



JOSEPH'S JOURNEY

Perseverance in Hope 2018: Highlights from the Annual Benefit Luncheon

**He saw the best in me
When everyone else around
Could only see the worst in me.**



Judge Ryan

With those lyrics from the gospel song "The Best in Me," Perseverance in Hope keynote speaker Judge Michael Ryan closed his moving story of overcoming a broken childhood to rise to become a judge on the Cuyahoga County Court of Common Pleas Juvenile Division.

"I'm thankful for those in my life who saw the best in me. Everyone at Joseph's Home coaxes the best out of the men there so they have a renewed vigor to survive and thrive," he added.

Judge Ryan was one of hundreds of friends and supporters of Joseph's Home who filled the ballroom at Windows on the River in Cleveland on June 21 for the annual Perseverance in Hope benefit luncheon. Dan Moulthrop, CEO of The City Club of Cleveland, served as emcee again this year. The luncheon raised more than \$38,000 thanks to generous sponsors, donors, partners and friends. All funds raised are being used to provide meals, shelter and integrated health care for acutely ill homeless men to stabilize and transform their lives at Joseph's Home.

New this year was the presentation of the David Henderson Memorial Award. Henderson lived at Joseph's Home in 2010 and served on the board for two years. He once said, "To be able to become whole again means the world. We have broken wings. Joseph's Home heals our wings and they are the wind beneath our wings to lift us back into society." David believed in Joseph's Home and he believed that through advocacy, Joseph's Home could continue to grow. In late 2017, David passed away from his second fight with cancer. His warm smile and his passion for the ministry of Joseph's Home will not soon be forgotten. To keep David's spirit of advocacy alive, the Joseph's Home Board of Directors designated the David Henderson Memorial



John "Jack" McGrath received the inaugural David Henderson Memorial Award. Pictured with him are (left) Sister Judith Ann Karam, CSA, congregational leader of the Sisters of Charity of St. Augustine, and Executive Director Christine Horne.

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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.

As the Leaves Change

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Another summer has swiftly come and gone and fall is upon us. As the leaves change and children head back to school, so too does Joseph's Home. This summer, we have been working diligently to enhance our culture to focus on harm reduction strategies and trauma-informed care principles by increasing staff training, developing better protocol, and educating ourselves about the challenges and trauma that medically fragile homeless men face.

We know nationally that medical respite care improves health outcomes and housing stability. A multi-year evaluation of 10 medical respite programs across the country showed improvements in symptoms and increased access to housing and income. Upon admission, more than 500 individuals (one-third of the study participants) reported the hospital as their place of residence. Upon exiting the program, only 8 percent of the study participants listed the hospital as their residence. This same study showed increased access to income sources such as food stamps and Supplemental Security Income. Medical respite programs are effective!

As part of our journey to bring the highest quality care to the acutely ill homeless men that come to us for healing, I attended the National Healthcare for the Homeless Council's Medical Respite Training Symposium in Phoenix in early October. This conference brought together providers, consumers, administrators and advocates for intensive workshops to illuminate the unique care model that is medical respite. I dove into:

- "Fundamental Issues for Establishing a Medical Respite Program:" learn how to build respite services from the ground up
- An in-depth look at the Respite Care Providers' Network's groundbreaking Medical Respite Standards, Directory and Toolkit
- "Self-Care Is Quality Care" with renowned trauma expert Matt Bennett
- Sessions on opioid use, consumer involvement, palliative care and more
- Site visits to Circle the City to view medical respite in action

I look forward to sharing with you all the wisdom I gathered from other medical respite care professionals and implementing strategies to becoming a more compassionate and clinically competent service provider in Cuyahoga County.

Your partner in service,

A handwritten signature in blue ink that reads "Christine Horne". The signature is written in a cursive, flowing style.

CHRISTINE HORNE, *Executive Director*

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Board Member Spotlight:

DEBBIE ROVITO BRINGS A PASSION FOR CARING TO THE MEN OF JOSEPH'S HOME

Debbie Rovito, a longtime health care worker, has been a board member since May 2017. She is actively involved with programming for residents, including developing and running the Poetry and Pastries sessions this summer that have been a real treat for residents.

Debbie recently shared her thoughts on why she is involved with Joseph's Home and the importance of medical respite care.

Q: How did you first become involved with Joseph's Home?

A: Our family made monetary donations around Christmas and Easter for several years, and I would attend the Feast of St. Joseph Mass and reception.

Q: Why did you want to serve on the board?

A: One man with a spinal cord injury I treated at Metro-Health many years ago really stands out. He was living on the street in a rickety old wheelchair and became very ill due to a urinary tract infection. He was admitted, treated and was soon to be discharged—back to the street. My students taught him self-catheterization skills and other elements of bladder care after a spinal cord injury. I collected an abundance of supplies for him to take with him. He basically told me, 'Thanks but no thanks. Where will I go on the street to do this as often as I need to? When I wet myself and stink of urine, people leave me alone and don't hurt me or rob me of my stinking chair. This is how I survive.' I would occasionally see this man on my way to work, weak and ashen gray making his way down Lorain Avenue in that rickety wheel chair. He is someone I just can't forget and it compelled me to leap at the chance to be involved with Joseph's Home. As a nurse, I also felt I had plenty of knowledge to offer in the realm of health care.

Q: What is your professional background?

A: It's in nursing. Until recently, I was an RN, MSN and an advanced practice nurse called a Clinical Nurse Specialist (CNS). I spent several years as a nurse educator at the nursing schools at Case Western Reserve University and Ursuline College. I also worked for many years at the Louis Stokes VA Medical Center as a CNS in the specialty area of spinal cord injury rehabilitation. I trained nurses, veterans and their families in the specialized care required to cope with these injuries.

Q: What was the creative spark behind your idea to start the Poetry and Pastries group?

A: When I was involved in spinal cord care, our department started providing art therapy for our veterans. I became interested in the use of bibliotherapy. I found literacy levels to be a barrier for some of the veterans. My thought was to then try reading poetry and writing it as a group effort, but was not able to get it going. When I heard there were few activity opportunities for Joseph's Home residents during the summer, I was excited to give my idea a try. I have always had a passion for writing poetry. I thought it might be fun and therapeutic for the men to put experiences and feelings into words.

Q: Poetry seems like it could be a tough sell. How has it been received?

A: It has been very well received. The first two classes had close to 50 percent participation and residents have taken it upon themselves to write poetry on their own. So, instead of teaching about poetry, it may be time to offer assistance with editing poems and provide time for group readings of the men's original poems.

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BOARD SPOTLIGHT *continued from page 3*

Q: Which comes first? The poetry or the pastries?

A: Even if the draw is the pastries, it's great to get to know the residents and mix some fun into their routines. For example, after they wrote Haiku poems about their favorite things to eat, we had the cheesecake they described for dessert at the next class.

Q: What other programming have you been involved with?

A: I serve as a member of the program committee, so I am always working on something. Lately, my focus has been on providing more expressive arts during the slow summer months when student practicums are not available. And, how we might use nursing programs for resident education about their acute and chronic conditions. It keeps me busy and I am still doing part-time nursing.



Residents wrote Haiku poems about cheesecake, which they then ate at the next Poetry and Pastries group.

Q: Why do you think the mission of Joseph's Home is so important in the community?

A: As a Catholic, how can I not deeply care about the most vulnerable among us? As a citizen of Cuyahoga County and a health care worker, I understand the importance of finding solutions to issues related to escalating health care costs. There's also the burden placed on hospital systems and ERs who repeatedly care for the sick and cannot find long-term solutions for recovery because of homelessness. Medical respite care can interrupt this cycle. I am proud to support the mission of Joseph's Home. ♦

DO YOU WISH YOU COULD DO MORE?

Many caring and giving individuals sometimes think their “small” gift doesn't go very far for a charity like Joseph's Home. This is simply not true—every gift makes a big difference. But when you are no longer here, who will replace that regular gift that helped the men of Joseph's Home heal and transform their lives?

You can ensure the lasting legacy of compassionate, faith-based care at Joseph's Home continues for generations to come by including Joseph's Home in your estate plans. By designating Joseph's Home as a beneficiary of your estate, trust, individual retirement accounts, life insurance or other financial accounts, you will be leaving a legacy of care that will have a profound and meaningful impact for years to come. The proper beneficiary designation is:

*Joseph's Home
2412 Community College Avenue
Cleveland, OH 44115*

Tax ID Number: 34-1901676

If you have any questions or have already included Joseph's Home in your estate plan, contact Development Manager Madeline Wallace at 216.987.9201 for more information.

THANK YOU FOR YOUR SUPPORT.

Donor Spotlight: Giving is a family affair.



Jeanne and Mary Jo Lacklamp

For Mary Jo Lackamp, generosity and kindness are just in her nature. She attended school to be a teacher, but found her way into a pastoral care career. Giving her time and energy to many, her focus has always been on helping God's people—especially those who need it the most. Much like the Sisters of Charity of St. Augustine, Mary Jo has always felt that she has a responsibility to serve the needs of the community.

That's why when the Sisters of Charity of St. Augustine introduced her to Joseph's Home, she answered the call for help. Since 2006, Mary Jo has been providing clothes, household items, linens, hygiene products and monetary gifts to help the men of Joseph's Home.

"I have made a deliberate effort to spread the word about Joseph's Home to others. It amazes me that so many people are impressed with this ministry, but had not previously heard about it," said Mary Jo. "I believe that the men are affirmed and encouraged when they know that others are trying to respond by renewing the supplies that they use and providing support

for the existence of Joseph's Home. I believe it is important that they know they are thought of and cared about."

Mary Jo has shared her passion for Joseph's Home with many, including her daughter Jeanne Lackamp, M.D. "My mother's dedication to Joseph's Home has inspired mine. I felt drawn to help in any way I could, and my mother's involvement with this worthy cause was a great motivation for me," said Jeanne.

Jeanne is director of psychiatry and medicine at UH Cleveland Medical Center and director of the University Hospitals Pain Management Institute. As a psychiatrist caring for adults, she knows firsthand the challenges that those dealing with homelessness and illness face. "I appreciate that Joseph's Home not only serves those without a home, but those who have medical challenges. This is a labor of love and devotion on the part of the staff, for people who would otherwise not get the care they need."

The mother and daughter duo have given Joseph's Home so much, but have helped in a way that most forget.

Mary Jo and Jeanne share their enthusiasm for Joseph's Home with their friends, family and colleagues. "More people need to know about the good works that Joseph's Home does—their mission of kindness, openness and care for community members with complex challenges is crucial to sustain and grow," said Jeanne.

Together, Mary Jo and Jeanne have given countless gifts in kind and monetary donations to Joseph's Home. Without the help of supporters like Mary Jo and Jeanne, hundreds of men would not have the support they need to heal and achieve independence. "My contact with Joseph's Home has helped me to respond to the message, 'whatsoever you do for my own, you do for me,'" said Mary Jo.

The board of directors, staff, residents and alumni of Joseph's Home extend their sincere gratitude to Mary Jo and Jeanne Lackamp for their faithful and unwavering support of the most vulnerable members of the Cleveland community. ♦



St. John Neumann youth raised \$2,000 for Joseph's Home as part of their cardboard campout event.



Cardboard Campout Connects St. John Neumann Youth to Joseph's Home

Sleeping in a cardboard box isn't normally high on the list of how a teenager would like to spend a weekend night. But for a group of 25 teenagers from the St. John Neumann parish in Strongsville, cardboard boxes and the church lawn were home for one chilly night in April.

The group was participating in the annual cardboard campout event, which is a 20-year tradition that offers members of the parish youth group the opportunity to raise money for a worthy cause and gain a deeper understanding of the importance of giving prayers, time and treasure to those in need.

This was the first year Joseph's Home and St. John Neumann connected for the event, which was facilitated by Trena Marks Pacetti, social concerns director at the parish. The youth group did some volunteer work at Joseph's Home and decided it was a perfect fit for the cardboard campout.

"We all fell in love with Joseph's Home and its mission," said Paul Koopman, St. John Neumann youth director.

During the event, the teenagers, who ranged in age from freshmen to seniors in high school, wrote letters to residents, prayed and ate soup together. They also heard about Joseph's Home from Executive Director Christine Horne and learned about being homeless from Mike, former peer recovery supporter at Joseph's Home. Mike spoke about what led him to being homeless, going through recovery and working at Joseph's Home.

"Mike was struck by the maturity of the teens and their thoughtful questions. One question was, 'How did you find God when you were homeless?' The youth were very engaged and willing to put aside any preconceived notions about homeless people," said Christine.

The group raised \$2,000 for Joseph's Home by collecting money at the masses that weekend. Paul said the event was a big success. "Participants felt a connection to those in need, developing love and respect for them. We look forward to continuing to partner with Joseph's Home for this annual event," added Paul.

Christine said she was impressed that the group of youth were taking part of their weekend to devote to learning and advocating for the homeless.

"They were willing to step inside someone else's shoes and that action spoke volumes about their commitment to social justice and following God's commands to love one another." Christine continued,

"I was extremely grateful and inspired to meet these students and share the ministry of Joseph's Home." ♦



LUNCHEON *cont. from page 1*

Award to be given to a supporter, advocate, volunteer or partner of Joseph's Home that embodies his spirit and the mission of Joseph's Home. Executive Director Christine Horne presented the inaugural award to John "Jack" McGrath for his advocacy and support of the Sisters of Charity Health System and Joseph's Home.

"It's an honor to receive an award named after someone who gave so much," said Jack as he accepted the award.

Christine also presented outgoing Board Chair Carrie Benedict with a gift for her service and welcomed incoming Board Chair Richard Gallagher to the Joseph's Home Board of Directors.

During the luncheon, a new video giving an inside look at Joseph's Home was shown. The video includes testimonial from alumni Carl, Ralph and Russell. In the video, Russell said, "Joseph's Home rebuilds the foundation where you can put yourself back together. You're stronger when you leave here than when you came in." To view the video, visit josephshome.com/about.

Thank you to everyone whose participation and support made the event possible. To see more photos from the luncheon, visit facebook.com/josephshomeoh ♦

NEWS BRIEFS



Donate During We Give Catholic Day of Giving November 27, 2018

Save the Date! #WeGiveCatholic is November 27, 2018. Support Joseph's Home during this one-day giving event that provides Catholic schools, parishes, Catholic Charities sites/programs, special ministries and nonprofits affiliated with the Diocese of Cleveland the opportunity to raise awareness and funds. Last year, Joseph's Home raised more than \$11,700 on this day of giving.

Visit the WeGiveCatholic.org website on November 27, click on Search Organizations and type in Josephs Home or visit www.wegivecatholic.org//organizations/joseph-s-home.



Interested in doing more? Contact Development Manager Madeline Wallace at 216.987.9201 to become a peer-to-peer fundraiser and spread the word about the transformative healing at Joseph's Home! Stay tuned for more information on the Joseph's Home Facebook page and e-newsletter.

Residents Learn the Art of Soap Making

Joseph's Home is always looking for beneficial and engaging activities for residents, and the art of soap making is one of the newest activities. Residents recently learned the art from Courtney Mintz of Dirty Girl Soap Co. Using ingredients such as lavender, shea butter and olive oil, they created soap that is all natural and healthy to use. Students from MC2 STEM High School also joined in a soap making session, working side-by-side with residents to create soap. The students were there as part of a senior project. They wrote a grant to the Health Professions Affinity Community (HPAC) to donate supplies for the art therapy and soap making programs, as well as to provide care packages to all residents. The students from MC2 STEM visited Joseph's Home several times to learn more about how the homeless are served, hear residents' stories, deliver donations and participate in programming. Thank you Courtney and MC2 Stem High School for your partnership! The residents had such a great time learning from you.

In Loving Memory of Carl Henderson



Carl Henderson, resident of Joseph's Home, passed away suddenly and unexpectedly in the early hours of July 16, 2018. He came to Joseph's Home in December 2017 and had been making many improvements, inching closer and closer to independence. Carl was a double amputee who had recently received his prosthetics, and had just walked down the hallway. While he was at Joseph's Home, he loved to read because, as he once said, "It's so peaceful here."

With years of inadequate medical care and the homelessness Carl experienced, what happened is not entirely surprising. Nationally, homelessness exacerbates health problems, complicates treatment and disrupts the continuity of care. People experiencing homelessness encounter high rates of physical and mental illness, increased mortality and frequent hospitalizations. Homeless persons are three to four times more likely to die prematurely than their housed counterparts, most highly associated with acute and chronic

medical conditions exacerbated by life on the streets or in shelters.

"My prayers go out to Carl, and all that have cared for him. These are tough times at the house. Carl has now found permanent housing—with the Lord. Better than anything we could have done. The efforts of Joseph's Home and the staff made his last hours happy and comfortable. May his soul and those of the faithful departed rest in peace."

*— Rich Gallagher, chair of the
Joseph's Home Board of Directors*

We ask for your continued prayers for Carl, his family, and the staff and residents of Joseph's Home. Carl's memory will inspire all of us at Joseph's Home to keep providing quality care to our men because we are sometimes the last home they will ever know and some of the last family they will have. ♦

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