



SHELTER • FOOD • CLOTHING • RECOVERY • EMPLOYMENT • HOUSING • HEALTH • MENTAL HEALTH • SOCIAL SERVICES • OUTREACH

VETERANS REFLECTIONS



"I'm Starting To Enjoy Life Again."

Warren C., Men's Recovery Program

My addiction began at an early age. I was drinking and using marijuana, then moved to cocaine and pills, and then heroin. Dad was in jail, Mom was an alcoholic. I got out of high school and started working in a nuclear medicine lab, and they sent me

to school to become a nuclear pharmacy tech. I did that for six years, but my alcoholism ruined that job for me.

When I was 26, I joined the Navy. I wanted a different lifestyle, and that's how I tried to do it. I served four years in the Navy, two tours in the Middle East. When we went out to sea, I was good as could be. But when we hit port, I was a mess. I couldn't stop. No matter what I did or tried.

The Hope Center has been great – they break down the steps, and offer a lot of resources. I've tried everything to quit, and this program is the only way to earn long-term sobriety. I can look back now and see that the second I put alcohol and drugs into my body, everything goes wrong. I see a lot of alumni come back here who have years of sobriety, and that's encouraging. The Veterans program is helping me a lot, and other recovery programs don't offer that. They've offered to get me in the (Veterans) dorm after I finish here. This place has given me hope back. When you're out there, you just get in that state of mind where you feel worthless. This place is teaching me to love myself again. I'm starting to enjoy life again.



"The Hope Center Has Been A Life Saver."

Dennis H., Veterans Program

I came to the Hope Center for the second time after my divorce. I had nowhere else to go. I knew about the Mental Health program, but this time I heard about the Veterans Program. Ben, the program coordinator, helped me apply for college, and two years later I graduated from MedTech as a medical assistant.

I honestly didn't think I was smart enough to finish college. All my life my family told me I couldn't do anything, that I never would do anything. I graduated high school with a 1.85 GPA. I graduated MedTech with a 3.68. I had lots of reasons to quit going to school; I had a heart attack and heart surgery in the fall of 2013, and in 2014, I was in a coma for 32 days. But I kept on, and the staff at the Hope Center stayed on me, encouraging me to keep going.

Since coming here, my whole attitude has changed. I used to think the world owed me something, instead of me owing the world. I thought I was owed respect because I fought in the Gulf War at eighteen. Seeing that I wasn't the only Veteran with issues opened my eyes. The caseworkers in the Men's Recovery Program helped me find a recovery program and I've been sober for 17 years.

I've had serious health problems all my life – but I'm still alive. Something out there is telling me I'm not done. I honestly believe that if not for the Hope Center, I wouldn't be here today. I may leave here, but it won't keep me from coming back to visit, or maybe even to volunteer. There have been times when I've been tempted to go back out there and hit the bottle, but I know that if I have a problem, there's always someone at the Hope Center I can talk to. Out there, I don't have that support system. The Hope Center has been a lifesaver.



OUR MISSION: To care for homeless and at-risk persons by providing life-sustaining and life-rebuilding services that are comprehensive and address underlying causes.

We Help. We Heal. We Give Hope.

MAILING ADDRESS

P.O. Box 6
Lexington, Ky. 40588

FACILITIES/PROGRAMS

Emergency Shelter
Ball-Quantrell Jones Center for Women
George Privett Recovery Center
Don and Cathy Jacobs House
Jacobs Hope Cafeteria
Fayette County Detention Center Recovery Program
HopeMobile
Hill Rise Place Apartments
Barbara Hardwick Rouse House
One Parent Scholar House

PHONE

(859) 252-7881

WEBSITE:

www.hopectr.org

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Cecil Dunn

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HOPE FOR HOMELESS VETERANS

What we do for those who served



From the day the Hope Center emergency shelter opened, veterans of the United States Armed Forces have been among our clients. Over the years veterans have typically made up 13 to 15% of the people

in our care.

We have always been attentive to the particular needs of homeless veterans. Since 2008 we have also had the support of a per diem grant from the Veterans Administration. This has made it possible for us to do even more.

There are several stories told by veterans in this issue. I hope you will take a look at them. You will find that homeless veterans share many of the same challenges of other homeless individuals. You will also see that their service has a particular bearing on the needs they have today.

Their service also means that there are programs and benefits available to them as veterans. We help them connect with that support.

I know that people in this country generally feel grateful for those who serve in the military. People admire their courage, discipline and devotion to duty. People want veterans to enjoy and prosper in their lives following military service. All of these feelings and thoughts are thoroughly sincere and deeply held.

What we do here at the Hope Center is to take these feelings and turn them into concrete acts. We help homeless veterans meet and overcome the challenges they face. We help them eliminate the barriers that have made them and kept them homeless. We put them on a path that can take them to a better life, a life of healing and hope.

No American veteran should be homeless. We believe that, and I am sure you do as well. But that is just part of it. We also believe that no one in this country should be homeless. Because you support what we do, you are an integral part of putting these beliefs into action.

Cecil Dunn,
Executive Director



WE NEED YOUR HELP WITH THE HOLIDAYS!

This year's Client Christmas Party will be held on Thursday, December 18th and we are looking for businesses, church groups and service organizations who would like to collect items for the party. Last year, thousands of items were donated, and every Hope Center client was able to receive a gift. If you are interested in coordinating a donation drive, please contact Volunteer Manager Carey Cairo at ccairo@hopectr.org. It's easy- we'll even come and pick up the gifts. It's a great way to share the spirit of the holidays with those who need it most.

DONATE ONLINE www.hopectr.org

The Hope Center provides services to the homeless in the Lexington area, including the immediate needs of food, shelter and clothing and the longer-term needs of detox and substance abuse recovery, diagnosis and treatment of mental illness, health clinic services, employment counseling, life skills, housing support and transitional housing.

Johnny
Carino's
presents



NOV. 6 - SHOOT HOOPS FOR THE HOMELESS AT RUPP ARENA

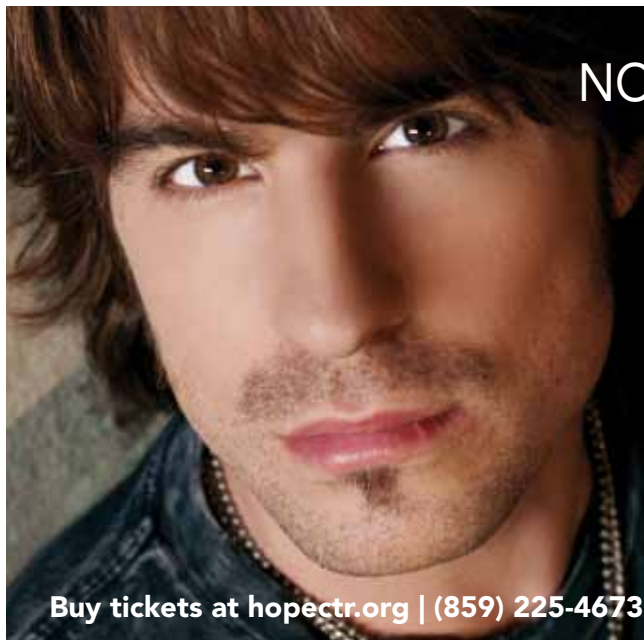
You can save lives and play hoops at the same time. What could be better? You and your teammates will have five minutes, or more*, to hoop it up on the Rupp Arena floor during the Johnny Carino's Hoops for Hope to benefit the Hope Center.

How you can play: Go to hopectr.org to sign up as a corporate (Slam Dunk Sponsor) or community team (families or churches). Anyone can play! You'll find lots of great resources on your team page.

*See hopectr.org for complete rules.

NOVEMBER 6
5:00 | RUPP ARENA

Sponsors: Johnny Carino's, LEX18, Lexington Herald-Leader, Ball Homes, Ron L Brown-Keystone Financial, UPS, and Harrod Concrete and Stone Co.



NOV. 13 - JIMMY WAYNE CELEBRATES PREVENTING HOMELESSNESS

The Ball Homes
NIGHT OF HOPE

Presented by Don & Cathy Jacobs

NOVEMBER 13

7:00 | LEXINGTON OPERA HOUSE

Buy tickets at hopectr.org | (859) 225-4673

Sponsors:

Ball Homes

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Roger Kirkpatrick
Solly Van Meter
Mr. and Mrs. Wm.
James Sprow

BRIDGING THE GAP BETWEEN VETERANS AND THEIR RESOURCES



The Department of Veterans Affairs provides the Hope Center with a per diem grant designed to help reduce the number of veterans who are homeless and without needed services. This grant allows the Hope Center to conduct extensive outreach to veterans, as well as clinical assessments, mental health treatment, alcohol and drug abuse counseling, employment assistance, and help accessing the benefits earned for their services in the Armed

Forces. Around thirty homeless veterans are offered transitional living quarters at the Emergency Shelter, and veterans in other Hope Center programs can consult with Veterans Program caseworkers to access VA resources.

“Undoubtedly, civilians are grateful for veterans’ service, but they don’t know exactly how to help veterans,” says Ben Wides, Veterans Program Coordinator. “The Hope Center Veterans Program bridges the gap between veterans and the resources they need, whether it’s education, healthcare, help overcoming an addiction, employment, or housing. It’s what they deserve, and what we owe them for their sacrifice and service.”

“This Program Gives Me Direction.”

Byron D., Veterans Program



I had my first wine at 12 years old, beer when I was 16, and marijuana around the same time. After college, I joined the Army. I served for 22 years, went to Granada, Somalia, and the Gulf War, and was shot down twice while flying

Blackhawks. In the Army, if you didn’t drink, you didn’t fit in. I had a problem with alcohol – I knew that. I just didn’t know what to do. Then I started with the pills. The pills were a result of the pain I suffered after being shot down in active duty. The pain was so bad, I couldn’t golf, fish, hunt or do any of the things I enjoyed. Once I started taking the pills, I didn’t even want to do any of those things anymore. I had to sell my house, I pawned everything, couldn’t afford any of it anymore. The pills were more important.

I was looking for a long-term residential treatment program, and found the Hope Center. I suffer from bipolar disorder, PTSD, depression and substance abuse. The Hope Center gives me stability and brotherhood. I live in the Veterans dorm, and work with Ben in the Veterans Program for everything related to the VA. The staff is super supportive. I have a great support network in other guys.

After I leave here, I’d like to move to Colorado to be by my daughter and her family. I’d like to be close to them. My daughter and I are very close. I lost her when I was on the pills. I missed a lot when I was in active addiction. But since I’ve been off the pills, things are really good. I want to teach my grandchildren how to fish. This program gives me direction. It allows me to do what I want to do, instead of what my addiction wants me to do.

VOLUNTEER HOSTS PICNIC FOR OVER 300 CLIENTS



Hope Center volunteer Larry McCoy hosted a picnic for all of the clients at the Emergency Shelter and Men’s Recovery Program. The picnic was in honor of Nicholas McQueen, a family friend of the McCoy’s who passed away earlier this year. His memory was honored with a balloon release and the

donation of over 100 blankets to the shelter, along with great food, live music, a DJ and volleyball. Thank you to Larry and his family and friends for their outstanding generosity!

If you can help, contact Carey Cairo at 225-4673 or ccairo@hopectr.org.



The Goodgiving Guide Challenge starts soon! To help us compete for thousands in cash and prizes, we are asking friends and supporters like you to donate at least \$25 each to Hope Center via **BGgives.org** anytime between 9 a.m. November 3, 2014, and 11:59 p.m. on December 12, 2014. So mark your calendars ... and get ready to give!

TOP 5 THINGS WE NEED

- ▶ Shower shoes
- ▶ Socks
- ▶ Underwear
- ▶ Toiletries
- ▶ Blankets

See full list at www.hopectr.org