

FROM THE EXECUTIVE DIRECTOR



Rear of building exterior - addition is for new second stair and exit. It is finished with cement plank siding.



Second floor - existing window openings are retained and windows replaced. Walls and ceilings in this room are new. Room will be a common lounge.

Let's Get Moving!

The Inn Transition renovations are moving smoothly. The completion date has only been extended by 4 weeks—since there have been many, many unforeseen circumstances to face, this date is a miracle. Many thanks to Bob Carbone (our "Bob the Builder"), the Job Site Supervisor of Seaver Construction Inc., for working his magic! We plan to have the families moved back into Washington St. by August 31st! Ribbon cutting date to be announced soon!

On another note, the Massachusetts' Legislature has approved two very important measures for non-profits, which will benefit CAH. As part of the FY'09 state budget, employees earning less than \$40,000 per year will be eligible for a 3% increase in their wages. These are the folks working every day assisting the families to improve their lives—very important work. CAH may also benefit from a "cost-of-living" clause in our state contracts, presently awaiting the Governor's signature. Historically, non-profits have been forced to provide services, pay personnel & maintain facilities with budgets that are not increased, some for over ten years! This new law will help to stabilize CAH's financial future.

Hope to see you at the Auction!!



Nancy Crowder
Nancy Crowder, Executive Director



Washington Street elevation main roof - shingles are being replaced as needed and flashing replaced.

CAH Inn Between · Inn Transition · Communities Land Trust
Citizens for Adequate Housing, Inc.

40 Washington Street
Peabody, MA 01960-5536
Please visit our new Web site at www.cahns.org

OUR 25TH YEAR OF CHANGING LIVES AND WORKING TO END HOMELESSNESS, ONE FAMILY AT A TIME.

Non-Profit Org.
US Postage
PAID
Peabody, MA
Permit #247

The **INN-SIDE** view

The Inn-Side View is a publication of Citizens for Adequate Housing, Inc.

Spring 2008

OUR 25TH YEAR OF CHANGING LIVES AND WORKING TO END HOMELESSNESS, ONE FAMILY AT A TIME.



will be distributed to all guests at the event, and copies placed at strategic locations on the North Shore.

Help us shout from the rooftops that we are here to help end homelessness. Hence we are "Raising the Roof" now! We look forward to seeing you at the event. To be sure you are on the invitation mailing list, or if you want additional sponsorship information, please contact Judith Murray, at the CAH Development Office at 978-531-9775, ext. 11, email: jmurray@cahns.org, or go to our website, www.cahns.org.

Citizens for Adequate Housing, Inc. looks to its supporters on the North Shore and greater Boston area to boost its purpose of existence—to combat homelessness. It has been successful in its efforts due to supporters like you. In existence for 25 years now, **CAH** is still going strong, as homelessness knows no seasons. All proceeds from our 25th Anniversary "Raising the Roof" Gala and Auction will support programming offered through our shelters—the Inn Between and the Inn Transition and the families they serve.

LET'S SHOUT IT FROM THE ROOFTOPS – STOP HOMELESSNESS NOW!



Thoughts From A Person No Stranger to CAH

"Hi, my name is Eric Easley. I help manage and provide the maintenance for CAH. I would like to say congratulations to Nancy Crowder, Executive Director, for her 20 years at Citizens for Adequate Housing (CAH). If it wasn't for Nancy I would have never stayed with CAH as long as I have. I met Nancy through Charlie Short at North Shore Bank. He said, "I'd like you to meet with this group in Peabody, called Citizens for Adequate Housing. They could use a hand with some maintenance issues, and I think it would be good for both of you....." At first I could not believe some of the decisions made by CAH.....I said to myself..."Do these people realize they need to take in more money than they spend." But after being around and working with Nancy for a while, I finally began to get it. It is not about you, it is about doing for others before doing for yourself! It's about doing what's right. It is about giving back! Nancy doesn't hit you over the head with this; it just comes from watching her operate and being around her. Nancy's personality is infectious. Her honesty, integrity and work ethic can be seen throughout CAH's organization. Nancy, I can't think of anyone who has inspired me to do more for others in life. I have the highest regard for what Nancy has done for CAH and the community. She has encouraged me to try

to lead my small company in the same way. Nancy, thanks again for helping set my moral compass and to make me realize what is really important in life. Looking forward to another 20 years!"

With best regards, Eric

Note: Today Eric continues to support the families served by CAH in many ways. His financial, in-kind and volunteer work is priceless. CAH is grateful for the difference Eric has made in our efforts to end homelessness.

EMAIL CONTEST

Visit here to enter!
www.cahns.org

CAH IS GOING GREEN and we need your help!

Sign up for our email newsletters helping us go green by reducing our use of paper!

Send an email to info@cahns.org. Include your name and complete address. And you will be entered. (18 years and older)

DRAWING TO BE HELD DECEMBER 15TH WINNER WILL BE ANNOUNCED ON OUR WEBSITE:WWW.CAHNS.ORG

*Winner will receive an iPod Classic and \$ 25.00 iTunes gift card.

Save the Date, Friday November 14th, 2008

CITIZENS FOR ADEQUATE HOUSING'S 25TH ANNIVERSARY

"RAISING THE ROOF" GALA IS NOT TO BE MISSED!

For the last 25 years you have worked with **Citizens for Adequate Housing** helping families to end their homelessness. Celebrate our history and join us as we "Raise the Roof" at our 25th Anniversary Gala and Auction on Friday evening, November 14th, 2008. The Sheraton Ferncroft Hotel in Danvers will set the stage for our event. Guests will enjoy a cocktail reception, a silent auction and live auction, dinner and dancing. To set the mood of the evening, black tie is optional. Indeed, **Citizens for Adequate Housing's** "Raising the Roof" – themed fund-raising event is going to be spectacular.

The evening of dining and music provided by a jazz quartet, will have as one of the high points bidding on irresistible items. Unique to our gala

will be 17 houses, each individually created by an incredible multitude of distinguished artists from the greater Boston area and beyond. Their art pieces are sure to "Raise the Roof" on excitement and enthusiastic bidding, as are those that will be created by individual families residing at one of **CAH's** shelters. Guest host and auctioneer will be the inimitable Billy Costa of NECN's "TV Diner" and KISS 108 FM fame. Completing the roster of guest appearances will be this year's Miss Massachusetts USA Jacqueline Bruno. This is a night not to be missed!

In conjunction with this celebratory evening we will present our inaugural **CAH** 2008 Commemorative Ad Book. All people wishing to salute **CAH** for its accomplishments will have many opportunities such as with a full greeting page or fraction thereof; or those wishing to include simply a line of their name or business may do so. All ads are requested by September 30th. This "first edition" Ad Book

Citizens for Adequate Housing, Inc. is pleased to present its current Board of Directors: Thomas Barrett, President; John Krawczyk, Vice President & Housing Committee Chairperson; Karl Wilson, Treasurer; Janice Kaplan, Secretary & Development Committee Chairperson; and Board Members Stephen Britton; Dina Dressler, QA /QC Chairperson; John Flynn; William Jackson; Darren Kelly; Maureen Macione; Ruthann Remis; and the Board is pleased to welcome new members Teury Marte and Nichole Nelsen.

EDITOR | JUDITH MURRAY

**PAVING THE WAY 2008
CAMPAIGN WAS A
HUGE SUCCESS!**

This spring **Citizens for Adequate Housing, Inc. (CAH)** launched their annual corporate campaign “Paving the Way” inviting our business leaders to support CAH’s efforts to end homelessness. As a leading North Shore provider of services, CAH helps families as they face this devastating challenge. Our programs offer safe congregate housing, life skills education and affordable housing to our neighbors in need, all aiding in the families’ abilities to find, afford and sustain their housing.

Spear-heading our campaign was Danversbank. Kevin Noyes, Danversbank’s Director of Compliance, 1st Vice President, says, “Fighting homelessness is a growing concern in our market area, as well as nationwide. Given the current economic constraints consumers are faced with, it could get worse. **Citizens for Adequate Housing** is an organization that provides valuable services to families in need. Having worked with Nancy Crowder on a committee, a number of years ago, allowed me to further understand the work she and her staff does. Her dedication to this cause was evident on this committee, and made me appreciate the work she does even more. It was because of this, that I recommended the bank set aside funds to help support organizations that work to end homelessness. The Danversbank Charitable Foundation Inc., established in 2008, has stated that one of their areas of support is affordable housing, so, with this in mind, **Citizens for Adequate Housing**, made perfect sense.”

The campaign culminated with a breakfast honoring Executive Director Nancy Crowder for her 20 years of service. It also offered a chance for our friends and donors to listen to some of CAH’s families share their experiences with

us. Dave LaFlamme, President and CEO of North Shore Bank says, “**Citizens for Adequate Housing**, through Nancy Crowder and her associates, provide critical housing and family support services to homeless families. For many years North Shore Bank has partnered with **Citizens for Adequate Housing** both financially and with key volunteers. Our relationship with CAH allows North Shore Bank to more effectively address the issue of affordable housing and helps put an end to homelessness throughout our North Shore communities.”

Thank you to our many North Shore businesses who continue to “pave the way” as together we work to end homelessness.

For more information on our annual Paving the Way Campaign, and how you can help, please contact Betsy Leeman, Director of Development, 978-531-9775, bleeman@cahns.org. Individual visits are always welcome.



Danversbank logo

North Shore bank logo

Analogic

Citizens for Adequate Housing, Inc. honored its Executive Director for helping to “Pave the Way” at a recent breakfast meeting. Nancy Crowder’s 20-year leadership milestone was recognized with certificates, citations, and comments by **CAH** President Tom Barrett, and political officials, or their representatives, at the federal, state, and local levels. In the photo are **CAH** Executive Director Nancy Crowder (front) receiving accolades from distinguished attendees including State Representatives Mary Grant (left) and John Keenan (right).

Community Partners and Friends:

Major Sponsor:
Danversbank

Lead Sponsors:
North Shore Bank
Analogic

Exclusive Print Media Sponsor:
Community Newspaper Company

Kaloutas and Company
North East Realty
A & A Services
Barry Feinstein and Associates
East Boston Savings Bank
Harris Murtagh Associates
Dr. Donald Kowalski
Robert W. Lusinski, CPA
Stadium Oil Heat
Shuman & Epstein LLC
Wakefield Distributors

A Road Traveled to Reach a New Beginning

INVOLVEMENT AT INN TRANSITION LEADS TO FRESH STARTS

When Keisha and Tara speak, one leans in a little closer to listen. Each a resident of **CAH’s Inn Transition**; and each on a path to a better life. Their life’s experiences led them to the door of **Inn Transition**; a stopping post and learning cog in their goals they have set for themselves. They have a new-found belief in themselves that empowers them to move beyond their respective pasts. Each is looking to stop the cycle of poverty and drug abuse. They hope that their children may never experience the traumas they have lived through. For Keisha, Tara and their families, life, as they want to know it, has just begun.

For Keisha, who arrived at the **Inn Transition** in May of 2008, her will and resolve are self-evident. In her young life, this mother of 3 sons, the oldest of which is 18 and the youngest 3, Keisha has experienced volumes of things most of us would not want to have happen to us. The trauma, abuse and addictions she has experienced were her life’s lessons for the new resolve of taking responsibility for her own actions, wanting to stop what has happened in her life from happening to her sons. She shares how she sees her life from this point forward evolving. With her 3-year-old holding a very special incentive for Keisha, she is determined to get her life back; her 3-year-old the positive conduit for a determined success story.

Her goals are clear: a better education, job-training, and child-rearing guidance. At **Inn Transition**, she has come to the right place for a new approach to life. Once “high” on substance abuse, Keisha is now “high” on determination and gumption. She says with conviction, “Today I am taking things more seriously, and I’m feeling what I’ve missed.” Not letting what she has missed get in her way, unbeknownst to **Inn Transition** staff she completed an “on-line” job application. Lacking any computer skills the task that should have taken 15 minutes, took Keisha 2 hours. But, slow and steady wins the race. Her determination paid off, as Keisha was recently hired by a local department store. And the encouragement and guidance she gets from the **Inn Transition** staff transcends all else. Keisha continues, “I’m trying to seek out more positive things, and I know I need to start with me. How do I start? What do I need to heal myself? Before, I didn’t know who I wanted to be, and now my son is my focus.” She is determined, and with **Inn Transition** staff gently and firmly guiding her, it looks like her new road will be the right one.

Although her new found job is a great start, in the long run it is not the answer.



Keisha wants schooling beyond the GED that she has, and she wants job training for a skill so that she can go out into the world with training behind her. Completing a job assessment/skills test offered through Massachusetts Rehab it was identified that Keisha has a strong interest in working in a skilled labor field, perhaps construction. Math skills will be needed, and for Keisha this will be difficult. Working with **Inn Transition** staff, they have found a free tutoring service offered at North Shore Community College helping her better her skills.

UNDER THE TUTELAGE OF INN TRANSITION STAFF, HER NEW APPROACH IS LIKE A LIGHT BULB GOING ON, AND HER PLAN IS BEGINNING TO UNFOLD.

Keisha feels she is more in tune now; emphasizing that her youngest son saved her life. “The ‘hurt child’ in me doesn’t want to see a ‘hurt child’ in my son,” Keisha states. She does not want to continue this cycle of drug abuse and trauma with her children so she works to make herself stronger. Keisha goes to therapy to do work within herself. “The parenting group here at **Inn Transition** stresses that you can nurture you,” she says.

Asked where she sees herself in 5 years, Keisha states that she WILL – have a steady job; have all three sons sitting at least once a week around the table; have her eldest son sleep over, noting that he never has; use public transportation easily since she has no driver’s license, AND she wants to be a hands-on person in the field of construction, so maybe build houses or be an electrician. “I’m a boots, jeans, and t-shirt person, so I like to be outside, and I think they get paid pretty well,” says Keisha.

Another of **Inn Transition’s** residents is Tara. She too speaks volumes to what **Inn Transition** is helping her with, and where she has been, and where she wants to go. Tara has a 14-month-old son who is the center of her universe. After giving birth to her son while she was in prison, and losing her son for a time, the two were re-united when she was

released and sought out Project Cope in Lynn. She heard of **Inn Transition** from her sister who had been a resident at **Inn Transition**. Tara found herself following the same path, as addictions are often carried from generation to generation. She arrived at the **Inn Transition** last December and has nothing but accolades for the program. “You get a good foundation at **Inn Transition**, a good program, and good networking happens here. The program here stresses good points, “Tara says of being at **Inn Transition**. Tara’s goals are self-defined. Education and employment are important to Tara, and she is now in a training program for office skills. “I need some sort of foundation for my son,” says the determined young mom. Reflecting back on her recovery Tara states, “Just do the next right thing.” Tara shares that the staff at **Inn Transition** is just incredible, emphasizing that there are a lot of resources there. “Early Intervention is a huge help. I can’t imagine having a child with an addiction like my mom saw in me,” she says.

Five years from now Tara hopes to have a college education, a secure job, a home for herself and her son, and to be productive and happy.

“I WANT SOMETHING TO CALL MY OWN THAT’S PERMANENT. I’M A BIG ENOUGH PERSON TO AT LEAST TRY,” SHE SAYS. AND TRY SHE IS!

Right here, right now, these determined moms seem to have the moxie, gumption, and strength of mind to just make it happen. It takes one person to start a change, and now here are two individuals who are setting a course. Each young woman emphasizes that the **Inn Transition** staff has helped channel a path to help them put one foot in front of the other, and to help them to feel confident in what they are doing.

Citizens Who Care



Oh, What Fun It is to Ride... Thanks to the generosity of Cathy Johnson, Phil and Terri Edelstein, Suzanne Kaitz, Beverly Toby and Polly Allyn, our children at the **Inn Between** emergency family shelter were the recipients of a Bye-Bye Buggy and accessories. The very unique mode of childhood transportation can hold up to 4 children. By the expressions on their faces, the children and two of the donors were thrilled to give and receive. One **IB** staff member said that the volunteers take the children for rides nightly. Kudos to the idea and the generosity of the donors!



Citizens for Adequate Housing was proud to accept a recent gift from the Eastern Bank Charitable Foundation supporting our programs helping to end homelessness; The **Inn Between** emergency shelter, **Inn Transition** sober living family shelter and the **Communities Land Trust** affordable housing initiative. Shown (from left to right): Thomas Barrett, Citizens for Adequate Housing, President; Laura B. Kurzrok, Executive Director, Eastern Bank Charitable Foundation; Ana Reid, Inn Between Program Director and Cindy Cimam, Assistant, Eastern Bank Charitable Foundation.



her family and friends hand-delivered clothing, household items and canned goods. The pied-piper effect begat hand-made teddy bears done by nursing home residents that Jessica’s Girl Scout Leader shared Jessica’s idea with. Jessica (back row, 2nd from left) came with bags filled and a smile on her face having done a “mitzvah”, or good deed. In fact, on the day they came to the Inn Between, Jessica’s younger sister, Carly, brought her special doll to give to a child at IB. And so, it perpetuates itself, just like whispering-down-the-lane. Shown (from left to right): Katherine Koeller, Samantha Palastra, and Andrew Vonzalides. The back row includes; Carly Swartz, Jessica Swartz, and Nicole Sullivan with IB staff members Cathy Adams and Betty Reynolds.



“Youth Works” Group Makes Encore Appearance Again and Again at Inn Between. This summer CAH’s Inn Between shelter was very fortunate to have had the Youth Works volunteers come to help with projects at the shelter. Youth Works is a church-based organization that has participants from all over the United States. Says **Inn Between** Case Manager Betty Reynolds, “They have done a great deal of work for us. They come once a week from June through August. They have cleaned the front and back yards, washed all of the children’s toys, cleaned the bathrooms, kitchen and dining room, cleaned the play area outside, moved office furniture, cleaned the garage, and arranged the food pantry and laundry room. We have been very fortunate to have these young Youth Works volunteers here at the Inn Between. “ The group that arrived at the Inn Between this summer are from North Carolina, Pennsylvania, Texas, Ohio and Connecticut. The youth group is pictured during a rest interval before continuing their ambitious undertakings.



donate to this organization.” Shown (from left to right): Citizens for Adequate Housing, Inc. Executive Director Nancy Crowder, essay contest winner Katelyn Mello, and CAH’s Inn Between emergency shelter Program Director Ana Reid

Good Deeds Are Appreciated at the Inn Between! Jessica Swartz, of Boxford, chose to give to CAH’s **Inn Between** for her Mitzvah Project prior to her becoming a Bat Mitzvah at her Andover synagogue this past spring. The young teen shared her idea of giving to the **Inn Between** with family and friends. Doing for others, doing something charitable, is a pre-requisite for having a Bar or Bat Mitzvah in Judaism. Reaching out to her Girl Scout Troop, and their respective families, as well as to her own neighbors; Jessica and

Katelyn Mello, of Peabody, recently entered an essay contest writing in honor of a family friend, Lisa Langsam who lost her battle with Lou Gehrig’s disease. The “Halftime Heroes Essay Contest” was sponsored by Hickory Farms. Katelyn was one of several winners and donated her proceeds to **CAH**. Katelyn said “I researched organizations in Peabody, and decided to give the donation to Citizens for Adequate Housing”. She added, “I liked how much Citizens for Adequate Housing helps women and children, and I knew Lisa would be proud to