



# Stephen Center NEWS

Spring 2006

Hope • Help • Heroes

MORE THAN A HOMELESS SHELTER

## OUR MISSION

Stephen Center is committed to assisting individuals and families restore their physical, emotional and spiritual health through a continuum of care.

Watch for a future mailing announcing the date of the **JUNE 2006 OPEN HOUSE** of the new **HERO Program building!**

See a construction update on **pages 2 and 3**

## Desperately Seeking Men for Overnight

**Jobs Available:** Bev is finding it very difficult to fill all our volunteer slots at the Center. She desperately needs men to call in and volunteer!

**Shifts Available:** Evenings, weekends, overnights, in lengths ranging from 4 hours to 8 hours.

**Benefits Available:** Besides knowing that you're helping others in need, our overnight person has a soft, cozy, wonderfully comfy bed to sleep on.

Stephen Center relies on men to help in the evenings, weekends and overnights.

**Come on,  
call Bev and lend a hand!  
(402) 731-0238 ext 28**

## THE HERO PROGRAM

### A Heartfelt Letter from a Guest

*Our guests come to us looking for help and hope. It is our mission to provide the help they need to lead a healthy and successful life. We give them hope because we care. In each newsletter, we will print a letter from a guest of Stephen Center. With every letter you read, we hope to help you understand how your support makes a difference in the lives of those we serve. Our lives are blessed with each guest that comes through our doors.*

### "Back for a Different Reason"

**I** came to Stephen Center August 19, 2003. Two mornings earlier I had wrecked my car and had gotten my third DUI. I knew about Stephen Center HERO Program from a previous shelter stay about two years earlier. I guess that the time had not yet come for me to hit rock bottom. HERE IS MY STORY.

#### APRIL 2003

In April 2003, I lost my job and soon found myself living in my car. I was collecting unemployment, so I wasn't totally without means. I also lived in a cabin out on the Platte River, a cabin with no electricity or running water. I spent most of my time so drunk that I didn't know what time of day it was or even the day of the week. I never ate solid foods so I threw up often. My eyes were solid red from the pressure. I came into town once a week to pick up my unemployment check. This went on for months.

#### JULY 2003

The month of July was horrible. I went to Detox twice just to sober up for a few days, get rid of the shakes, and help my body accept solid foods. But when I felt better, I would leave and drink again. By now the drinking and the depression were at an all-time high. Twice I went to the Spring Center, a crisis center. Again, I would leave when I felt a little better and do what I did best to combat the depression ... DRINK!

*Continued ... see **A HEARTFELT LETTER** page 8*



*"The HERO Program helped me deal with my addiction and its many separate issues."*

*"The HERO Program helped me get the proper medical care — both physical and mental."*

*"Thanks to Stephen Center, the HERO Program and Transitional Living Program, I now have a new lease on life."*



*Hope • Help • Heroes*  
**Stephen Center**

**STEPHEN CENTER STAFF**

**Phone: (402) 731-0238**  
**Fax: (402) 731-0838**

**Executive Director – Extension 26**  
 Del Bomberger

**Administrative Assistant – Extension 28**  
 Beverly Hoschar

**Counselors - HERO Program**  
 Mike Johnson – Extension 21  
 JoAnne Macke – Extension 32  
 Kathy Lee – Extension 31

**Admin Assistant – HERO - Extension 25**  
 Martha Harmon

**Staff Office – Extension 22**  
 Maggie Nocita

**Emergency Shelter/T.L. – Extension 34**  
 Sharon Hughbanks

**Facilities Manager – Extension 29**  
 Joe Tague

**Development – Extension 39**  
 Bambi Bartek

**Accountant – Extension 33**  
 Gwen Teeple

**Kitchen Coordinator – Extension 24**  
 Betty Hoschar

**Day Shelter/Weekend – Extension 22**  
 Craig Boardman  
 Brian Polonic  
 Gary Scarpino

**STEPHEN CENTER  
 BOARD OF DIRECTORS 2006**

**Executive Committee**

**President**                      **President Elect**  
 Barb Fobert                      Doug Taylor

**Treasurer**                      **Executive Director**  
 Tim Paymal                      Del Bomberger

**Members**

Reba Benschoter	Lorie Lewis
Nick Dayan	Scott Mingus
Tom Friehe	Mary Rahal
James Frost	Sally Sapikoski
James L. Hanson	Ken Shimek
Julie Harney-Stamps	Jim Steier, Jr.
Shawntell Hurtgen	Troy Wilhelm
John Jackson	Fr. Carl Zoucha
Celann LaGreca	

*From the desk of the*



- A.** *The new HERO building project is on schedule for a July 1, 2006 move-in date. Pictured above, the outside facing east as it appeared in late March 2006.*
- B.** *The outside facing west as it appeared in early April 2006, with the insulation applied and brickwork begun.*
- C.** *The brickwork is underway! Many hard-working brick layers make the job seem easy!*
- D.** *Client apartments will feature enough bathrooms that only four people need to share a shower. Current arrangements make it necessary for four showers to be shared by 39 residents.*

**Watch for a future mailing announcing the date of the JUNE 2006 OPEN HOUSE!**

# EXECUTIVE DIRECTOR *of the* STEPHEN CENTER

## *Building Update, Current News and Future Concerns*

**T**he Lion of Winter has retreated but not diminished the whirlwind of activity at Stephen Center.

### HERO BUILDING UPDATE

The new HERO building has risen from the ashes of the South Seven Bar like the phoenix that it will represent for the next class of HERO participants. The relatively pleasant winter has allowed the project to stay on schedule for a move-in date of July 1, 2006. Drywall is being hung over the framing, plumbing and electrical work in the basement which will be home to the kitchen, resource center and several offices. Each day the vision developed by the Board of Directors and staff just two years ago, in February of 2004, brings us closer to a new and exciting reality. This has all been made possible by the kind and generous continued support of our small but mighty volunteer and donor base. This group has stepped forward with the funding and pledges necessary to ensure the initial success of the newly expanded HERO Program. *See photos to the left.*

**We cordially invite you to plan on joining us in June 2006 for an OPEN HOUSE and TOUR OF THE NEW FACILITY. We will announce the date in a future mailing.**

### "CRUISE AWAY" A GREAT SUCCESS

The annual Cruise Away was held February 25, 2006, and once again proved to be a great success. Please consider attending next year's event again if you were there this year and for the first time if you missed it. This is not some stodgy fund-raiser; people enjoy being there and have a very good time. **Stephen Center Guild** (*see page 5*) is an incredible asset that is actively engaged in supporting the Stephen Center year-round. Their efforts are particularly appreciated by clients and staff alike. **Julie Harney-Stamps** has done an excellent job of leading the organization this year and we are all grateful for the work that she has done.

*See pages 6 and 7 for more on **CRUISE AWAY***



*Del Bomberger*  
**Executive Director**  
**Stephen Center**

### NEW FACES ON THE BOARD

The Stephen Center Board welcomed some new faces this year with the addition of **Shawntell Hurtgen, Sally Sapikoski, Ken Shimek, Tom Friehe** and **Tim Paymal**. Former board member **Nick Dayan** has returned as well. **Barb Fobert** is Board President for 2006 which will prove to be another exciting year at The Stephen Center.

### ONE NOTE OF CONCERN

As might be expected all of the extra contributions and pledges that have been focused upon the new HERO building have come at something of a cost where other critically important programs are concerned. Individual contributions to Stephen Center which are used to support the Emergency Shelter, Transitional Living Program and Day Shelter were \$55,000 lower than in 2004. To be honest, while we expected a decline in individual contributions as being normal during a Capital Campaign, the actual numbers were a surprise.

I would ask if it is possible, that you consider increasing the amount or frequency of your 2006 donations, it would go a long way to helping regain the funds that didn't arrive in 2005. This would also be a great time to make a first time gift, or to make Stephen Center a part of your estate planning. If you have questions or need help with your gift decisions, please contact us at (402) 731-0238.

It's going to be another great year at Stephen Center. Thank you for being a part of it.

Del E. Bomberger, Jr.  
Executive Director

### **Future Needs**

In 2005, individual contributions to **STEPHEN CENTER** which are used to support the Emergency Shelter, Transitional Living Program and Day Shelter were \$55,000 lower than in 2004!

**We need your help.** Please consider increasing the amount or frequency of your 2006 donations. This would also be a great time to make a first time gift, or to make Stephen Center a part of your estate planning. You may use the envelope that accompanies this newsletter, or contact us at (402) 731-0238.

# Memorials and Honorariums

November 1 2005 – March 31, 2006

You can memorialize a loved one or pay tribute to someone special in your life while helping those in need in our community. When you make a Memorial or Honor Gift, the Stephen Center will send an acknowledgement card to the family or honoree. Gifts are also recognized in this newsletter. You may use the enclosed envelope to send your gift.

## In Loving Memory of

**Jimmie Amsden**  
Bambi & Jessie Bartek  
Bev & Don Hoschar

**Dale Audiss**  
Don & Sybil Beller

**Irene Bates**  
Catherine Hurt

**Tom Belford**  
Mary Ann Belford

**Mrs Retha Buick**  
Joe & Karen Kun

**Harry Carbullido Sr**  
Carmen Carbullido

**A Dean Christensen**  
Don & Sybil Beller

**Douglas Ficke**  
Pat Ficke

**Paul Gerloff**  
Theresa Meyers

**Joe Glogowski**  
Phyllis Glogowski

**Joe Haller**  
Colleen & Ted Wuebben

**Robert Harms**  
Jack & Roberta Mullen

**William H. Hayduk**  
Marianne Hayduk

**James E Heavey**  
Helen Thompson

**Emily Herting**  
Barbara Herting

**Richard Holst**  
Irv & Barb Holst

**Bob Jeffrey**  
Robert & Willow Head

**Jayson Jewell**  
Kudym Family

**Regina Koziol**  
Mary Fran Brannen

**Jerry Leary**  
Mary Madden  
Mary Ellen Uphoff

**Mary Ann Lindley**  
Joseph & Luetta Stuczynski

**Mark & Mary McCoy**  
Margaret McCoy

**Mary Ann Marx**  
Jim & Maureen Marx

**Bessie Menousek**  
Dorothy Menousek

**Edna Miller**  
Don & Sybil Beller

**Monica J Moe**  
JoAnn & Les Nielson

**Father Thomas F. O'Brien**  
Msgr Tom Furlong

**Loo O'Donnell**  
Mary & Mike Kelly

**Marie Pepin**  
Catherine Hurt

**James Pertzmeier**  
Don & Sybil Beller

**Josephine Picking**  
Ruth Howard  
David Picking

**Verleta (Pat) Richardson**  
Kay Lawson

**Carolyn Ann (Kouma) Rodriguez**  
Marilyn Kouma

**Chris Rosenberg**  
Donna Arp  
Pam Bailley  
Bambi Bartek  
Cindy Beal  
Harold & Joyce Bellamy  
Jackie & Mark Briley  
Pat Chapinski  
Greg Clemons  
John Evans  
Mary Lee Fitzsimmons  
Mary Fritch  
Dennis & Susan Fry  
David & Sharon Glenn  
Harriett Greenwalt  
Martha Harmon  
Carl & Nadine Heath  
Archie & Heather Heffernan  
Mary Hlas  
Kathy Hobson  
Betty Hoschar  
Beverly Hoschar  
Sharon Hughbanks  
Mike Johnson  
Pam Kaufman  
Kathy Lee  
Lana Long  
JoAnne Macke  
Carol & Jim Manning  
Daniel & Traci McKeon  
Susan Medinger  
Sara Meyer  
Frances N Newberry  
Jane Shanks  
Julie Stamps  
Beda & Ronald Stoner  
Joe Tague  
Gwen Teeple  
Mary VandeVoorde  
Mary VoPava  
Anne & Richard Wagner  
Brooke Wilson  
Kathy Wilson  
Dan & Pam Wright  
Bonnie & Eugene Wurl

**Karen Rozmarin**  
George Rozmarin

**Joe Shimek**  
Nell Shimek

**Gary M Smith**  
Omaha Print

**Marie & Stanley Sobczyk**  
Emily Sobczyk

**Harry Sorensen**  
Frank & Dorothy Mixan

**Rodney Stantz**  
Dr. Tim Crowley  
Celann LaGreca

**Zdenka Svoboda**  
Dorothy Menousek

**Betty Swanson**  
Dick & Jeannie Lininger  
Irene VanMoorleghem

**John R. Thomas**  
Michael Aliano

**Donald & William Uphoff**  
Mary Ellen Uphoff

**Joseph Vacek**  
Alice & Ted Stolinski

**Ron Welna**  
Frank & Judy Mascarello

**Peggy Wittlinger**  
E.J. Wittlinger

## In Honor of

**Melinda Alsman**  
Anonymous

**Joanna Arnold**  
Patricia Will

**Julie & John Cavanaugh**  
Mary & Steve Boyles

**Clare Cholet**  
Mary Margaret O'Hearn

**David Clark**  
Jane Dugan

**John & Jennie Condon**  
In Lieu of gifts

**John Dacey**  
Bette Evans  
Mike Makoid

**Mary Clowers Davis**  
Ruth Davis

**Craig & Gina Dietz**  
Joe & Vesta Sobczyk

**Msgr Tom Furlong**  
Fr Patrick McCaslin  
Fr James Sullivan  
Fr Tom Ward  
Mary Ann Steinauer  
Mary Jane Watterson

**Emily & Nick Grage**  
Clara Phillips

**Bernie Graves**

**Bill & Tricia Graves**

**Chuck & Kay Graves**

**John & Shelley Graves**

**Loretta Graves**

**Ma & Pa Graves**  
Mary & Steve Boyles

**Greg Euflinger**  
Mary & Steve Boyles

**Sr Tarcisius Hanna**  
Eugene Goltl

**Frank Hilt for years of service to the Stephen Center**  
Jennifer & Richard Cunningham  
Frank & Judy Mascarello  
William & Susan Wiedemeyer

**Bill & Bunnie Kizer**  
Dick & Maureen Kizer  
Ed Kizer

**Kathy Lee**  
Jane Dugan

**Joan McAleer**  
Mariann Pape

**Father Pat McCaslin**  
Phyllis Finn  
Mary Ann Steinauer

**Dick & Sharon McNeil – gratitude for founding the Stephen Center**  
Jackie Devaney

**Sharon McNeil Birthday**  
Jack & Roberta Mullen

**Mr & Mrs Brandon Melton**  
Howard & Dorothea Merriman  
Paul B Walton

**Carolyn Merriman-Melton**  
Kriss Barlow  
Suzanna Dewey  
Allison McCarthy

**Jeff Miller**  
Garnet & Jack Miller

**Mariann Pape**  
Joan McAleer

**In Lieu of Christmas gifts to family**  
Rita Ryan

**Mr & Mrs John Slaven**  
Clara M Phillips

**Rhonda & Wayne Stuberg**  
Garnet & Jack Miller

**Father Jim Sullivan**  
Phyllis Finn  
Mary Ann Steinauer

**Doug & Vickie Taylor Wedding**  
Janet Coleman  
Delight & Gregory Hull

**Cathy Vierrigger**  
Joe & Mary Vocelka

**Mary Jane Watterson**  
Msgr Tom Furlong

**Fred & Rita Weaver**  
Mary & Steve Boyles

**Eric Will**  
Elaine Kuncio  
John B Will  
Patricia Will  
Evan Will

**Kathy & Milt Zadina**  
Mary & Steve Boyles

**Tom Zadina**  
Jeffrey Johnson

*A Special Thank You To*  
**STEPHEN CENTER GUILD**

The year is almost over for this years Guild board and I believe that we have failed to recognize the tremendous job that they have done. Under the direction of **Julie Harney-Stamps, Guild President**, the board has flourished! It is exciting to see the growth, youth and energy that this group has harnessed. We would like to thank each and every member for their dedication to Stephen Center and all of its clients. A special thank you to Julie for keeping her mind open and for her ability to see with her heart! We look forward to working with **Karine Jelensperger-Mentzer** in August 2006.

*Pictured: (Bottom left) current Guild President Julie Harney-Stamps and Vice President Karine Jelensperger-Mentzer take a moment to pose for the camera. Guild Board members spent many volunteer hours planning, organizing, and setting up for this year's Cruise Away gala, "Rio de Janeiro." Thanks to their tremendous efforts, this annual fund raising event continues to help underwrite many of the programs at Stephen Center.*



*Thank You To*  
**STEPHEN CENTER  
 GUILD BOARD  
 2005-2006**

**Officers**

- Julie Stamps** - President
- Karine Mentzer** - President-Elect
- Sharon D'Silva** - Secretary
- Julie Skradski** - Treasurer
- Del Bomberger** - Executive Director

**Members**

- |                |                  |               |                   |                 |
|----------------|------------------|---------------|-------------------|-----------------|
| Bambi Bartek   | Penny Fidler     | Aimee Ketchem | Sharon O'Brien    | Theresa Wilhelm |
| Kim Burkhalter | Ann Fischer      | Beth Koukol   | Jolene Piaskowski | Christi Wood    |
| Christa Colo   | Victoria Halgren | Chris LaFever | Paula Pittman     |                 |
| Rose Dowd      | Shelley Homa     | Kellie Mingus | Patti Pryor       |                 |
| Tracy Eakins   | Mamie Jackson    | Kathy Mrla    | Deanna Redfern    |                 |
| Sally English  | Theresa Johnson  | Brenda Nelson | Julie Taylor      |                 |



**VOLUNTEERS ALWAYS NEEDED!**

As demonstrated by the members of the **STEPHEN CENTER GUILD**, volunteer hours can be as valuable as donations of cash or tangible goods. It takes many dedicated and loyal volunteers to help us provide for the needs some in our community require at difficult times in their lives.

**At Stephen Center, there are many service opportunities available. Want to know more? Contact Bev at (402) 731-0238 ext 28.**



# Cruise Away



Photos A and B provided by Metro Monthly Publications. Other photos provided by Stephen Center Guild



- A.** 2006 Cruise Away Co-Chairs, Karine Jelensperger-Mentzer and Deanna Redfern.
- B.** The Omaha Fire Department offered a Live Auction item of a birthday party at the fire station. Pictured are members of OFD with Bunnie Kizer.
- C.** 2006 Auction Co-Chairs Julie Harney-Stamps and Mamie Jackson.
- D and E.** Party-goers enjoyed the evening, bidding on over 250 Silent Auction items and a wonderful variety of Live Auction items. They were also entertained by magician Joe Cole, shared friendships and dined elegantly on good food.

**We look forward to Cruising with you again in 2007!**

## *A Special Thanks*

A special thank you to all GUILD BOARD MEMBERS for putting in endless hours to ensure a smooth and successful event ... and to all who attended, contributed or provided underwriting to make the evening a wonderful success!



# Party 2006 to Rio de Janeiro

What a night it was! The **Stephen Center Guild** held its annual fundraising event on February 25, at Champions Run, raising over \$75,000. Even though we were sitting in Omaha, we all felt as if we were Cruising at festive Rio de Janeiro.

Event Chairs, **Karine Jelensperger-Mentzer** and **Deanna Redfern** promised a night to remember-they definitely delivered. The 325 attending guests started the night by bidding on a wonderful selection of over 250 Silent Auction packages. **Mamie Jackson** and **Julie Harney-Stamps**, Guild President, chaired the auction committee, their hours (and hours) of long work paid off. Comedy Magician Joe Cole entertained the crowd with his talents. The attendees dined on a Caribbean and Brazilian inspired feast. The major sponsor of this year's event was **Enterprise Bank**, represented by **Matt Moyer**, long time friend and supporter of Stephen Center. We were pleased to have **Francis and Kellie Jelensperger** as our Honorary Chair's and would like to honor them for their past commitment to service and their current selfless dedication to Stephen Center.

After dinner, Del Bomberger, Stephen Center Executive Director, took the microphone and spoke of the great things the Center is doing for the Omaha community and the progress on construction of the new HERO facility.

The night's raffle winner was Board Member **James Hanson**, who kindly donated the full \$1,000 back to Stephen Center!

**Jim Kalal** auctioneered the evenings Live Auction which included special guests **The Omaha Fire Department**, who offered up a birthday party at the fire station.

Jim got the crowd in a generous bidding mood. There was beautiful jewelry from Borsheims, and an inspired sculpture piece by a HERO graduate, **David Belitz**, just to mention a few items.

A unique package for a week stay in Utah caused a bidding war that brought in \$3,000 for the event!

As in previous years, the **Save-a-Life Campaign** ended the evening's bidding helping to provide addiction treatment and recovery to many who will be served in the new HERO Center.

The Confidentials then took over and played a high energy set to end the evening on a high note.

## Cruise Away 2006 - Rio de Janeiro - was a night to remember!

### Major Contributor

Enterprise Bank

### Other Top Contributors (over \$200)

HDR  
 American National Bank  
 Mentzer Men's Night  
 Bill and Bunnie Kizer  
 Club 50 Fitness  
 Mutual of Omaha  
 MSI System Integrators  
 Jennifer Scott  
 Drs James and Shirley Huerter  
 Bank of the West  
 Blue Cross and Blue Shield  
 Dick and Pam Berry  
 J Development  
 ConAgra  
 The Owen Foundation  
 Barry Larson & Son Contractors  
 Lindsay Manufacturing  
 Central States Indemnity  
 Memorial to John Reinhardt



Lavigne Enterprises  
 Kohl & Madden  
 Classic Dentistry  
 Omaha Print  
 Mutual of Omaha  
 UNMC Physicians  
 Midwest Housing Equity Group  
 The Steier Group  
 Wayne and Sarita Penka  
 McGrath, North, Mullin & Kratz  
 John and Gretchen Jackson  
 Omnium - Mary Rahal  
 Shawntell Hurtgen  
 Central States Health and Life  
 Dave and Mary Jellen  
 John and Julie Blair  
 Jolene Piakowski  
 Security National Bank  
 Memorial to Chris Rosenberg

### Save-A-Life - \$200 + Donors

Scott & Kellie Mingus  
 Steve & Terri Wegner  
 Francis & Kelly Jelensperger  
 Gary & Connie Smith  
 Steve & Suzette Gosch  
 Howard Irish  
 Mick & Barb Shonsey  
 Betty Ann Maline  
 Robert & Julie Stamps  
 Mike & Ann Fischer  
 Mark & Lynn Leaders  
 Craig and Brenda Nelson  
 Roger & Pam Fleury  
 Don & Lorie Lewis  
 Barry & Liz Larson  
 Tony & Janis Regier  
 Kurt & Kim Burkhalter  
 Steve & Patti Pryor  
 John & Deanna Redfern  
 Wayne & Mary Sue David  
 Todd Malouf & Sandy Hamm  
 Gary & Connie Smith  
 John Hoich  
 Bill & Kathy Jurgensen  
 Fred & Sue Hosman  
 Jon & Stacy Crumley

# Wish List — ANOTHER WAY YOU CAN HELP THE HOMELESS

Any gift of materials, time or money will help the **STEPHEN CENTER** to help those in need.  
Call Bev at (402)731-0238, Ext. 28 for more information.

## URGENT NEEDS

**MAT Bus Tickets • Coffee • Clorox Wipes • Cleaning Supplies •  
Blankets (New Or Used) • Towels (New or Used)**

## URGENT NEEDS

### PERSONAL CARE ITEMS

Toothpaste and Tooth Brushes  
Shampoo & Body Soap  
Deodorant  
Disposable Razors/Shaving Cream  
Feminine Hygiene Products  
Hand and Body Lotions  
Combs and Brushes  
Shampoo & Body Soap  
Large Disposable Rubber Gloves  
Aspirin/Tylenol/Ibuprofen  
Imodium  
Cold/Flu/Allergy and Sinus meds  
(*Non-Alcohol, Ephedrine Free*)  
Cough Drops/Throat Lozenges  
Maalox/Pepto Bismol/Tums  
Individual Neosporin packets  
Band-aids-All sizes

### SHELTER SUPPLIES

Men's and Women's Socks  
Books & Magazines for Adults  
G, PG or PG-13 Video Movies  
Sugar/Creamer  
Paper Towels/Napkins  
Toilet Paper  
Sandwich Bags & Lunch Bags  
1 or 2 gallon zip lock baggies  
55-Gallon Trash Bags  
13-Gallon Tall Kitchen Trash Bags  
Foil and Plastic Wrap  
(*Commercial & kitchen size*)  
Multi-Fold Paper Towels  
(*for the dispensers*) 9.25 X 9.5  
96-100 Cup Coffee Makers  
10-12 Cup Coffee Makers  
Coffee Filters (12 cup)  
Shop Vac/Vacuum Cleaner  
Pots and Pans

### SHELTER SUPPLIES

Blankets/Sheets-All Sizes  
Pillows  
Towels and Washcloths  
Dish Towels and Dish Cloths  
Canned Goods  
Salt and Pepper  
Catsup & Salad Dressings  
Mayonaise/Miracle Whip  
Laundry Supplies  
Dish Soap  
Cleaning Supplies  
Small Padlocks

### OFFICE/HERO SUPPLIES

Copy Paper  
Dry Erase Markers  
AA/NA Big Books and 12 x 12's

## A Heartfelt Letter ... continued from front page

### AUGUST 2003

Then the inevitable happened one morning in August when I was coming into town, still drunk from the night before. A sand and gravel truck put me and my car into a ditch. There it was, DUI-number 3!

After spending a day in the hospital, I went to the Stephen Center. It was supertime, but I wasn't hungry for obvious reasons. When the crowd had gone, Maggie checked me into the shelter. She knew right away (the way she always does!) that I wasn't feeling well. At the time I thought that I probably had walking pneumonia. The next day Maggie hooked me up with Holly from the Visiting Nurses Association (VNA) and that got the ball rolling for my medical treatment.

### WAITING FOR THE HERO PROGRAM

As always, my timing was off. I found that the next HERO Program didn't start for 6 weeks. While I waited, I spent the daylight hours (*at that time you had to be out of the building every day by 8:00 am.*) going to many doctor appointments and at my parents' house. It was hard for me to stay sober. The alcohol withdrawals were horrible: I was constantly shaking, sweating, and never able to eat. Taking pulmonary medicine just added to the misery. Right before the HERO Program started, I was diagnosed with early-stage Emphysema. I guess everybody pays for what they have done, one way or another.

### HEALING AND LIVING AT LAST!

The HERO Program helped me deal with my addiction and its many separate issues, and helped me receive physical and mental medical care. Some of my issues were under control within the 90 day program; others I found would take much longer.

I was fortunate to be accepted into the Stephen Center's Transitional Living Program after HERO graduation, it was a major life saver. While living in my own apartment, I was able to get my mental and physical health back to some sense of normal. It took a year to get my mental health and my pulmonary meds worked out. At the same time, I worked on dealing with my addiction. I also was able to clear up my legal matters (my DUI 3rd offense, it was reduced to a 2nd offense on a technicality). It took almost two years for my Social Security disability from lung disease to clear the necessary channels.

In Transitional Housing, you have time to repair yourself — your mental self, your physical self — before you go back out into the real world. I lived in Transitional Housing from March 2004 to March of 2006. Just recently I moved into the Livestock Exchange Apartments, ready to be on my own!

Thanks to the Stephen Center, the HERO and Transitional Living Programs, I now have a new lease on life. Thanks to the entire staff and all of the volunteers that have helped me on my way!

## A HERO's Perspective

Written by Phillip James Parker, a current HERO Program participant

### A New Playground ... A New Life!

In recovery, alcoholics and drug addicts are often told by other recovering addicts to change their old playground and playmates. My first reaction? Unreal! Impossible! Who are these people to tell me anything?

But the fact of the matter is this: I have learned more about myself and others while in treatment, and the Stephen Center HERO Program has become my new playground. Through it I've learned that the real hero's in this world are those who do change their old playgrounds and previous playmates in an attempt to have a better quality of life, to once again become a participating member of society.

I have found a new group of friends and "playmates" at Stephen Center. My new friends and I have still have fun, but we're no longer drinking or doing drugs! We've found new ways to entertain ourselves, ways that are not illegal or life threatening. Now I wake up in the morning wanting to experience life to the fullest.

What's my advice to anyone who needs to change their old playgrounds and playmates? Come on over ... let's play some ball!

**Pictured: Current HERO Program participant, Phillip James Parker, "at play" with his new friend. Phil's advice to anyone who needs to change their life: "let's play some ball!"**



## News from Around the Campus



**Pictured: Current HERO Program participants and their guests enjoyed an elegant night at the opera, sponsored by Blue Cross and Blue Shield of Nebraska.**

### Bravissimo!

#### CLIENTS AND STAFF EXPERIENCE AN EVENING WITH "MADAME BUTTERFLY"

What a marvelous evening! Stephen Center clients and staff were treated to an elegant night at the opera, Madame Butterfly. Celann LaGreca representing Blue Cross and Blue Shield of Nebraska, sponsored the tickets for the evening. We were able to see Hal France, a favorite volunteer of the center, conduct the orchestra. Clients and staff donned their finest, took their seats and were enchanted.

#### STEPHEN CENTER CLIENTS OPERA INSIGHTS PROGRAM SHARED WITH THE

Prior to the performance, Hal France and Opera Omaha's, I. V. Dickson, reached out to our clients with a unique program, Opera Insights. This class brings artists and ideas to those who want to learn more about the art form, explaining opera and the many intricate details surrounding its conception

Thank you for the opportunity granted Stephen Center staff and clients. For many, this was the chance of a lifetime.

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Many thanks to our dedicated donors ... from the brand new to those who've been dedicated to the Stephen Center mission for many years. We appreciate every contribution and thank you for your generosity.

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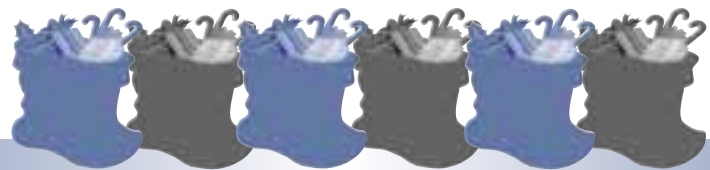
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**Be Sure to Remember  
 STEPHEN CENTER  
 when doing your Estate Planning!**

Please remember Stephen Center  
 when doing your estate planning and updating your will.  
 Bequests naming Stephen Center as **residuary beneficiary of your estate,**  
 the **recipient of a specified gift or contingent bequest,**  
 or the **ultimate beneficiary of the assets of a charitable remainder trust**  
 can be set up by working through your attorney or tax consultant.  
 Gifts of **securities, life insurance** and  
**cash** in any amount are tax deductible and are always appreciated!



## *Christmas Wishes and Dreams*

Christmas seems so long ago!

We would like to thank everyone that participated this year,  
 bringing Christmas to Stephen Center.

Our clients were very fortunate —  
 so many wonderful individuals, families and businesses  
 supported our residents with blessings in the shape of  
 clothing, toys, winter wear, groceries and many other items.

We even had a group of outstanding  
 Ralston High School teens, led by Ms. Tracy Hinchcliff,  
 that organized a holiday party for all of the children at the Center.

It is heartwarming to share in the joy that you bring to our clients.

*Thank you, again!*

# Stephen Center News

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**PICTURED RIGHT**

## A Stairway to Heaven?

Not really, but for some, these newly installed stairs will lead to a new life. The steps are inside the HERO building currently under construction. Progress continues on schedule, with an Open House being planned for June 2006, and a move-in target date of July 1, 2006. **See pages 2 and 3 inside this issue for more pictures and a complete update on this building project.**



Hope • Help • Heroes

**Stephen Center**



**PICTURED BELOW**

2006 Cruise Away Co-Chairs, Karine Jelensperger-Mentzer and Deanna Redfern. **See pages 6 and 7 for a recap of the evening's festivities.**



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