

Local Runner Running Boston Marathon to Help Citizens for Adequate Housing End Homelessness

This April 21st, Chip Manozzi of Andover, Massachusetts, will be one of 25,000 runners at the starting line of the Boston Marathon in Hopkinton, anxiously waiting for the start of his 26.2-mile run. While many runners are looking for their personal best or the bragging rights that belong to every runner who finishes Boston, Chip is running for much more; he is running to help end homelessness.

Having run for the last 5 years, Chip has been tested on several marathon courses. He has run the Disney Marathon in 2006 and 2008, as well as the Marine Corps Marathon. This year's Boston Marathon will be his toughest, and the stakes that much higher. As Chip said, "Marathons are grueling, but they end, and the runners are rewarded for their efforts. Other problems, like homelessness, simply don't end. They are difficult, and **Citizens for Adequate Housing** helps to find an end." Chip has set a lofty goal and plans to raise \$ 4,000 for **CAH**. To help support Chip, please consider making a pledge on our Web site at www.cahns.org, or go to www.firstgiving.org/chipmanozzi.

If you are registered to run in the Boston Marathon and interested in running with Chip, we hope that you will consider running for **CAH**. All runners who collect \$500 in pledges prior to April 15th will receive an official BAA Marathon jacket; but more importantly, you will know that this year not only did you run the grand-daddy of all marathons, but you also ran to help put an end to homelessness. For more information, please call or e-mail **CAH** Development Director Betsy Leeman at 978-531-9775, extension 17, or bleeman@cahns.org. Let's talk.

Runner Chip Manozzi



FROM THE EXECUTIVE DIRECTOR



Moving Day

Let's Get Moving!

And **Inn Transition** sure did! In last spring's newsletter, we told you about having successfully received funding to purchase and renovate the **Inn Transition** facility. Today, **CAH** is making incredible use of this funding to better the temporary home we provide for our families that complements their own desire to improve their lives. The renovations only serve to add to the stability we constantly hope to present to our families. The families who reside there have been phenomenal through all of the dynamics change can bring, thereby allowing **CAH** to make this renovation possible. This speaks volumes as to who our families are as they continue to hold their sobriety and keep their lives together. We are so pleased to offer this new, improved residence for our families.

On December 20, 2007, we closed the purchase segment of the process. Many thanks to the Federal Home Loan Bank and North Shore Bank for their flexibility and support. After 17 years of leasing the property from Johnson Realty Trust, we said goodbye to a first-class relationship with Donnie and Melinda Johnson, the previous owners of the once-rented building housing the **Inn Transition**.

Next, we took advantage of a \$10,000 "early start" rebate from the contractors, Seaver Construction Inc. We moved the families and staff offices from the **Inn Transition** to a nearby locale. The programming remained intact—not missing a beat. Seaver Construction began work on January 16th. This feat was accomplished painlessly due to the intense planning and preparation by the families themselves and the **Inn Transition** staff. A group of 10 volunteers, along with the **Inn Transition** families and **CAH** staff, showed up on the Sunday prior to construction, rented U-Haul trucks, and moved the families' belongings. A heartfelt thank you to all who helped with this temporary move.

Other than the building of a new rear exterior fire escape, the renovations are all interior. The one major change, that brings the staircases up to code, is the building of a four-story staircase in the front corner of the building. Because of this mandatory change, there is a domino effect to the remainder of the building. The kitchen and community room are being moved to the lower level to improve the day-to-day working functions of these areas to best meet the needs of our families. The staff offices will move to the first floor, and our capacity to serve families will increase from 12 to 14 units. There will be all new windows, plus an updated handicap ramp, fence, parking lot, and landscaping.

Many thanks to the Women's Institute for Housing and Economic Development, Mostue & Associates Architects, Seaver Construction, and, of course, all the funding sources for making this project move so smoothly.

We have a completion date of July 31, 2008! There will be a ribbon-cutting ceremony soon after the families are back to the magnificent new **Inn Transition**.



Nancy Crowder

Nancy Crowder, Executive Director

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.

How You Can Make a Difference!

OFF-SITE, BUT NOT OUT OF MIND

We, at **Citizens for Adequate Housing, Inc.**, have an interesting proposition for the readers of this newsletter. Please consider hosting an off-site event that would benefit **Citizens for Adequate Housing, Inc.** Your contribution of being the creator of a simple fundraiser could help the purpose of **CAH's** existence immensely. We exist so that the families we serve, who were once homeless, can find the path to exist on their own. An easy event like a wine and cheese reception for your business associates, a one-time "dress-down day" at your office made into an event, or a pot-luck breakfast you can host for your clients could serve as a fundraiser for **Citizens for Adequate Housing, Inc.** One of our recent benefactors was "Seams," a design boutique in Beverly, Massachusetts. The owner, Harper Della-Piana, was creative in her one-day event of hosting a raffle at her shop to benefit **Citizens for Adequate Housing, Inc.** All proceeds from that weekend day's raffle were given to **CAH**. We are forever grateful to Harper Della-Piana for her enthusiasm and determination to do something on behalf of **CAH**. Won't you put on your thinking cap and host a moment in time, which can add moments of joy to the families

that count on **Citizens for Adequate Housing, Inc.?** We thank you in advance for your efforts. If you are shaking your head affirmatively, please call Betsy Leeman, CAH Director of Development, at 978-531-9775, extension 17; or e-mail her at bleeman@cahns.org.

THANK YOU IN ADVANCE FOR YOUR GENEROSITY AND CONCERN.

WISH LIST ITEMS FOR THE SHELTERS AND FAMILIES:

- > Baby items: monitors, baby gates, disposable diapers (all sizes), and baby wipes
- > First aid/safety kits: including thermometers, bandages, over-the-counter cold medicine (alcohol free), nail clippers, and ice packs
- > Food items: canned fruit, vegetables, spaghetti, tuna fish, peanut butter and jelly, cereal, and other non-perishable items
- > Gift cards: including gas cards, phone cards, home-improvement store cards, and grocery cards
- > Housewares: new towels, linens, blankets, bedspreads, twin-sized comforters, dressers, hampers, a TV with DVD/VCR capabilities, bedroom lamps, throw rugs, pots and pans, paper products, cleaning products, and 40W light bulbs
- > Miscellaneous items: paper products including paper towels, tissues, toilet tissues, and cleaning supplies
- > Toiletries: shampoos, toothpaste, conditioner, lotions, and toothbrushes

If you need more information on our Wish List, please contact the **CAH** office at 978-531-9775. Your support is greatly appreciated.

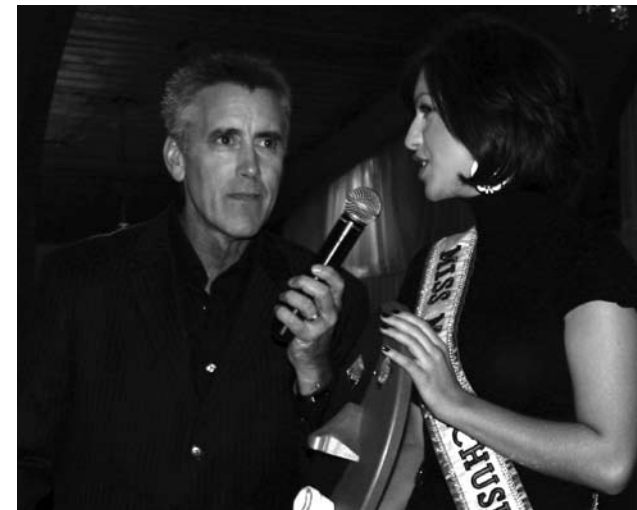
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The INN-SIDE view

Spring 2008

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

What a night at the CAH 2007 Auction!
Guest host Billy Costa, and a special appearance by 2007 Miss Massachusetts USA Despina Delios helped make the event a success.



THANK YOU to Auction Sponsors

We'd like to thank the following sponsors for their support that helped to make our "Faces Inn Places" 2007 Auction such a resounding success:

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Coldwell Banker Sales Associates Take Giving to Others to Heart

Sales associates of the Coldwell Banker Residential Brokerage office, located in Swampscott, gave a check in the amount of \$870 to **Citizens for Adequate Housing, Inc.** Coldwell Banker Residential Brokerage Cares is the charitable arm of Coldwell Banker Residential Brokerage, and it was through this path that the office staff of the Swampscott location gave to CAH. Coldwell Banker Residential Brokerage staff members Ginny LeBlanc, Barbara Kennedy-White, Sue Garcelon, and Paula Pickett presented the donation to Betsy Leeman, CAH's Director of Development, during a special presentation at the Swampscott location on behalf of the office's agents. LeBlanc, serving as spokesperson, said, "I am so very pleased that our office has been able to provide this donation to support the greater good of the community. The office staff's giving spirit will greatly benefit many families and children supported by this wonderful organization."

Coldwell Banker Residential Brokerage Cares' primary purpose is to provide financial assistance to housing-related causes in the communities where Coldwell Banker Residential

EDITOR | JUDITH MURRAY



Presenting the check to CAH Director of Development Betsy Leeman (2nd from left) are, from left: Susan Garcelon, Ginny LeBlanc, and Barbara Kennedy-White. Missing from the photo is Paula Pickett.

Brokerage New England has a presence. Since its inception, Coldwell Banker Residential Brokerage Cares is the New England chapter of the Realogy Charitable Foundation, Inc.

As a footnote, the home office of Coldwell Banker Residential Brokerage New England recently presented a check in the amount of \$4,000 to **Citizens for Adequate Housing, Inc.** A. J. Poli, Co-Chair of the CBRB Cares home office, said, "We at CBRB are very impressed with the work that **Citizens for Adequate Housing** does..." and so they continue to support our mission.

PLEASED TO ANNOUNCE...

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.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” Margaret Mead

Twenty-five years ago, Mary Jane Lee, a local Peabody resident, was one of these citizens. Her neighbor, facing homelessness, pushed Mary Jane into action. Her actions forced change, and so began **Citizens for Adequate Housing**. Mary Jane did not do this alone; she was encouraged and supported by others who believed in her cause: No family should be without a safe and adequate home, a place for their families to grow and be nurtured, and to be a part of a supportive community in which they can prosper.

This thoughtful group of citizens and their beginning footprints have brought change to hundreds of families over the years. Homeless families, who have walked into one of our shelters – the **Inn Between** or the **Inn Transition** – with broken spirits and little hope, have left empowered, leaving their homelessness behind.

Today, this tradition continues, and our compassionate and committed citizens include many: our volunteers, donors, board members, staff, and you.

Volunteers personally spend time with our families, answering our phones, tutoring our children, helping to repair or clean our shelters and play areas, and preparing a meal for others to enjoy. Your gifts of time and friendship help restore the dignity to our families; touching their lives in a way that says, “I care for you and believe in you as you work at changing your lives.”

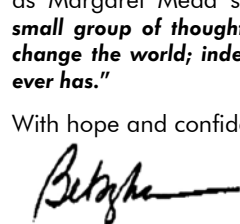
Our donors make change happen. Your financial support directly touches each family, giving us the means to provide necessary services and programming. Your gifts offer our children opportunities to participate in

local activities such as a trip to the zoo, and have new clothing, toys, books, and so much more. You help to open up new doors to young mothers as they look for permanent ways to support their families – evaluating career and educational options, and opening their eyes to the many possibilities each one has. Your gifts help to change a homeless family’s world for the better!

Your support allows our committed staff to do the very best they can as they directly work with each family day after day. Through staff encouragement, our families begin to see that they are in fact in charge of the change they wish to see in their worlds. Our Board members oversee that we are good stewards of your generosity. In addition, the Board ensures that our staff be well trained and equipped as they support our families in rebuilding their lives while they are a part of our **Citizens for Adequate Housing** family.

Thank you for being a part of today’s much-larger group of committed citizens changing the world, and helping to end homelessness one family at a time. My hope is that you will continue to support **CAH** in the coming months and years ahead – so that Mary Jane Lee’s fight she began so many years ago will not stop until every family has adequate housing and the ability to sustain this housing. And, as Margaret Mead said, **“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it’s the only thing that ever has.”**

With hope and confidence,



Betsy Leeman, Director of Development

Betsy welcomes your questions, thoughts, and concerns; please feel free to contact her at 978-531-9775, extension 17, or email her at bleeman@cahns.org.

FAMILY HOMELESSNESS 101

- > 52% of people who are homeless in Massachusetts during a year are actually parents and children – much higher than the national average.
- > An estimated 20,000 Massachusetts children, with an average age of 8, will experience homelessness.
- > Unlike the common myths about homeless families, these are not young or large families; the average age for the head of household is 31 years, and the average family size consisted of a mom and 2 children.
- > These families were very low income – the average income for all families was only \$573 per month.
- > In FY 2006, families remained in shelter, on average, for 6 months before finding permanent housing.
- > Homeless children experience significantly higher rates of asthma, ear infections, and speech problems along with anxiety, depression, and withdrawal. Homeless children go hungry at twice the rate of other children.
- > At CAH, we are working to assist families in need, while also working to end family homelessness and the trauma it causes.

A Road Not Traveled, Is Now Her Map

THERE IS A STRENGTH OF MIND AND PURPOSE IN THIS YOUNG WOMAN’S LIFE PLAN

“They usually suggest not taking anatomy and physiology together, but...” said Rachel, a young mother living at the **Inn Transition** shelter. The point here is well taken from this college student once consumed by an alcohol addiction. Today, she speaks with a style and determination that is forward-thinking. Her visible pride in her grade point average of 3.51 at North Shore Community College speaks volumes to her resolve and gusto. “I participated, I sat in front of class, I helped others in class, and my class performance is right up there,” she says. This current semester, Rachel is taking a full course load, including Anatomy and Physiology II and EMT basics. Her short-term goal is to get into the nursing program at the school, with the hope of becoming an RN. Life was not always so glowing for this articulate young woman. With an outlook that is bright for the future for herself and her son, she feels nothing is too much if you go after it with determination.

“YOU NEVER NEED TO GIVE UP ON WHAT YOU WANT TO DO, OR WHAT YOU WANT TO BE. THERE IS ALWAYS A WAY, YOU JUST HAVE TO FIND OUT.”

With an addiction that began at age 26, Rachel stepped foot over the threshold of the **Inn Transition, Citizens for Adequate Housing’s** sober living program almost a year ago. The **Inn Transition** was not Rachel’s first shelter experience. The road to the **Inn Transition** has been a long one, and this mother of an 18-month-old is not looking back. Several years

ago, Rachel was an Administrative Assistant making \$33,000 a year; then losing it all as her life took a downward spiral because of her addiction to alcohol. Confronted with continuing her addicted life as a mother with a young child forced Rachel to look at who she had become and where she needed to go. “My son is the biggest reason for my change in attitude and for who I am. I can tell you I wasn’t this way before.” With a contagious smile that is camera-ready with its intensity, Rachel says with pride, “I got really lucky with this kid.”

Rachel says she doesn’t dwell on the past, as there is nothing she can do about that. “I’m grateful for all of the support I’ve gotten here at **Inn Transition**,” she states. Rachel hopes that all of the other women residing at **Inn Transition** grasp the same opportunity she has. “I am just so grateful,” she reiterates. “It takes a village to raise a child, and there are a lot of good people [at IT] to help each other,” she says. “I couldn’t have asked for a better place to be than **Inn Transition**. If I have questions, I can ask them: like what to do with my child, and what not to do with my child.”

Rachel has taken a close look at what she has gotten from residing at **Inn Transition**. “I have gotten lots of support and encouragement from the IT staff. Rachel feels her ability to be independent has been guided by the **Inn Transition** staff members, as they have led her in establishing a security in knowing who she is and what she wants to do with her life. Taking workshops offered at the **Inn Transition** and learning management and life skills discussed in small groups, led by the well-versed staff, has brought Rachel to her visions today.

She hopes others will hear her, not just listen when she expresses the fact that in her opinion, “never in your life will you have the opportunities presented here at IT. Do something with it.” She now wants better things for herself and her son, to keep going, and to look at a future and to realize they have one. This astute woman looks to make life bright for herself and her son. “You will never be able to put your kid through school on minimum wage.” Rachel says if someone is capable of achieving more, they should go for it. “Ask for help. All I do is ask questions. The more you know, the better you are,” she says. She now looks forever ahead. “We have so many opportunities, and we have to take them.” Rachel offers much wisdom and encouraging words to others.

Not having the luxuries of the extras because of her personal situation before, Rachel is at a point of being able to move into her own apartment within the next month. She sounds hopeful in her next step of reworking her life. “If I get an apartment I can do study groups at my house. My son will be able to bond with his dad several nights a week.”

“You never need to give up on what you want to do, or what you want to be. There is always a way, you just have to find out.” Rachel has found it at **Inn Transition**.

“WE HAVE SO MANY OPPORTUNITIES, AND WE HAVE TO TAKE THEM.” RACHEL OFFERS MUCH WISDOM AND ENCOURAGING WORDS TO OTHERS.

Rachel is all smiles at her recent accomplishments at North Shore Community College



Father and son, Jeffrey and Jeffrey, sit at the finished table.

With Focus and Determination, an Inn Between Family Member Rebuilds His Life

A homeless dad with children is not the norm for families who come to live at the **Inn Between** (IB) shelter. Yet, today this is becoming all too common. Jeffrey and his son are examples of this type of family. No longer able to provide a living for his son and himself, he sought out and received shelter at the **Inn Between**, arriving in mid-December 2007.

Homelessness does not happen overnight, and in many cases it is a culmination of many experiences. Jeffrey had fought for and gained custody of his son from DSS after the youngster had been removed from his mother, as she needed to rework her life. After regaining custody of his son, Jeffrey continued to work independently. This past fall, their life as they knew it ended. The tools of his trade as a private woodworking contractor were taken from his basement at his former home. His livelihood was now stripped away. Without insurance, he was unable to replace his tools, and without savings was forced to seek emergency shelter for his family. He ponders his next steps in rebuilding his life and his young son’s. “That was my Christmas present,” he says facetiously. “That’s why my son and I are here at the **Inn Between**.”

“People give to me and my son Jeffrey here at IB. I really appreciate it. Now that I’m here at the shelter, I’m going to do all I can for the **Inn Between**.” He continues, “Woodworking is just something I love to do. I could have built my own house!” he says. Jeffrey has a charisma and energy that won’t quit. And, so grateful is he for the existence of such a place as CAH’s

Inn Between that Jeffrey found a way to show his appreciation. He made lemonade from lemons, or so the saying goes. He took on the task of refinishing the long, wooden table at which all of the family members dine at the shelter. No novice in woodworking techniques, Jeffrey estimates he spent at least twenty-five hours on sanding and refinishing the table. With gusto and pride in his inherent skills, he sanded the table by hand for hours as all of his power tools were stolen from him. “I used different sand paper [for each layer] by hand,” says Jeffrey. The proud woodworker then applied seven coats of polyurethane. The end product is something he is very proud of. “I knit-pick my own work,” says Jeffrey.

Today, at 38-years-old, Jeffrey is re-building his life with gusto and determination. As a part of the **Inn Between** programming, case managers work with our families to help them take a closer look at their current job skills, educational levels, and look for new career opportunities that will enable the families to successfully provide and care for themselves and their dependents. Today Jeffrey has a new plan. He is looking toward a new career, one that will allow him to permanently leave his homelessness behind. He wants to be an x-ray technician, and he is researching his schooling options to make this happen. “The process takes time. I’m being patient,” he states. “If I have the option to start something new, I want to try it,” he says with conviction.

With absolute resolve Jeffrey adds, “You can hold me down for a little while, but not forever!” Jeffrey says he is going to persevere from here forward, and do what’s best for his son and himself. “This little guy means the world to me,” he says emphatically.

AND HE COOKS TOO!

“Paving the Way” Corporate Campaign Plans Are Underway

As CAH celebrates its 25 years of service helping families who might otherwise be homeless, we turn to our community’s business leaders in our “Paving the Way” campaign. Business leaders will be asked to help us make a mark as we continue our efforts to end homelessness one family at a time. A spring breakfast event is in the ready, with a guest speaker not to be missed. If you are a business person who would like to help eradicate homelessness, we would love to have an opportunity to share CAH’s mission with you, and include you in our campaign. If you think you may not be on our mailing list, please send your business name, address, telephone number, and contact person to: CAH, Development Department, 40 Washington Street, Peabody, MA 01960; or email the information to: jmurray@cahns.org or jgustin@cahns.org. We look forward to having you join our efforts and show your support for ending homelessness for families.

What a Doll... HOUSE THAT IS!

Thanks to the creativity and mind-set of 9th through 12th graders at the Sparhawk School in Salisbury, Massachusetts, the **Inn Between** has two new dollhouses for the children at the shelter. The teens were assigned a service project as part of the curriculum at the private school. From start to finish, the students created, designed, and painted these miniature homes. Fifteen students in all partook of the project and delivered the dollhouses to IB with furniture, also created by the students. “It took two weeks to complete,” says Kaitlyn MacDonald, director of the high school. With the satisfaction of what they had done giving them momentum, the students want to create a vegetable and fruit garden at the **Inn Between** in June when they have a community service assignment as part of the school’s “Community Service Week.” High School Director MacDonald shared that after their visit to the **Inn Between** to deliver the well-received dollhouses, the students are anxious to do the garden at IB. Well, as the saying goes, “the rest is history!”

Standing proudly behind one of the two dollhouses they designed and built are high school students of Sparhawk School in Salisbury, MA.



Santa flew in from the North Pole, and the wide-eyed expression from the party-goers at Santa’s presence was worth its weight in gold! The evening included wonderful food offerings

and presents for the youngsters. Mike Sproul brought an evening’s special moment to life with his generosity.



Mike Sproul and the Christmas party for families. Pictured left to right are Mike’s family members, including his mother Janice Mercier, his wife Jennifer, daughter Anjelia, Mike Sproul, and his mother-in-law Jeanette DeRosa. Mike and his family members helped make the evening special.

YOU’VE GOT MAIL!

Citizens for Adequate Housing requests your help. If you would like to learn more about us via the Internet as well as receive updates about our families and our newsletters, please visit info@cahns.org. In the subject area, type subscribe, and add your name and address in the body of your email.