



*December 2009*

**Staff**

Cruger Phillips, LPC  
Executive Director  
Molly Reynolds  
Administrator  
Lorri Fitzsimmons, LCSW  
Counselor  
Colleen Porth, MSW  
Counselor  
Diane Drake, MA  
Family Counselor  
Cheli Lange, MA  
Clinical Coordinator  
& Counselor  
Caitlin Basile  
Social Work Intern

**Board of Directors**

Bob Izard  
President  
Raja Arabolu  
Treasurer  
Elleen Rau  
Secretary  
  
Leslie Ashford  
Joshua Dunn  
Sharon Gaddy  
David Knishkowsky  
Jen Krebsbach  
Cindy Lawler  
Ann Mikulak  
Shannon Perry  
Collen Peterson  
Chris Skelly  
Art Spada

**Advisory Board**

John Berman  
Cynthia A. Brown  
Rev. Tom Carr  
Karin Champagne  
Lynn Everett  
Susan Fellman

*Dear Friends,*

*Like many parents, I had hoped that neither of our children would get a tattoo. When the team photograph of our 21 year old son, Emmett, arrived, I noticed what looked like a blue bruise on his upper arm. I wrote him a most succinct email, "Do you have a tattoo?" Initially stunned by the news, I was later relieved to see an 7 inch angel tattooed on his left arm and shoulder. He said it was, "to give him strength" in his last year of college football. How reassuring it is to know that he wanted an angel on his shoulder.*

*When I first began working with families, I was drafted into teaching parenting classes, which were strictly by the book. I now cringe at my total lack of experience. Currently, in an adult-to-adult phase with our children, I can humbly say, it is unpredictable and more challenging than I ever dreamed.*

*During the nearly 37 years that **HopeWorks** has provided hope and help to young people and their families, we have worked with thousands of individuals and families in innumerable counseling sessions. The services that you help us to provide, offering compassionate listening, information, counseling and encouragement to parents and young people makes a great deal of difference.*

*This year we have seen more young people concerned about family finances, joining the work world early and delaying further education while they take care of basic needs. Too often concern about the future becomes paralyzing anxiety in high school students. With the job market so shrunken, many young people couldn't find summer jobs leading to extra pressure at home.*

*In this newsletter you can read about our newest staff additions who bring great heart and expertise to their work with **HopeWorks** clients. After many years of faithful service Frank Hill decided to retire. We do miss him. However, Cheli Lange and Diane Drakes have already greatly added to **HopeWorks**; working with them is inspiring new ways to "provide help and hope".*

*The wisest piece of parenting advice I ever got was the humbling reminder that, "Your children have a Higher Power, Cruger, and **it is not you**". Often what we fear turns out to be a gift; just remember the angel tattoo.*

*May your New Year be full of humor, humility and many blessings,*

# Profiles in Hope

## **Shawn Lang**

*I often say that I've been a peaceful warrior in this fight to end the AIDS epidemic for over 20 years.*

*In 1981, I remember sitting in the office of the gay student union at my college, and reading about the first reports about this strange and frightening disease that was killing young, gay men at alarming rates in cities across the country. And I remember how scared we all were about this unknown plague that was cutting a devastating swath of destruction across my community.*

*Over all these years, despite budget cuts and increasing numbers of HIV infections, my resolve and passion hasn't abated; in fact, it's only grown stronger.*

*Every day I see and meet people with HIV/AIDS who have had to overcome seemingly insurmountable barriers and challenges in their lives; people who are not just medically fragile, but socially fragile and vulnerable. But they have such courage each time they tell their stories to their friends and families, to policy makers, to me.*

*Their courage gives me hope and reminds me of why I do what I do and it's what keeps me in this struggle for the long haul.*

*Peace,*

*Shawn*



Shawn is a long time AIDS activist, is the Director of Public Policy with the CT AIDS Resource Coalition (CARC) and serves as the President of the Board of the National AIDS Housing Coalition.

She lives in West Hartford with her 12 year old son, Corbett Éamonn Lang. Shawn is a talented singer and guitar player, and with her band will be an auction item at the upcoming Mayor's Charity Ball.



**February 6, 2010**

The 11th Annual Mayor's Charity Ball is nearly upon us! This gala event is a vital fundraiser for both **HopeWorks** and **The Grounds**. The Hartford Golf Club will be the elegant setting for this "Night of Laughter", fine dining and celebration of the West Hartford spirit.

**The Mayors**, back by popular demand, will again present an unforgettable musical happening.

If you would like more information please call: (860) 561-1175 x 703 or visit [www.themayorscharityball.org](http://www.themayorscharityball.org)

Local parent and NBC anchor **Brad Drazen** will be the emcee with a special guest **David H. Steinberg**, West Hartford native son, and comedy screenwriter of *Slackers*, *National Lampoon - Barely Legal* among others. **Latanya Farrell and the Bookman Styles Band** will provide music for dancing.



## Introducing Two New HopeWorks Staff Members

As a counselor specializing in traumatic stress, I am influenced by the idea that we all have an ever-present intuition that calls to us, yet we must sometimes cut through layers of confusion, doubt, and fear to access that intuition and hear our soul's wisdom.

Fascinated with the processes of healing, growth, and discovery, and inspired by the courage of our clients, I consider it an extraordinary privilege to be working with adolescents and their families at HopeWorks. The developmental task of the adolescent, to form an identity that includes both autonomy and memories have been addressed in a way that allows the individual to move naturally to his/her greater health and wholeness. Look for our Paper Intervention™ brochure titled "When Bad Things Happen" (available on our website) for more information on trauma counseling at HopeWorks.



**Cheli Lange M. A.**

Another aspect of my position that I have just begun and am approaching with much enthusiasm is that of Clinical Coordinator. By exploring, assessing, and integrating where appropriate, the latest discoveries in the field, we will continue to grow as counselors, thus enabling us to provide the best possible services to meet our clients' needs.

I welcome any questions or ideas about our services. Please feel free to contact me at 860-561-1175 x709 or by e-mail at [cheli@hopeworkscentral.org](mailto:cheli@hopeworkscentral.org).

*"Family isn't about whose blood you have. It's about who you care about." Parker, Trey and Matt Stone*



**Diane Drakes, M. A.**

As a counselor it's important to realize what compels you to help and serve others. For me personally, family has been one of the greatest gifts in my life, and my ability to partner with families within a counseling relationship brings me great professional satisfaction. As the new family counselor at **HopeWorks**, connecting and working with families in need of restoring relationships, building respect and communication is in complete alignment with where I am in my professional journey. Since completing my internship at **HopeWorks** in 2001, I have been blessed with numerous professional opportunities in higher education. However, I must admit I often reflected on my positive experiences at **HopeWorks** as an intern and the many lessons learned during that period of time in my life.

It's been said that people or opportunities can come into your life for a season, a reason, or a lifetime. With that in mind, you can fully understand my excitement when I heard that there was an opportunity to return to the **HopeWorks** staff. As an educator, counselor and Certified Dream Coach® I'm sure that my work with families will be meaningful to everyone involved in the process. My professional credentials along with my extensive experience in higher education, specifically working with young people, means my clients can be assured that they will receive not only the insights and information they need but also the personal support that will inspire them to become focused on living a life without limits and creating stronger family bonds.

I'm grateful to have the opportunity to serve **HopeWorks** and the community again, and if I can be of assistance please do not hesitate to contact me at 860-561-1175 ext. 711.

## A Message from Board Chair Bob Izard

**HopeWorks** devotes all of its efforts to our kids – helping us take care of our kids, and helping our kids take care of themselves. We respond to every young person who comes to us no matter what the circumstances – we don't require that they show us an insurance card and make a co-payment to get in the door. As a result, we are able to respond to any crisis immediately. We also provide ongoing counseling, sponsor community education programs, write Paper Interventions addressing significant issues affecting teens and their families – all in an effort to address problems before they become overwhelming. We do whatever we can to help our kids grow up in this complicated time.

We especially thank the many members of

this community who share the wisdom of their experiences with us. These include the many parents, teachers and guidance counselors we meet along the way, and especially the kids themselves who often have wisdom beyond their years – sometimes listening to the kids is the best way to learn to deal with a problem.

At **HopeWorks**, our staff and Board of Directors continue to work to make sure our young people stay strong and have hope. We have remained a thriving organization in West Hartford for thirty-six years because our community has had faith in us. We thank you for your continued support. Let us all remember that hope and help for West Hartford teens and their families is what **HopeWorks** is all about.



*Providing hope and help to young people and their families through  
counseling, education and community outreach*

## 2009 Contributions

1/1/2009-12/10/2009

### Individuals:

Quincy & Zelia Abbot  
Eileen Brewer-Akin & James Akin  
Marie & Tom Allan  
Carol & David Allen  
Robert & Susan Andrews  
Leslie Ashford  
Richard & Magali Audet  
Karen & Jim Bachman  
Linda Bailit  
Daniel Barrows  
Sherri Bedingfield  
John & Laura Berman  
Doug & Sara Billings  
Gordon & Karen Binkhorst  
Courtney & Anne Bourns  
George & Myra Bowers  
Ralph Braithwaite & Susan Carta  
Alice Brennan  
Joe & Carole Brophy  
Cynthia Brown  
Margaret Buck  
Anthony & Judy Busch  
Steven Buttner  
Marie Callahan  
Geordie & Pam Campbell  
Linda & Stephen Carr  
Anne & Jim Carroll  
Roger Catlin & Diane Randall  
Karin Champagne  
Brian & Ellen Clarke  
Christopher Coley  
Dennis & Anne Collins  
Myron & Lin Congdon  
Myles & Suzanne Connell  
Estate of Patricia Coombs  
Nancy & Dick Davis  
Cleveland & Jean Denton  
Nancy DePalma  
Hans & Nadia Deutsch  
David & Debbie Downes  
Joshua Dunn  
Sally Emmel  
Richard & Wendy Fair  
Barry & Clare Feldman  
Lowell & Julie Fewster  
Connie Fichtner  
Tom & Madelyn Filomeno  
Dan & Joni Fine  
Tom & Elizabeth Fitzpatrick  
John & Anna Forlenza-Bailey  
Gordon & Molly Fowler  
Lynn Fraser  
Nan Glass  
Sylvia Glover  
Kathy & Michael Golas

Roger Goldbeck  
Kathy & Mike Gorman  
William Hall  
Margaret & George Hann  
Scott Harding  
Elwyn & Elsie Harp  
David & Merle Harris  
George & Laura Hastings  
Win Heimer  
Susan Hope  
Jim & Mary Hourdequin  
Richard & Beverly Hughes  
Virginia Hughes  
Susan & Richard Huleatt  
Melvin & Pamela Hyman  
Robert & Susan Izard  
Keats Jarmon  
Ronald Jerdonek  
Alice Johansson  
Amy Olney Johnson  
Carl & Sally Johnson  
Mark Johnson  
Robert Jones  
John & Gerry Joy  
Ronald & Arlene Kaizer  
Dennis & Mary Keenan  
Robert & Elizabeth Kiely  
Eugene Kilbride  
David Knishkowsky & Judy Greiman  
Mark & Chantal Kotyla  
Richard & Ann Krissingner  
Jim & Cynthia Lawler  
Richard & Ruth Leggett  
Joyce Leibert  
John & Joyce Lemega  
Mark & Marie Levine  
Susan & Richard Lindberg  
Jan & Kathy Lommele  
Christine Looby  
Bill & Margie MacDonnell  
Bob & Sheila MacGregor  
Stephen Majeski & Ruth Martz  
Karen Masse  
Harry & Mary Meyer  
Henry & Ruth Millan  
Nick & Pam Moffo  
Sharon & Greg Mogel  
Richard & Susan Morey  
Mary Lee Morrison & Bill Upholt  
Bob & Maureen Ney  
Janet O'Connor  
Margaret Farrell O'Keefe  
David & Barbara Palten  
Bernard & Nancy Pelletier  
Ed Peltier  
Brewster & Judith Perkins  
Susan Petty-Bailer

**2009 Contributions**  
**1/1/2009-12/10/2009**

Elizabeth Pinney  
Bill Pinto  
Jerry Ann Putt  
Ed & Susan Quinlan  
Robert & Eileen Rau  
Philip & Katie Reynolds  
Barbara & Rick Roberts  
Rex & Kathleen Roberts  
Beatrice Rodgers  
Tom Rollins  
Wayne & Donnalou Rollins  
David Roones & Carol Honeychurch  
Helen & Bob Roth  
Joy Rothschild  
Mary Sanady  
Oscar & Marianne SantoDomingo  
Andrew Schoolnik  
Rosemary Semanski  
Ronit & Scott Shoham  
Doris Shuskus  
Herb & Judy Silver  
Evie Simons  
Christine Skelly  
Norman Sousa  
Ann & Bob Sprague  
Cheri & Dick Stabnick  
Rhoda Steinberg  
Tom Steinle  
David & Liz Stoner  
Richard Stratton  
Anne Streeter  
Karen Tomasko  
Tim & Patty Tracey  
Tom VanderMeid  
Michael Wasta  
Marg & Jim Weaver  
Charles & Shirley Wilkinson  
Bill Williams  
Tom & Clare Wills  
Joe & Susan Wilson

**In honor of Susan Fellman:**  
Asylum Hill Congregational Church

**In honor of Kathy and Jan Lommele:**  
Laurie Bauer  
Thomas & Maureen Field

**In honor of Colleen Peterson:**  
Ava & Harold Geetter

**In honor of Cruger Phillips:**  
Amy Johnson

**In honor of Alanna, Matt and Zach  
Scheinerman:**  
Elaine Jerdonek

**Faith Communities:**

Asylum Hill Congregational Church  
Dorcas Society, Bethany Lutheran Church  
Elmwood Community Church  
First Baptist Church  
First Church of Christ Congregational  
St. James's Episcopal Church  
St. John's Episcopal Church  
Temple Sinai  
Universalist Church of W Hartford  
West Hartford United Methodist Church  
Westminster Presbyterian Church

**Business and Community Organizations:**

The Aetna Foundation  
Blue Back Square/Ronus Properties  
Bob's Discount Furniture  
The Hartford Courant  
ING  
The Rotary Club of West Hartford

**Foundations:**

The Arnold and Sandra Chase Family Foundation  
Ellen Jean Goldfarb Memorial Charitable Trust  
The Hartford Courant Foundation

**Many thanks to the faith communities and  
individuals who participated in the  
Annual Mum Sale**

The Crown Supermarket  
The Knights of Columbus from:  
*St. Mark the Evangelist*  
*St. Thomas the Apostle*  
*St. Peter Claver Churches*  
*And all the faithful buyers of our Mums*

**Abundant thanks to the many who made the  
10<sup>th</sup> Mayor's Charity Ball a great success:**

The Sponsors  
Donors  
Attendees  
& Volunteers