

JOSEPH'S HOME
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JOSEPH'S HOME NEWS :: fall 2013



JOSEPH'S JOURNEY

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.



JOSEPH'S HOME

A Ministry of the Sisters of Charity Health System

A Life Transformed *continued from page 4*

He received help from Rosary Hall's Intensive Outpatient Program at St. Vincent Charity Medical Center. He also pursued education goals, preparing to take the GED so he could return to school and eventually pursue a career in law or accounting.

In a little more than 12 weeks, Mr. McGlothan graduated from Joseph's Home. He moved to an apartment that he could afford on a very limited budget and took the GED test (he is waiting for results). He also had surgery on his right shoulder, allowing him to pursue his new life with dramatically reduced pain and risk of dislocation.

Today, Mr. McGlothan enjoys spending time with his three children and one grandson, who was born in August. He continues to attend AA meetings and looks forward to his one-year sobriety anniversary. He hopes to one day soon move from carrying heavy objects to carrying a heavy course load. ♦

Joseph's Home has chosen to print responsibly on recycled paper.

New Air Conditioning Helps Residents Keep Their Cool

Summer sunshine and heat can be a welcome blessing after several months of cold, but for Joseph's Home residents, it often meant uncomfortable, even dangerous, conditions inside their rooms. On a typical 80-degree summer day, the temperature in second-floor resident rooms can quickly reach 90 degrees and above, and remain that hot well into the evening.

For years, the residents, staff and board of Joseph's Home longed for the day when all resident rooms and common areas would have air conditioning. On too many summer days, the temperature inside rooms would create an unnecessary challenge for residents who need rest and reduced stress to heal.

"We placed thermometers in our second-floor rooms and found that even on days where the temperature isn't much higher than 80 degrees, the temperature in the rooms is 10 to 12 degrees warmer than the outside temperature for a significant portion of the day," said Joseph's Home Executive Director Georgette Jackson.

Thanks to generous funding support from The Elisabeth Severance Prentiss Foundation, The Higley Fund, a supporting organization of the Cleveland Foundation, and The Nord Family Foundation, the dream of comfortable inside temperatures is now a blissfully cool reality.

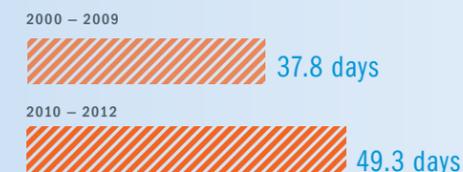
Over the course of a month, a contractor installed necessary electrical upgrades before cooling units were installed in the walls of each room. Their installation required cutting holes through exterior walls for each unit. On August 5, the units began cooling resident rooms, giving Joseph's Home a more comfortable, healthier environment for rest and recovery. ♦



Top: A worker prepares the building exterior before installing a cooling unit for a resident bedroom. Bottom: (l to r) Residents Christopher Russell, John Dorgan and Dwayne Martin enjoy the cooling effects of the new air conditioners at Joseph's Home.

COMBATING WARMER TEMPERATURES Based on weather data from Cleveland.com, temperatures in the summers of 2010-12 were noticeably warmer than the preceding 10 summers.

Average No. of July/August Days Reaching Above 80°



- Average daily highs in July were warmer than for any July from 2000-2010.
- Average daily highs in August 2010 and 2012 were the warmest and fourth warmest, respectively, of all years since 2000.
- From 2000-2009, the high temperature exceeded 80 degrees on average 37.8 days per year in July and August. From 2010-12, the high temperature exceeded 80 degrees 49.3 times on average in July and August.

"We know that the last few years have been unacceptably uncomfortable inside Joseph's Home during summer months, and weather data shows just how much warmer it has been. Regardless of what future summer temperatures hold, we're grateful we can now keep residents cool and comfortable whatever the temperature is outside."

GEORGETTE JACKSON
EXECUTIVE DIRECTOR, JOSEPH'S HOME



Exciting Upgrades and Investments Pay Big Dividends

A MESSAGE FROM JOSEPH'S HOME EXECUTIVE DIRECTOR



Anyone who has ever used an older computer knows the frustrations: waiting for files to open, weird error messages at inconvenient moments, files lost to corruption, and the looming uncertainty of whether or not your work will still be there the next time you boot up.

That's why I'm thrilled that the recent installation of air conditioning isn't the only "upgrade" going on at Joseph's Home.

Our staff recently got new computers. And, thanks to the efforts of Paul Jones, who is the chief technical officer for the Sisters of Charity Health System, we also now have a part-time information technology (IT) consultant to perform regular maintenance and respond to computer emergencies.

The new computers and IT support will help us take full advantage of another significant upgrade. Joseph's Home recently entered into a contract to provide access to electronic medical records (EMR) for current and prospective residents. Having EMR at Joseph's Home will cut weeks from the time it takes to assess applicants, which means that acutely ill homeless men will have to wait less time to get the care they need to recover.

The bottom line is that our staff will be able to provide the care that's needed when it's needed. Less time chasing paperwork and waiting for computers means faster admissions, better support services, faster healing and not as much time hanging in housing "limbo."

Of course, all this is only possible because the foundations, corporations and individuals who fund our work have been so generous in 2013. You helped raise a record amount at the Joseph's Home Annual Benefit Luncheon. And, the 2013 Joseph's Home Annual Fund—which still needs \$40,000 by December 31 to reach its goal—has already benefitted from a growing number of highly committed donors.

Thank you for all that you do for the men of Joseph's Home. Whether it's orchestrating a five-figure grant, donating your used furniture to help furnish a new apartment for one of our men, volunteering to provide meals, or contributing \$10, \$100 or \$10,000, your investments are paying dividends of healed lives.

Georgette

GEORGETTE JACKSON
Executive Director, Joseph's Home

Please continue to partner with Joseph's Home by helping us meet our annual fund goal for 2013. See the article on page 4 that lists the many ways you can help.



Partner/Volunteer Profile: *Green Thumbs Lend Healing Hands*

BOB RENSEL AND THE GARDENERS OF GREATER CLEVELAND

Bob Rensel is not a doctor, pharmacist or nurse. But in the past five years, he has provided untold health benefits to Joseph's Home residents.

Rensel and friends from the Gardeners of Greater Cleveland planned and installed a therapeutic garden at Joseph's Home from 2008 to 2009. Rensel has since kept a watchful eye on the garden. He visits several times each season to tend to plants, and consult with Joseph's Home staff and residents about how to care for all landscaping and gardening around the building.

"Our lot is not spacious, and the layout of the building definitely restricts our options. But thanks to Bob's service and leadership, Joseph's Home has become a very pleasant place to spend time outdoors," said Joseph's Home Executive Director Georgette Jackson. "And the garden is heavily used by our residents."

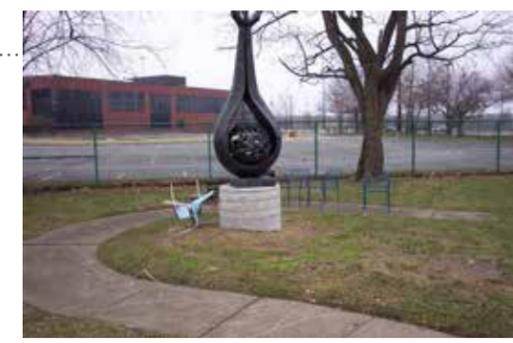
Medical professionals have long recognized the negative health impact of stress.

Stress can cause or aggravate a wide range of conditions common among Joseph's Home residents: hypertension, heart disease, asthma, obesity, diabetes, depression and gastrointestinal problems.

"Research has shown that experiencing nature lowers blood pressure, breathing rate and heart rate," said Rensel. "Nature has a calming effect on the nervous system, reduces stress, bolsters the immune system and helps heal."

Rensel is a gardener for the Cleveland Botanical Garden with certification from the Chicago Botanic Garden's Healthcare Garden Design program. The Gardeners of Greater Cleveland is a club for individuals who share an interest in gardening. The club carries out similar garden projects at other area non-profit organizations, bringing the benefits of nature to as many people in need as possible.

The residents, staff and board of Joseph's Home are deeply grateful for the club's partnership in our mission of healing. ♦



Before and after photos showcase the hard work Bob Rensel and the Gardeners of Greater Cleveland have dedicated to the Joseph's Home garden.

A Life Transformed:

Carrying a Different Kind of Load



A dislocated shoulder is a painful and inconvenient problem for anyone. For someone who carries heavy objects for a living, a pattern of shoulder dislocation is a serious problem.

Mr. McGlothan had worked in moving and light industrial jobs for many years. Over time, the demanding work took a physical toll, especially on his shoulders. He stuck with it for years despite multiple dislocations and increasing arthritis. That changed in 2011 when a car accident caused additional injury and made it impossible to continue working.

Out of work and in need of surgery, he slept on the couches of friends and family for a few months before ending up in a Cleveland homeless shelter. The experience forced him to re-evaluate his life.

“I was a full-blown alcoholic,” said Mr. McGlothan. For the first time in his life, he chose to stay sober. Plus, he recognized unmet spiritual needs and chose to make a change. “I got in tune with God,” he added.

Already on the road to spiritual and emotional healing, Mr. McGlothan came to Joseph’s Home in October 2012 following surgery to repair degeneration in his left shoulder. He recovered from surgery, looked for housing and continued his recovery from alcohol abuse.

continued on the back page

ALUMNI ACCOMPLISHMENTS

NEW BEGINNINGS

“I would recommend this to anyone who’s motivated to turn around.” – MR. GOMEZ

Mr. Gomez, 2013

Mr. Gomez arrived at Joseph’s Home in 2012 to recover from an operation to insert stents in two cardiac arteries. Homeless since 2009, he expected Joseph’s Home would provide the care needed to stabilize his heart condition and help him find affordable permanent housing. He didn’t expect to find a new friend at Joseph’s Home. He and Mr. Nigrelli were at Joseph’s Home together, discharged around the same time and now live in the same apartment building. They look out for each other as much as they can. Mr. Nigrelli is under doctor’s orders to stay off his feet, so Mr. Gomez helps him with household chores. He also frequently cooks for Mr. Nigrelli and fellow Joseph’s Home alumnus Mr. Sarvas.



Pictured (l to r) are 2013 Alumni Mr. Whaley, Mr. Spann and Mr. Sheppard

“It’s a beautiful place. They care for you.”

– MR. SHEPPARD

THE 2013 ANNUAL FUND Needs Your Help to Meet Goal of \$87,785

Thanks to many generous individuals and organizations, the 2013 Annual Fund is already more than 50 percent of the way toward its goal of raising \$87,785.

CAN WE COUNT ON YOU TO HELP US GET TO 100 PERCENT?

Your gift will help ensure that acutely ill homeless men in Cleveland have access to the care they need to heal their lives.

YOU CAN SEND A CHECK IN THE ATTACHED ENVELOPE, DONATE SECURELY ONLINE AT JOSEPHSHOME.COM OR GIVE BY PHONE AT 216.875.4634.

Pictured is Sister Sandy LoPorto, SSJ-TOSF, who provides nursing care to residents.

MORE WAYS TO HELP

Not able to give as much as you’d like? Want to do more than give a financial gift? You can still help! Here are some ideas to consider:

- Are you a member of a club or association that does charitable giving? Recommend that they adopt Joseph’s Home.
- Planning a holiday party? Take a few moments to share the Joseph’s Home mission and story with your guests and ask them to consider including Joseph’s Home in their year-end giving plans.
- Know a high school or college student looking for a way to give back? Suggest they hold a car wash or bake sale to raise funds for Joseph’s Home. If they’re short on resources, offer to help find or provide the location or materials they need.
- Do you spend time on Facebook, Twitter, Pinterest and other social media sites? It’s all for a good cause if you’re helping us spread the word and find potential new supporters. Invite your online friends to connect with Joseph’s Home at facebook.com/josephshomeoh or to sign up for our emails at josephshome.com.

“Joseph’s Home is a place unlike any I’ve ever encountered. They go above and beyond.” – MR. MARTIN

Mr Martin, 2013

I turned 53 and the warranty ran out,” joked Mr. Martin, recalling the events of February 2013. After a brief stay at the Louis Stokes Cleveland VA Medical Center to stabilize congestive heart failure and hypertension, he came to Joseph’s Home. Both conditions are now under control thanks to proper medication. He lives independently and regularly sees his 7-month-old granddaughter. A former body shop owner, his biggest struggle is not being able to work. He stays active by going on walks, having picnics and visiting museums.

Liam, 2013

Just one year after graduating from high school, Liam was involved in a head-on collision with a dump truck. He was fortunate to escape with just a broken arm and a shattered foot, but had no home of his own where he could recuperate. Just days after a series of four surgeries, he was in a Cleveland homeless shelter. A social worker at the shelter referred him to Joseph’s Home, where he was admitted in June. In August, Liam found an apartment he could afford and began making preparations to move. With dreams of becoming an electrician, he’s walking as much as possible to regain strength in his surgically-repaired foot and leg so he can pursue an apprenticeship this fall.

UPDATES

Mr. Jones, 2010

Mr. Jones came to Joseph’s Home to recover from a subdural hematoma (bleeding in the lining of the brain) suffered in a fall. A long-time alcoholic, Mr. Jones credits the Joseph’s Home program with helping him recover from his injury and addiction. “I received a lot of assistance with maintaining my sobriety,” he said. “I was given tremendous love and respect.” Today, Mr. Jones lives independently in a community for senior citizens not far from Joseph’s Home. He attends Alcoholics Anonymous meetings regularly and offers his services as a home health aide for free to friends in need.

NEWS BRIEFS AND EVENTS

Vote for Joseph's Home to Win \$10,000

Joseph's Home needs your vote to receive part of \$1 million in free advertising, editorial exposure, a share of donations and a \$10,000 top prize in the Good News Giving program from Northeast Ohio Media Group (*The Plain Dealer* and *Cleveland.com*). The top 20 organizations receiving votes will get editorial exposure and money from community donations. Plus, the Northeast Ohio Media Group will recognize the top agency with its Readers' Choice Award and an additional \$10,000 donation. **Vote now at <http://contests.cleveland.com/goodnewsgiving>.** Everyone who votes will be eligible to win one of ten iPads. Voting ends September 18. The new contest replaces the annual Holiday Spirit Campaign.

WISH LIST

Help us continue to be a blessing to our residents. We would be grateful if you could donate special funds to help purchase these items, or donate them in coordination with Facilities & Operations Manager Edison Mosley, II at 216.685.1551.

- Tools—household and gardening
- Winter clothes
- Men's underwear (L & XL)
- Men's personal hygiene items (razors, shaving cream, soap, toothbrushes, toothpaste, shampoo, deodorant)
- Art supplies—canvases and acrylic paints
- Kitchenware/Silverware
- Housewares for men being discharged
- Twin bed sheet sets

Find Us Online Visit www.josephshome.com to get news and updates, connect with Joseph's Home on Facebook, make secure online donations, learn about volunteer opportunities and more.



Joseph's Home residents Mr. Russell (left) and Mr. Williams



Joseph's Home Board Chair Kathy Heigle (left) and Joseph's Home Executive Director Georgette Jackson

Annual Luncheon Raises Record \$47,000

Perseverance in Hope: The Joseph's Home Annual Benefit Luncheon, raised a record \$47,000 through the generosity of nearly 300 supporters who gathered in June at the DoubleTree Hotel in Cleveland. Guests participated in a raffle for an iPad mini and bid on 30 silent auction items, including 10 paintings by Joseph's Home residents and alumni. The record amount was a 40 percent increase over the amount raised at the 2012 anniversary luncheon. The money is being used to help acutely ill homeless men recover their health and rebuild their lives at Joseph's Home.

Joseph's Home Executive Director Georgette Jackson presented Catholic Charities with the 2013 Community Partnership Award in recognition of its ongoing contribution to the wellbeing of Joseph's Home residents through their provision of life skill

classes. Dick Russ, vice president of resource development for North Coast Community Homes and former television journalist, gave the keynote address. The residents, staff and board of Joseph's Home thank all of the sponsors, volunteers, donors and guests who made the 2013 Joseph's Home Benefit Luncheon such a remarkable success.

To read more about the luncheon and see additional photos, please visit josephshome.com and click on the "Perseverance in Hope" logo on the right of the page.



(l to r) Sr. Sharon Anne Yanak, CSA; Sr. Ruth Marie Behrend, OSU; Sr. Ann Clare Asbeck, OSU; Sr. Joanne Kessler, OSU; Sr. Evelyn Flowers, CSA

(l to r) Len Calabrese, president of Catholic Community Connection; Sr. Miriam Erb, CSA; Keynote Speaker Dick Russ

Former Residents Return for Annual Alumni Picnic

Former residents and their families returned to Joseph's Home August 16 for the annual alumni picnic. Alumnus Mr. Allen (2011), former culinary arts professional and winner of the 2004 Cripple Creek, Colorado, Rib Cook Off, helped Joseph's Home Cook Alphonso Gibson with the grilling. Mr. Allen frequently visits Joseph's Home and has made a standing offer to help out in the kitchen whenever needed. "I love to cook. It's a new thing every day," said Mr. Allen. He takes great pride in creating flavors for his three children and six grandchildren to enjoy. Everyone at the picnic was thankful for the opportunity to share that privilege.

2013 Annual Fund Needs Your Support

It costs approximately \$175 a day to serve each of our residents. Your tax-deductible donations provide year-round care and programming for homeless men who are too sick to find permanent housing. Please send your gift today in the attached envelope or donate at josephshome.com. Thank you and blessings on you and your loved ones.

Strategic Planning for the Next Five Years

As 2013 draws to a close, so does the five-year strategic plan adopted by the Joseph's Home Board of Directors that began in 2009. The Sisters of Charity Foundation of Cleveland recently awarded a \$20,000 Saint Ann Legacy Grant to Joseph's Home to develop a new strategic plan for 2014-2018. Together with \$5,000 from the Sisters of Charity Health System's External Ministries Fund, the money will be used to work with consultants to collect and understand data on current trends, both within the Joseph's Home client base and in the community.

"THIS IS AN OPPORTUNITY FOR THE BOARD OF DIRECTORS TO EVALUATE OUR SERVICES."

Kathy Heigle
Joseph's Home Board Chair

"We want to make sure we are meeting the needs of the men we serve, and that we are prepared to respond to those needs should they change in the coming years."

Medical Students Visit Joseph's Home

Thirteen medical students from Case Western Reserve University visited Joseph's Home July 31. The students met with Joseph's Home Executive Director Georgette Jackson to learn about barriers to health care that residents face and how the Joseph's Home team helps them overcome those barriers. The visit was part of the students' community health/safety net center field experience, which teaches future physicians how organizations like Joseph's Home impact the delivery of health care, especially to medically underserved patients. Joseph's Home is grateful for the opportunity to help inform future health care providers about the medical needs of the homeless. Best wishes to all 13 students and thank you for your genuine interest in our mission and concern for our residents.



Case Western Reserve medical students at Joseph's Home.