



# JOSEPH'S JOURNEY

## Perseverance in Hope: Alumni Panel Highlights Annual Benefit Luncheon



*A number of alumni attended the annual luncheon, including four (far right in blue t-shirts) who took part in a panel discussion about how Joseph's Home helped them heal and get their lives back in order.*

The ballroom at Windows on the River in Cleveland was packed with hundreds of friends and supporters of Joseph's Home on June 15 for the annual Perseverance in Hope benefit luncheon. In addition to door prizes, a raffle, silent auction and lunch, the fundraiser featured a panel discussion with four alumni who spoke about their experiences in the program, how they came to Joseph's Home and how it positively impacted their lives. Dan Moulthrop, CEO of The City Club of Cleveland, served as emcee for the luncheon and moderated the panel discussion, referring to the discussion as "the lived experience."

The alumni panelists took turns answering Dan's questions. Jerome Nash, who is now employed as a resident support associate at Joseph's Home, told his story about how he lost his job, wound up selling drugs and then was kicked out of his house by his wife. Without a place to live and on the streets, he got robbed and beat up to the point where he needed facial surgery. He spent four months at Joseph's Home in 2012 recovering from surgery and regaining his health before moving into permanent housing. He came back two years later to volunteer and then was eventually hired as a part-time employee.

**"Joseph's Home is the best location in the nation for being helped when you need it." — Jerome Nash, alumni panelist**

David Henderson's life began to unravel during the financial crisis of 2008. His marriage, business and health all collapsed at the same time. He came to Joseph's Home in 2010 while receiving cancer treatment, where he stabilized his health and his life. He currently serves on the Joseph's Home Board of Directors and sees the program as a support network for its alumni, which he said has been important to him after recently being diagnosed with lung cancer.

*Continued on page 3*

Your support of Joseph's Home will help men without resources recover their health and return to permanent housing. Please send your gift today or donate online at [josephshome.com](http://josephshome.com).

# Redefining How We Help

## A MESSAGE FROM THE EXECUTIVE DIRECTOR



Since our beginning in 2000, Joseph's Home has provided transitional housing and a place to heal to homeless men with acute medical needs. To continue to carry out our important mission and provide the best outcomes for our residents, we have changed our focus to be temporary shelter providing medical respite. You might ask, "What's the difference?" Actually, it's a big difference to be classified as temporary shelter providing medical respite instead of transitional housing. It's the next-generation program model that allows us to more quickly adapt to changes in services here locally and on a national level.

We wrote about this new model in the previous issue of Joseph's Journey, and it's important to continue to provide information about this transition. By adopting the evidence-based medical respite model, we ensure that homeless men can get needed surgery and the care coordination necessary to access medical and supportive services as they move to appropriate housing faster than before. We define medical respite as short-term residential care that allows homeless individuals who need to recover from surgery or illness to rest in a safe environment while accessing care and other supportive services.

Currently, Joseph's Home is the only facility in Northeast Ohio serving the homeless population that is solely focused on medical respite.

Another distinction is that our residents will qualify for a wider variety of housing options, including permanent supportive housing. For the chronically homeless who need additional support systems connected to their housing, this is an important solution.

Under this model, we have based the services we provide on best practices as identified by federal, state and local policymakers and organizations focused on medical respite and homelessness.

These services include:

- Medication management
- Education of medical conditions/treatments
- Establishing relationships with primary care provider and help navigating health systems
- Medical assessment and development of an Individual Integrated Health Plan
- Wellness checks/monitoring
- Individual sessions with our social worker and peer recovery support
- Psychosocial assessment and behavioral health referrals
- Coordination of transportation to medical appointments
- Development of a Permanent Housing Plan

While we have redefined how we provide services, who we are hasn't changed. Our mission remains "to provide a nurturing, caring environment for men without resources who have acute medical needs, helping them heal and achieve independence."

The graphic on this page provides a visual reference of who we are at our core and what we do: provide temporary shelter, stabilize medical issues, develop housing plans and coordinate behavioral health support.

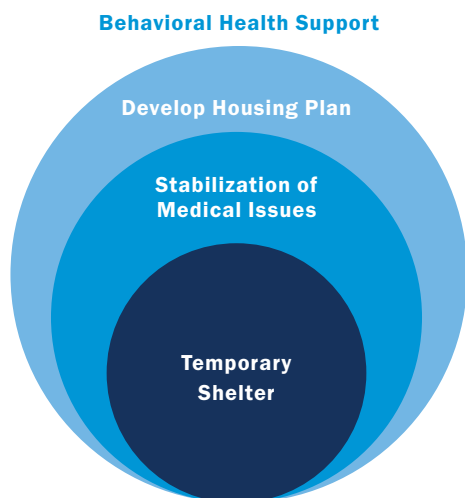
I was recently in Washington, D.C., for the National Health Care for the Homeless Conference & Policy Symposium. It was a valuable experience that gave me more insight and ideas around our new model. (See page 7 for more details)

Thank you for your support during this time of transition. Your continued support is more important than ever as we all work to help homeless men in our area reduce the medical and life barriers they face and improve their chances in realizing long-term housing stability.

Your partner in service,

CHRISTINE HORNE, Executive Director

### Joseph's Home at its Core



*Continued from page 1*

“The only way to make Joseph’s Home better would be to supersize it, to help more people. To be able to become whole again means the world. We have broken wings. Joseph’s Home heals our wings and you are the wind beneath our wings to lift us back into society,” he told the audience.

The two other panelists were John Seawright and John Mytrysak, who are both employed as part-time resident support associates. John S. stayed at Joseph’s Home while being treated for cancer. He moved to permanent housing in 2016 and was working two jobs, but still found time to come back to volunteer. “When I got a call about an open bed at Joseph’s Home, it was amazing. This place is wonderful,” he said.

John M. became a Joseph’s Home alumni in 2016 after recovering from surgery to resolve prostate and kidney complications that left him unable to work as a pharmacist. When he was asked about supplementing his



income as a resident support associate, he said he was happy to be able to help those in the program.

Dan closed the panel discussion by sharing a final thought: “Listening to your stories, what essentially happens is the restoration of dignity.”

Executive Director Christine Horne offered some closing remarks, thanking everyone for their prayers, time and energy, and donations. “Your investment is changing lives. I look forward to transforming more lives with your support,” she added. ♦

## THANK YOU GENEROUS SUPPORTERS

### 2016 DONOR HONOR ROLL



**Hundreds of caring neighbors in and beyond Northeast Ohio gave generously to make healing possible for the men of Joseph’s Home in 2016.**

**The annual Joseph’s Home Donor Honor Roll is one of the ways we say “thank you.” All supporters who made at least one financial contribution are listed, unless they requested to remain anonymous. Know that the residents, board and staff of Joseph’s Home are deeply grateful for each and every gift and for your partnership with us. Please continue to keep Joseph’s Home in your thoughts, prayers and charitable giving plans.**

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## Employee Spotlight: Eric Coleman, RN Providing Nursing that Goes Beyond Medicine



For Eric Coleman, RN, staff nurse at Joseph's Home, his job goes well beyond typical nursing duties like dressing changes and managing diabetic clients, which is why he wanted to come work at Joseph's Home.

"Nursing is not just medicine, there is also a social component to it, and working at Joseph's Home really makes that evident," he said.

Eric started at Joseph's Home in the fall of 2016 as the part-time staff nurse. He also works as a nurse at the Louis Stokes Cleveland VA Medical Center, where he has worked since entering the health care field in 2000. Eric has been a registered nurse (RN) since 2008.

Working at Joseph's Home offers him the opportunity to serve a different group of clients and a new experience within his nursing career. As the only nursing staff member, his time at Joseph's Home is busy. Beyond typical nursing duties, he spends much of his time building relationships, educating clients so they can properly take care of themselves and helping them navigate the health care system.

"So many of the residents are seeing multiple providers and really don't understand how too many voices at times can lead to negative outcomes. My main challenge is gaining their trust so they will follow the advice that I have to offer," said Eric.

During his six months at Joseph's Home, one resident has especially stood out—a homeless veteran who recovered his health and was placed in permanent housing. The man had never lived in one place for any length of time at any point in his life. He had also previously received a medical diagnosis that he once thought was life ending, but with proper care, could be managed. "He gave me more insight into the mindset of the homeless population. He was basically homeless by choice. It was as if he was afraid to commit to permanent housing," said Eric.

Eric said he looks forward to continuing to serve a population that has traditionally been underserved and views his nursing role and that of Joseph's Home in general as important to homeless men and the community "because it offers these men a safe environment to manage their medical and homeless situation." He added, "I like the feeling that I'm helping people. I really like the challenge of finding answers to the situations I'm confronted with on a daily basis." ♦

**"Too many voices at times can lead to negative outcomes...my challenge is to gain their trust." —Eric**

# NEWS BRIEFS

## Celebrating the Feast of St. Joseph

St. Joseph, husband of Mary and namesake for Joseph's Home, was "a righteous man" (Matthew 1:18). Once a year, Joseph's Home formally recognizes St. Joseph with a Mass and reception. This year, on March 20, more than 40 supporters and friends of Joseph's Home gathered at St. Vincent Charity Medical Center to celebrate the Feast of St. Joseph. Father Peter Kovacina, parochial vicar at St. Anthony of Padua Parish (Parma), officiated Mass. Joseph's Home alumni Andy Herbcha served as the musician at Mass.



*Pictured is board member Richard Gallagher reading the Intercessions at Mass; Father Peter Kovacina (right) officiated Mass.*

## Joseph's Home Goes to the Dogs

Pet therapy is a growing field that is becoming more popular as the benefits it provides in helping people recover from or better cope with health problems become more apparent—and residents at Joseph's Home have been reaping the rewards. Cooper, an Australian Sheppard from St. Vincent Charity Medical Center's pet therapy program, has made weekly visits to Joseph's Home for several months. "Cooper provides affection and comfort to the men at Joseph's Home. Cooper has brightened everyone's Friday mornings by playing catch and just relaxing with the guys, helping the men get comfortable and taking their minds off of their problems," said Sara Otts, director of development at Joseph's Home.



*Residents have enjoyed weekly visits with Cooper, a pet therapy dog.*

## EXECUTIVE DIRECTOR GOES TO WASHINGTON

Christine Horne, Joseph's Home executive director, recently attended the three-day National Health Care for the Homeless Conference & Policy Symposium in Washington, D.C. The conference theme focused on accessibility—whether needed services and treatment are attained. During day one, she attended a pre-conference institute about emerging issues in the field of medical respite care. Noted health innovator Dr. Jeffrey Brenner kicked off the conference on day two. He referenced recent studies showing a 50-percent drop in hospital utilization after housing is secured, saying, "We need to see advanced health care and housing as human rights," and added, "Medical respite is critical in bridging the gap between hospital and housing." Day three included a site visit to Christ House where they shared lessons learned operating as a medical respite site.

Christine said it was encouraging to learn from other programs that while the challenges faced are the same across the country, the medical respite model has proven effective at improving care and decreasing costs. "Medical respite programs nationwide report that when hospitals utilize medical respite beds they save significant dollars because there is a reduction in length of stay and readmission rates," she said. "I received important information and next steps to research funding streams, improve quality service delivery and build staff competencies, while also connecting with many medical respite directors to form a network of support."

Christine was inspired by the words of Bobby Watts, CEO of the National Health Care for the Homeless Council, who stated, "As long as there are people without homes, we want to make sure they access services that meet their needs and we know that primary care, behavioral health care and social services help people get into housing and remain there."

**JOSEPH'S HOME**

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**IT IS OUR MISSION ::**

Joseph's Home, a ministry of the Sisters of Charity Health System, provides a nurturing, caring environment for men without resources who have acute medical needs, helping them heal and achieve independence.

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**JOSEPH'S HOME**