deaf. Since I started working here, Linwood's signing skills have greatly improved. I attribute that to getting him involved with the deaf community as well as working with his staff in teaching him how to sign. When Linwood and I go out into the community, I interpret for him as much as possible. If someone asks, "What's his name?" I step back and interpret the message for him so he can understand, "They want to know your name." He then answers using his sign name, and I voice, "My name is Linwood." They look at him, then me, then they might ask another question, which I interpret so Linwood can answer. It's a waiting game sometimes, and you don't always get the message across. What's important, however, is that people start to get the hint: talk to the person. I'm simply here to help facilitate communication. I am not here to have a personal conversation with you. It's about Linwood, not me. And what's happening is beautiful. People can see that a man who clearly doesn't sign the same as other deaf individuals, still has something to say.

It's how we bridge the gap. We have choices. We can take someone who has minimal language skills out into the community, talk for them, make it about us, or we can take a step back and realize that it isn't. For people who have a difficult time expressing themselves, it is our job to help facilitate communication. Not make it happen. I love it when Linwood and I go out and he goes up to someone, shakes their hand, and looks at me. No longer is he in the background. I am. For all of us who support people with minimal language skills, that's how it should be. We are not only their staff, but out in the community, we are also their interpreters. Because even someone who seems like they have nothing to say, often does if you offer to help facilitate the message. I remember one interpreter who said, "I knew I was doing my job really well when the hearing person didn't even know my name."

**What Community means to me:**

## Not putting labels on people just because they need help.

—Tone Riddick, accepting support from the Hope House Ten Team



## Last Leap for Mardi Gras

An event that will be remembered for at least 7 years!  
February 29th, 6 p.m. at the Granby Theatre

Hope House Foundation and The Noblemen will team up on the last day of 'Mardi Gras Month', February 29th, to throw an event that should be remembered for at least 7 years! Doors will open at 6 pm on Friday the 29th at the Granby Theatre on Granby Street in Norfolk and the party will continue all night. The event will feature live music from 8pm to 10pm by the band 80zenuff and drink specials throughout the evening. All proceeds from this event will benefit Hope House Foundation and The Noblemen.

This event is the first collaboration between Hope House Foundation and the Norfolk Noblemen. The Noblemen are a philanthropic group who work with community individuals and organizations to find solutions to noble causes. Initially based in Virginia Beach, The Noblemen have recently begun a chapter in Norfolk as well. More information about The Noblemen can be found on their website [www.thenoblemen.org](http://www.thenoblemen.org). Please come out and support not one, but two good causes, and have a blast at the same time.

**\$15 pre sale tickets / \$20 at door**  
**Price includes New Orleans Style Buffet**  
For pre sale tickets go to: [www.ticketweb.com](http://www.ticketweb.com) and  
type key word: 80's Mardi Gras



Hope House Foundation— proud to be a partner.

# BOARD SPOTLIGHT



## Gloria Elgin

*Gloria Elgin, born and raised in Columbus, Ohio, was elected to the Hope House Foundation Board of Directors in June of 2007. She currently serves as a member of the Development Committee. We are honored to have her on our board.*

### What attracted you to join the Hope House Foundation Board of Directors?

After hearing so many good things about HHF and the positive impact they have in our community, I wanted to be a part of it somehow. I spent some time with a previous board member, who shared he really enjoyed working with such a great group of people. When an opportunity presented itself to join the board, I applied.

**Professional History** I work for a large financial organization where my roles and responsibilities have ranged from working in accounting to system enhancements, control oversight and management. Currently, I'm a senior manager in our customer service department.

**Marital Status** I am not currently married.

**Interests** My children are older now and busy with work and college, so I take every opportunity to spend time with them when I can. When I'm not with them, I enjoy cooking, traveling and reading.

**Your biggest drawback** It is said that a strength can also be a weakness and I believe this. I have a difficult time saying 'no'. By nature I like to solve problems and help, which can lend to having no time to get my own things accomplished.

**Your greatest teacher** This is difficult to answer. So many people have influenced my life and taught me something valuable. The biggest lesson is to not take life or people for granted – it can change in the blink of an eye.

**Legacy** She didn't measure life by the number of breaths she took; she measured it by the number of moments that took her breath away.



## Chesapeake Arts Show

We are thrilled to announce that the Chesapeake Arts Show is officially back! The City of Chesapeake and Hope House Foundation have teamed up, sketched out new plans, and turned this show into a horse of a different color. Over the course of the weekend there will be live music, kid's activities, and spectacular festival food. More than forty artists will be showcased in this year's show. The return of this event has been in the making for three years so don't miss it!

**Saturday, April 26, 10am-6pm • Sunday, April 27, 12pm-6pm**  
**After Hours Party/Artists Award Reception Saturday, 6pm-8pm**  
**Weekend-long activities are free and open to the public**

*Go to [hope-house.org](http://hope-house.org) for music and children's activity schedules*  
*For more information contact Elena Berry at 625-6262, ext. 20*

## Hope House Foundation Board of Directors

Richard C. Mapp III, <i>President</i>	Thomas Moss, III
Caron Crouse, <i>Vice-President</i>	Grey Persons
Matthew Fine, <i>Secretary</i>	Kathy Powell
Pam Katrancha, <i>Treasurer</i>	John Redding
Dorothy Clark	Joyce Schmidt
Janet Davis	Rachel Silver
Joshua Harris	Lynne Seagle, <i>Executive Director</i>
Pete Leddy	

*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.*



Portlock Galleries  
*of Norfolk*

Take a break. . . ReCre-8!  
 Chesapeake Parks and Recreation Department



# Pictures of Hope

## 2007 Fall Retreat

Right and far right: 210 staff and board members gathered for our 29th Annual Agency Retreat. Presentations, entertainment, an emotional documentary, and several group activities comprised this energizing event.



## East Beach

Top: Carriage rides, entertainment and holiday shopping at our gift gallery took place during our Second Annual Holiday Tour at East Beach this past December.

## Stockley Gardens Fall Arts Festival

Left: A crowded park, beautiful weather and incredible artwork all made for an outstanding fall festival.

Bottom: 1 to r: Judge Mary Mullaney, Best in Show winner F. Lennox Campello, and Festival Director Elena Berry



## Stockley Gardens Fall Art Festival

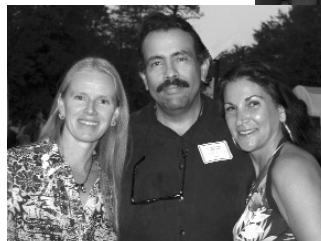
Below: The kids' activity stage featured magicians, clowns, Princess Elizabeth, art activities, and a fantastic presentation by the young musicians who make up Stahr.



### What Community means to me:

The way useful work gets done and full lives get lived.

— Angela Stevens, staff member  
Administrative Team



## Our Wish List

- 20 movie passes • New TV & New DVD player
- New window AC units • 2 roundtrip airline tickets\*
- New Electric Stove • New Gas Stove

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. 19 or email [lknowles@hope-house.org](mailto: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

A new local spot has opened up in Ghent called *Plaza Del Sol*. It opened November 10 and is the first store for the new owners. It's in the Ghent Market Shoppes on Colonial Ave., but you need to look closely because it is a bit hard to find. Once there you are in for a treat. The tables are covered in real Mexican tile and the outdoor patio is wonderful. It made us feel like we were in Mexico.

The service was fast and friendly. The menu is varied and has lots of different things from most Mexican restaurants. It has a large vegetarian menu including veggie fajitas and tamales. The chips were nice and warm and the white sauce was very flavorful.



My friend and I ordered the beef nachos supreme, chile rellenos and potato chimichanga. The nachos had a good flavor to the beef and were just messy enough with the cheese sauce.

The chili was great with a unique spicy red sauce and the potato was a nice twist to the traditional chimi.

For dessert we tried the sopapillas and flan. The sopapillas were fried perfect, they were light and flaky covered with honey and cinnamon sugar. The flan had a great taste though the texture was a bit firm for our liking.

Overall this is a great restaurant and one that we will go back to again. In fact this will become one of our regular stops.

Here are our ratings. Our scale is:

- 1 star = poor;
- 3 stars = average
- 5 stars = above average
- 7 stars is off the charts

Service	*****	5 star
Atmosphere	*****	6 star
Chili	*****	7 star
Nachos	*****	6 star
Chimi	*****	7 star
Flan	****	4 star
Sopapillas	*****	7 stars
Overall experience	*****	6.5 stars

# IN MEMORIAM



Shannon displaying her work at the 2004 Stockley Gardens Spring Arts Show as a member of Very Special Arts (VSA).

## Shannon Allen

Shannon Allen, born December 2nd, 1969, was raised in Virginia Beach and graduated from Princess Anne High School in 1992. In May of 2006 Shannon left group home living to live in an apartment at Emerald Point in Va. Beach and receive support from Hope House Foundation. She quickly made loving friendships and lasting impressions. Shannon's infectious smile, bear hugs, and friendly demeanor endeared her to all who were lucky to know her. Shannon passed away September 2nd, 2007. She left behind her Mother, Sherry Allen; Stepfather, Richard Allen; sister, Fana Rowland; brother, Sam Allen; a loving Hope House Team; and friends and co-workers at Beach Packaging.

Shannon is remembered as being welcoming to all; never judgmental, she accepted people for who they were and expected the same in return. She was quite aware of her rights as a human being, loved her independence, and always kept those around her mindful of this. A lover of the arts, her artwork decorates the Emerald Point Team Office and the apartments of friends. She also loved sports, particularly the Redskins, and never missed a game. Halloween brought out both her kindness and fun loving nature, as it provided a chance to give treats to kids and to spook and trick friends. She was a true friend to those around her and is deeply missed.

*Dear Hope House Foundation,*

*How do we say thank you to the people who gave our daughter her dream – a home of her own and an independent life.*

*For all your care, compassion, patience, persistence, and most of all love, our hearts thank every person associated with Hope House – a truly apt name.*

*The Allen Family*

You'll be surprised  
what you'll find.



**HOPE HOUSE FOUNDATION THRIFT SHOP**

HOPE HOUSE FOUNDATION 1800 Monticello Ave • Open Mon-Sat, 10am-6pm • 625-7493

**20% OFF ANY PURCHASE with this ad!**

Good through 5/15/08

# Opportunities



## WHAT IF HOPE HOUSE FOUNDATION EARNED A PENNY EVERY TIME YOU SEARCHED THE INTERNET? NOW IT CAN!

GoodSearch.com is a new Yahoo-powered search engine, with a unique social mission... every time you use GoodSearch, money is generated for Hope House Foundation!

GoodSearch donates half its revenue, about a penny per search, to the charities selected by its users. The pennies quickly add up. For example, if 1,000 Hope House supporters searched just twice a day, we would receive an estimated \$7,300 per year to help fund our program.

What's great is that you use GoodSearch just as you would any search engine. Again, it's powered by Yahoo!, so you get proven, high-quality results.

Just go to [www.goodsearch.com](http://www.goodsearch.com) and be sure to enter Hope House Foundation as the charity you want to support. The more people who use this site, the more money we'll earn so please spread the word! <http://www.goodsearch.com>  
**You can save it as your home page!**

## THE HOPE HOUSE FOUNDATION THRIFT SHOP IS ON MYSPACE!

Visit and become our online friend at [www.myspace.com/hopehousethriftshop](http://www.myspace.com/hopehousethriftshop). You'll learn more about us and see some of the unique treasures available at the Thrift Shop.

The Thrift Shop is always in need of volunteers who can help with sorting donations and restocking the showroom floor. If interested, contact Marina Owens at 625-7493 or visit [www.hope-house.org](http://www.hope-house.org) for more information. Donations are always welcome between 10:00 am and 4:30 pm. Pick up service can be arranged for large items.

## FOOD LION HELPS OUT!

Don't forget to log onto the Food Lion website and register your MVP card in the "Lion Shop and Share" program. Each time a registered member uses their MVP card, a portion of their total purchase will go to Hope House. Enrolling is easy! Just go to [www.foodlion.com](http://www.foodlion.com), click on "Lion Shop and Share," then "register MVP cards," and choose Hope House from the list of charities. Once you have registered your card, you will be supporting HHF with every use.



## A NEW YEAR, A NEW YOU

This is the best time of year to engage in a new adventure. Take this time to enrich your life while enriching someone else's. Hope House Foundation is seeking volunteers to spend quality time with the people we support. There are various ways you can become involved with our agency. If you are interested in volunteering please contact Stephanie Kaplan at 757-625-6161 ext.19 or [skaplan@hope-house.org](mailto:skaplan@hope-house.org). For more information about our organization please visit [www.hope-house.org](http://www.hope-house.org). We look forward to being a part of the NEW YOU!

## RECEIVE HOPENEWS BY E-MAIL!

E-mail users can help Hope House Foundation save money on printing and postage by reading our newsletter online! If you would like to begin receiving our digital newsletter instead of the printed version, please log onto our new website [www.hope-house.org](http://www.hope-house.org) and hit the subscribe button!

## BE A HOPE HERO...DONATE ONLINE!

## INTERNSHIP OPPORTUNITIES

Hope House Foundation offers internships to students from local colleges and universities. An internship with Hope House offers many benefits, including a flexible schedule, direct service experience, professional training, and future employment opportunities. Interns assist persons with disabilities with community integration, relationship building, skill development, behavioral support, recreation, and health/wellness.

A 2007 O.D.U. intern provided the following feedback at the conclusion of her internship, "The level of responsibility I was given by my site supervisor was congruent with my level of training. Working with Hope House Foundation has prepared me for a potential clinical and professional career. My supervisory staff was accessible when I had questions or concerns about my responsibilities. During the team meetings, I was encouraged to provide input relative to service needs and participant services. I would recommend Hope House as a placement to other students".

Hope House Foundation is always open to discussing your individual internship objectives and to designing an educational internship to meet your needs. If you are interested in an internship with Hope House Foundation, please call Terri Ann Versprille, Hiring Manager at 625-6161 ext.21.

**What Community means to me:**  
*...ideas...freely  
expressed*

*— Robert Perry, staff member  
Speedy Team*

## A Letter from a Mother (Cont'd from p.1)

I know of no other organization in the Commonwealth of Virginia that provides residential support to people with intellectual and developmental disabilities 100% in their own homes, at whatever level they need, helping them reach their goals in their lives. This model of success should be emulated everywhere. I am baffled why it's not.

Lynne Seagle, the Executive Director, has the vision,

the commitment, and the tenacity to make the vision work in an environment that would appear impossible. The entire staff owns this vision and is making it happen for their folks every day.

Frankly, I really thought a deal like this for our daughter was too good to be true. After checking it out from the 'front line' at a team all the way to the Board Room, I can assure you this organization is for real. We have entrusted our daughter, for whom we have fought many battles and taken

many steps to reach this point, to the care and support of Hope House Foundation. A precious trust. We trust enough to move two hours away. I can report that after 1+ years on her own, Page is learning about life on life's terms with the level of support she needs to become the person she is meant to be. No parent could ask for more. No one could ever hope to be part of anything more vital and worthwhile than I as a Board member of the Hope House.



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Roads agency



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winter 2008

# hope news events

**2/29/08**

**Mardi Gras!** Doors open at 6pm. Live music 8-10pm. Located at the Granby Theater. Make a \$10.00 donation to Hope House Foundation and enjoy celebrating Mardi Gras in New Orleans style. Call 757-625-6161 for more information.

**4/26-27/08**

**Chesapeake Arts Show** 10am-6pm Saturday, 12 Noon-6pm Sunday. Award Party 6pm to 8pm Saturday. Festival is free and open to the public. Call 757-625-6161 for more information.

**5/17-18/08**

**24th Annual Stockley Gardens Spring Arts Festival** 10am-6pm. Saturday, 12 Noon-6pm. Sunday. Award Reception/Party 6-8pm Saturday. Festival is free and open to the public. Call 757-625-6161 for more information.

**Through 5/31/08**

**Hope House Thrift Shop Sales and Events** For more information, call 625-7493.

February 16-29: The Return of the Customer Sale! Receive a 20% coupon for future purchase when you spend \$10.

March 1-15: Honor Thy Woman—Int'l Woman's Day Sale! Save 25% on all women's apparel, shoes, jewelry, hats, purses, etc.

March 16-31: Spring Cleaning Sale! Clean out your closets, bring in items, and receive 25% discount on your purchase.

April 1-15: Hop into Easter Sale! Save 25% on baskets, knick knacks, pillows, and dresses.

April 16-30: April Showers Sale! Save 50% on umbrellas, raincoats, boots, hats and baby items.

May 1-15: May Days of Sale! Save 25% on linens, lamps, luggage, small appliances, and silk flowers.

May 16-31: Our 5 /15 Sale! Spend at least \$15 and receive a \$5 coupon for your next purchase.

Please visit our website [www.hope-house.org](http://www.hope-house.org) for updates or call 625-6161 more information.