



## Spring 2013 Newsletter

Greetings to all Fresh Start supporters, donors, volunteers and friends:

In 2012 we served record numbers of clients. The day center continued operating six days a week. The Thursday and Saturday free medical clinics continue to serve the homeless and near homeless, in collaboration with Dirne Community Health Center and Cherished Ones Soup Kitchen. During the winter, we were able to raise the trigger point temperature for the Warming Center from 20 deg. to 25 deg. As a result, the Warming Center was open 44 nights, up from 31 last winter.

In 2013, our budget to keep the doors open and the lights on is \$100,000. By far, our largest expenses are for building rent, utilities and staffing. Our budget is tightly controlled, with an emphasis on keeping expenses down and making certain the dollars go to supporting clients and not towards administrative overhead.

Our greatest needs at this time are: (1) Money to keep center open. Please consider making a tax-deductible donation and working Fresh Start into your charitable contribution plan this year. (2) We need volunteers to help supplement our building staff. If you're available to commit to helping at Fresh Start, please call Teresa at 691-0473. (3) Adult clothing. Our clothing inventory is severely depleted. Please go through your closet and thin out what you no longer wear or need. Clothing can be dropped off any morning except Sunday.

Thank you for your continued support, helping Fresh Start serve our homeless neighbors.

Howard Martinson, Executive Director  
howard.martinson@gmail.com, 208-661-1524



**Fresh Start**  
1524 E Sherman Avenue  
Coeur d'Alene, ID 83814  
208-667-9798  
www.freshstart.org, freshstartcda@gmail.com  
Open M-Sat, 7:30am to 12:00pm

### President's Message

The board of Directors of Fresh Start has identified one of the biggest challenges we as a service organization face. When the board meets each month to hear reports about our everyday operations and provide guidance we hear a recurrent theme: The current directors would like more members of the community to get involved in the decision making. We need concerned and active members of the community to help guide and advocate for Fresh Start. If you are interested in helping, please let us know. Thank you for your support, Bill Smith.

## Fresh Start Executive Director

Howard Martinson, MBA

## BOARD OF DIRECTORS

Bill Smith

Patricia Cheesman, CPA

Jeff Brooks

T.J. Byrne, PA-C

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Tammy Graybeal

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Teresa Martinson

Kris McIlvenna

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Michael Schwegel

Lynn Tarbox

## Medical Director

Rolf Nesse, MD

## Consulting Attorney

Thomas M. Vasseur

## Thank -You, Thank-You, Thank-You!

Doma Coffee – We couldn't survive for very long without hot, strong coffee, and it flows from 7:30 to noon, M-S. Thank you very much for your generous donations.

Kootenai Medical Center – Thank you for the donations of fresh food from your kitchen. We offer a hot meal everyday, and your food donations keep our crock pots full!

Jimmy's Down the Street – Your donations of yummy biscuits really complete the meals we are able to serve.

Cheryl Metcalf – Thank you and your crew for another bountiful and delicious Thanksgiving luncheon.

Donors – Thank you to our generous donors. We are very fortunate to have so many donors who regularly show up with everything from a package of new socks, to a fully cooked meal, to a generous cash donation. We and our clients appreciate you, and thank you.

Volunteers – Thank you for the gift of your time and hard work that you donate to Fresh Start every day.

## Meet our Board Member Patty Cheesman

Our Volunteer Treasurer is Patricia Cheesman. Patty is a Certified Public Accountant licensed in Idaho and Washington. She graduated summa cum laude from Eastern Washington University in 1996 with a BA in Accounting. She has worked at major CPA firms in Everett and Spokane, Washington, and Coeur d'Alene and Post Falls, Idaho. Patty has been our Treasurer for over two years and is responsible for preparing our monthly financial statements, overseeing our internal controls, monitoring and preparing our budget, and preparing our state and federal tax and information returns. Patty owns her own tax preparation and business consulting practice in Post Falls. For fun, Patty enjoys boating with her husband, Joe, as well as gardening. Thank you Patty, for all you do for us!

## Fundraisers

*Thank you* to the ID Association of Health Underwriters, for designating Fresh Start as one of the recipients of the proceeds from the IAHU 2nd Annual Bowling Tournament Fundraiser. The tournament was held this past February at Sunset Bowling Center, and it was a fun and lively afternoon. Thank you again to Dave Unger and Brad Miles.

We'll keep you posted on the upcoming fundraiser for Fresh Start at the Texas Roadhouse BBQ Restaurant. Details will be forthcoming on date and time.

If you have an idea or suggestion for a future Fresh Start Fundraiser, please contact Linda Riggs at 208-215-0426, or email milini-da310@hotmail.com.

**Send us your email address...**In our efforts to go paperless, we would like to send our future Newsletters via email. If you would like to support this, please forward us your email address, and we will make sure you receive our upcoming Newsletters via email.



**Jodi Osinski**

We are happy to introduce the newest member of the Fresh Start staff, Jodi Osinski. Jodi moved to Coeur d Alene three years ago. She is married and has four children. She is expecting her first grandchild on July 5th! Jodi is currently enrolled in Lewis Clark State College, where she is majoring in Social Services. She has worked for CASA in California with abused and neglected children. Jodi is excited to help the homeless in our community. Welcome Jodi!

## Who Are Our Clients?

By Lynn Tarbox

For the past few months, we have been developing a profile of our clients so that we may better serve them and direct them to those who can provide longer term help. More than 60 of our clients voluntarily and anonymously filled out a questionnaire that asked many questions as to how and why they are in their current situation—homeless or near homeless. We thought that you, our generous and caring donors, would be interested in who comes in to Fresh Start.

**WHO** - 26% of our clients are women. We are seeing 40 to 80 people every day of the week except Sunday. Most are single males between the ages of 31 and 60, (40% from 31-50 and 26% from 51-60), of whom about a quarter are vets. Most have substance abuse problems and at least half have mild to severe mental disabilities.

**WHERE** - Half are from out of state, 42% have been homeless for more than a year and 58% have been homeless from 2 to 4 or more times in the past four years. Half of them live outside in campsites, cars, trucks, abandoned buildings, laundromats, movies etc. The rest live in transitional housing, motels, with friends, etc.

**WHY** - The aforementioned substance abuse is, of course, one of the primary reasons. Over half state that they are unemployed, have been unable to get a job and cannot afford housing. Divorce, domestic violence and mental and physical disabilities are also mentioned.

These folks are usually well behaved and generally decent people who have very serious problems. At Fresh Start they are able to get a shower, warm food, clothing, laundry facilities, phone and mail services and other basic human needs that allow them to get through another day.

**THANK YOU** to all of our Saturday morning breakfast providers: Pastor Ed and Dayda Peery of House To House Ministries; Tim Peterson and Dave Munger of Lake City Community Church, Josh & Kim Slack, family and friends, Makaia Foster, clients and friends. We've also had many other church, school, and charitable organizations provide breakfasts. Target employees have also provided not only breakfast, but household and cooking supplies as well.

The menus vary from eggs and pancakes, to biscuits and gravy, sausage, ham, hash browns, bread pudding, French toast, and fresh fruit. All delicious, nutritious, and freshly prepared with tremendous generosity and community spirit. It is likely the best meal our clients will enjoy for the week.

If you would like to volunteer for a Saturday morning breakfast, please visit the website: [www.takethenameal.com](http://www.takethenameal.com). User Name is Fresh and Password is Sherman. Please plan on preparing a meal that serves 100 to 125 people. For any questions, please contact Teresa Martinson, 691-0473 or email [martinsont@hotmail.com](mailto:martinsont@hotmail.com).



**Saturday Breakfast**



**Fresh Start Clean-Up Crew in Action**

We at Fresh Start have worked very hard over this past year to improve our public image. We have very distinct rules that we expect our clients to follow if they want to utilize our services.

Everyone who enters our facility agrees not to fight, not to use drugs, drink, steal, be respectful of others, and to clean up after themselves. If a client chooses to not follow these rules, they get asked to leave for thirty days. If they choose to break a rule for the second time they are trespassing through our local police department and banned from Fresh Start for life.

In addition to helping our clients get a fresh start to life we also try to provide a fresh and clean environment for the local area that we are located in. Through the city of Coeur d'Alene we have adopted Sherman Ave., between 15<sup>th</sup> and 22<sup>nd</sup> St., by adopting this street we pledge to pick up trash and keep it clean at least twice a year. Our clients take pride in this task and they make sure to work hard to complete it.

**Life Skills at Fresh Start**  
**By Justine Graybeal, Operations Manager**

Fresh Start is always putting in hard work to live up to its name and provide a fresh start to those who are in need. We have provided the essential daily needs since 2004 and the opportunities we offer are continuing to grow. For the last couple of years, Fresh Start has been able to provide more than the essentials to survive; we have been providing the skills needed to become a functioning member of society. Within the past year we have built up our life skills programs and are now able to offer our clients an array of options to improve their lives.

One of these options is to provide funding for an I.D. This is important to the homeless population because it is necessary in gaining employment and housing. One other option we offer is funds for medication. Most of our clients do not have health insurance and it is difficult to obtain medication. We will pay up to \$25 for non-narcotic medications. All we ask is that they provide a receipt showing that they have used our money for that purpose. If they do not provide the receipt then they are banned from Fresh Start. Our clients have respected this rule and it has been extremely successful.

Another option we offer is we help clients secure employment. We have created a job board with different employment opportunities that are produced from the Idaho Dept of Labor and Craig's List. This has been very successful with at least a dozen of our clients finding a job. In order to get a job these days a person must have a resume. This can be a difficult skill to have if a person has never created one. We now offer assistance in creating a resume, which has helped our clients learn the skill and gain employment.

If our clients would like to further their education, we help them apply for college and financial aid. Just like applying for a job or building a resume, it can be a challenging process to apply and register for college. We now have about six clients who are currently attending college.

We all know the saying "nothing is free" and we at Fresh Start stick to that. In order to obtain this help, we ask that our clients help out around the facility. They do this by helping to clean and organize different areas of the facility. Our clients are very grateful for the assistance we provide and are always willing to help.

Fresh Start would not be able to provide these services if it wasn't for the amazing volunteers, donations, the directors, and our staff. We look forward to progressing in the opportunities we offer, changing people's lives, and continuing to live up to our name.



**1524 E Sherman Avenue**  
**Coeur d'Alene, ID 83814**

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