

# HAVEN NEWS

WINTER 2009 • VOLUME 20, NUMBER 3

## Haven Clients Travel Road to Independence

The women who get help from The Haven come from a variety of backgrounds and difficult circumstances, but they all share the goal of achieving self-sufficiency. Here are a few of the people who are rebuilding their lives with help from The Haven, its generous donors, caring staff, and supportive community. ♥

*"I am grateful for finding God in a way I have never found Him before. I am grateful for trust. The Haven has been a remarkable experience for me. It has brought me much more than I expected. I have money in the bank. I have a roof over*

*my head, food on the table and people who love and support me. I am proud of my sister for getting GED classes. I'm proud of myself for continuing to learn new things about myself, good and bad, and it all teaches me how to live. I plan to move into my own apartment and start paying off my school bill so I can go back to school, get my driver's license back,*

*and have a better job with benefits. I hope for my family and me to get out of this financial rut, and my plan is to continue to be a better employee, daughter, sister, aunt, niece, and friend."*  
~Elizabeth



*"I'm grateful for my life in general. For The Haven. For sobriety. And I'm so grateful for God. I've come a long way in two years. I'm close to graduating cosmetology school and getting a new career! I hope to soon be set in a job. I plan to be plugged into my church, to continue growing my savings, and to have my own apartment again."* ~Cathy

*"I am grateful for my daughter, my sobriety, my family and knowing that I have people in my life I can confide in whenever I need help. I am proud that I eventually graduated from high school. I would never want my child saying that she was dropping out because I did. I plan on having an apartment with my daughter and working to rebuild my business. I plan to stay sober!"* ~Marj

*"I am grateful for The Haven for allowing me to be here instead of on the streets. Without The Haven, God knows where I'd be. I'm grateful for my son, my reason for living. He is the joy of my life. For him, I want to strive harder; to work harder in my own life, so he can see his mom as a role model; someone he can look up to.*



*In the coming year, I plan to get my GED. I plan to raise my son the way he should be raised; to love people in all walks of life. I would also like to visit two people I love, my uncle and grandmother, who have both taught me to love, respect, and bless those who need it."* ~Barbara

*"I am grateful for change. LCH has given me the opportunity to change my life for me & my kids. I am proud to have a great job and a stable environment for my kids. I plan to finish this program and own a home."* ~Jacque

### TABLE OF CONTENTS

From the Director .....	2	Share Your Family Recipes .....	4	Donor Recognition .....	7
One Woman at a Time .....	3	Holiday Boutique 2009 .....	5	Save The Date .....	7
Something's Cooking .....	4	Haven Happenings .....	6	Haven Wish List .....	8

*The Lake County Haven empowers homeless women and their children to achieve permanent independent living.*



# Community Partnerships



The Lake County Haven is proud to announce its newest partnership in the community. Starting this fall we will be serving as a placement site for graduate students from the Chicago School of Professional Psychology.

We are so proud to have been given this honor. Jessika Olejniczak and Svea Welch join us from the Chicago School; they are receiving their Masters in Forensic Psychology and Clinical Psychology respectively. We'd like to thank Robert Cleve, Dr. Phyllis Mogielski-Watson, and Dr. Romita Sillitti at the Chicago School for making these collaborations possible. We'd also like to thank two highly-skilled psychologists who are

donating their time to provide the necessary clinical supervision to our students. Thank you to Dr. Blaine Lesnik and Dr. Sue Lafferty.

The collaboration with this school and these psychologists is just one example of the many partnerships that the Lake County Haven engages in. We also collaborate with Youth & Family Counseling so our

clients can receive therapy. We collaborate with Nicasa so our clients can receive recovery-skills. We partner with A Safe Place so our clients can get legal assistance when fleeing an abuser. The list goes on and on. Collaborations with businesses, nonprofits, and individuals are an essential part of our strategic plan. By using the talents and resources that already exist in our community, we are able to run our agency in the most cost-effective way possible. The resulting reduction in overhead means that your donations go even farther. Our belief is that you want your contributions to go directly toward benefitting homeless women and children, and we work hard to make that happen.

The end of the year is approaching. The weather turns colder and people's thoughts turn to their most vulnerable neighbors: those who don't have a hot meal or a place to live. I hope you will consider making a thoughtful donation to the Lake County Haven. The women and children in our care need your gift now more than ever. I can promise you that we will make your donation go far, and together we can end homelessness for many local families.

Sincerely,  
Laura Sabino, Executive Director  
Ken Neumann, President, Board of Directors

## THE HAVEN NEWS



A quarterly newsletter highlighting the work of The Lake County Haven

**Volunteer Editor:**  
Vanessa Griffin

**Writers:**  
Vanessa Griffin  
Astrid Guerra • Laura Sabino

**Collaborators:**  
Liz Pleines • Amanda Small

**Photos:**  
Vanessa Griffin

**Typesetting and Layout  
Donated By:**  
River's Edge Design

## BOARD OF DIRECTORS

*President:* Ken Neumann     *Vice-President:* Donna Barnett     *Treasurer:* Suzanne Lingard     *Secretary:* Ann Shaw

John Danloe • Annette Freyman • Ray McKoski • Lorraine Pritchard • Jamie Topolski

## STAFF

Laura Sabino, Executive Director     Astrid Guerra, Development Manager  
Jennifer Larson, Senior Case Manager     Liz Pleines, Office Manager  
Emmy Johnson, Case Manager     Amanda Small, Volunteer Coordinator

## ADMINISTRATIVE OFFICE

Phone: (847) 680-1703 • Fax: (847) 680-1342  
P.O. Box 127, Libertyville, IL 60048 • www.lakecountyhaven.org

# One Woman at a Time

*This feature highlights the stories of people who are improving their lives with help from The Haven.*

*Names may have been changed to protect client anonymity.*

**Paula** A baby lives here. Evidence of her presence is everywhere in Paula's cozy apartment—high chair, baskets of toys in the corner, sweet newborn photos hanging on the walls.

Paula can't seem to stop smiling today. Her eyes shine as she watches her 10-month-old cruise from sofa to chair and back.

"She's such a gift," she said, ruffling the girl's halo of brown curls. "It feels so great to see how happy she is."

Paula is working full-time in a stable job, spending as much time with her baby as she possibly can, choosing not to change jobs so that she can be as available as possible. She is living in Stage II housing, training for more flexible and lucrative work. She's saving money and making detailed and ambitious plans for the future.

Paula's flawless skin glows. Her home is clean and well-organized. She politely excuses herself to take a call from her boss who wants to talk about extra shifts. It's hard to imagine someone so well-spoken and put-together in danger of homelessness.

But only 18 months ago, she was penniless at the door of the Lake County Haven, with only the clothes on her back.

Though Paula is building a stable home for herself and her daughter, she has not always lived in such a home. Her parents divorced when she was a toddler. Though she enjoyed a loving, close relationship with her older sister and her mother, Paula's father chose to connect with his daughters in the only way he knew how—through his drug habits.

Paula had started experimenting with drugs early. The habit got reinforced by her environment. "For my twelfth birthday, my dad gave me a packed bowl (of marijuana)," Paula said.

Once she and her sister became teenagers, tensions began to rise in their home. Arguments between Paula's sister and their stepfather often escalated to physical violence. "He wasn't hitting us *all* the time," Paula said. "And it's hard because he was raised with physical discipline in his home. My sister would often find ways to get me out of there if things were going to get rough."

The problems at home didn't help, and neither did the drug use.

A teenaged Paula began skipping school. At one point, while enrolled in a work-study program, she would skip school, but still go to her job, and show back up at school to be picked up by her mom.

"I've always worked—I liked to be able to have that freedom and that extra money." Eventually Paula dropped out of high school but continued working. When she found herself in real trouble for poor or desperate decisions, Paula would engage in what she calls "magical thinking," imagining that she could just go back to how things had been before. But it's hard to come back from losing everything without help.

Paula says the staff at The Haven taught her life skills she just didn't have. "At the shelter, you have to learn how to do things, like how to cook, and how to budget your money," Paula said. "Bless her heart, my mom did the best she could, but I just wasn't ready to learn a lot of those things growing up," she said.

Paula also credits The Haven for helping her to stay positive even when she found herself not only homeless, but coping with the realities of an unplanned pregnancy.

"I found out I was pregnant one of the first weeks after I came to The Haven," Paula said. "I was so scared, I had no idea what I was going to do."

As her due date came closer, Paula wasn't quite sure how she would afford the things she needed for the baby. Thanks to the generosity of the Lake Forest/Lake Bluff Junior Women's Club and the Hawthorn Woods Women's Club, she was in for a surprise. "One day, I came home from work—I had no idea—and they had all these wonderful things for me. A bassinet, bags and bags of clothes. I didn't even have to buy diapers until my baby was about four months old!" she said. "It was nice, because

I didn't really have a formal baby shower."

Paula is visibly excited when she talks about the future. She has a very specific five-year plan for living independently, creating a loving home for her child, and earning a bachelor's degree in teaching.

"It means so much to know I have people who care about my success, and care about how me and my daughter are doing," Paula said. ♥



***"At the shelter, you have to learn how to do things, like how to cook, and how to budget your money."***

***The Haven helps women who are homeless to become self-sufficient.***

***If you or someone you know is in need of shelter, call (847)680-5408, ext. 1 for more information.***

# Something's Cooking!

From fruits and vegetables to the most exquisite delicacies, food is necessary for survival. It is also the quintessential way to get people together. Births, birthdays, weddings, and virtually every important occasion include a great banquet and especially good company. From the Roman public kitchens where food was prepared on a communal stove, to today's state-of-the-art kitchens equipped with the hottest technology, the kitchen has always played a central role in family and community life.

The Lake County Haven's kitchen is no exception. It's where clients gather to share meals, and discuss their day. Where they learn some all-important life skills involving food prep and nutrition. Where

they relax and think about the challenges that tomorrow will bring. So, it's fitting that the kitchen would be the center of The Lake County Haven's recipe for renewal.

said a Shelter graduate, who is now living in Stage II housing. "It was intimidating to know I'd be cooking for everybody." But she says she learned how to plan meals, to shop for ingredients and bring it all together around the table.

"Our clients are going through big transitions while they're living in the shelter," said Laura Sabino, Executive Director. "Having a nice kitchen as the center of the house can encourage feelings of home, safety, serenity and community."

Construction of the new kitchen, as well as remodeling work on the shelter bathrooms commenced in October, and is scheduled to be finished in December. Watch for before and after views of the kitchen in the Spring issue of *Haven News*. ♥

*Lake County Haven's Recipe for Renewal*

- 1 tired and well-used kitchen
- 1 supportive community
- Several generous donors & in-kind sponsors
- Dozens of energetic volunteers
- Dedicated staff and board members
- Countless hours of work
- A big desire to help make life at The Haven better for everyone

**Blend well, until you have a brand new shelter kitchen and center of community for women and children who need it most.**

"The kitchen is the center of this place," said one client. "It's the one place we all gather." Clients learn the ropes of cooking for groups, since they are responsible for cooking for all residents during one-week rotations. "I didn't know how to cook when I came here,"

## Warm their hearts with your tried & true family recipes

When you're cooking for a group, there's no substitute for a time-tested recipe. Many of the Lake County Haven clients are trying out their culinary skills on each other, and would love to put some new recipes to the test. You're invited to share delicious and nutritious recipes for the clients to prepare in their new kitchen. Residents are usually preparing food for groups of 8 to 10 and would welcome recipes for casseroles, salads, crock-pot creations and other one-dish entrees. Share your recipes by emailing to [development@lakecountyhaven.org](mailto:development@lakecountyhaven.org). ♥



*Kitchen, before.*

# Holiday Boutique 2009



Cheryl Laske, Raffle Chair and Sarah Eichmann, 2009 Holiday Boutique Co-Chair.



Women's Auxiliary treasurer Margaret Badyna and Kim Windmueller welcomed all the guests at the registration table.



Donna Barnett, Vice-President of The Haven's Board of Directors and Karin Tenuta.



Chef Nick at work on the delicious food by Park Street, which attendees enjoyed along with wine from Café Pyrenees.



From jewelry to stationery, there was something available for everybody's holiday shopping list.



2009 Holiday Boutique hostess Wendy Turner and guests, Linda Olivieri & Carolyn Robertson.

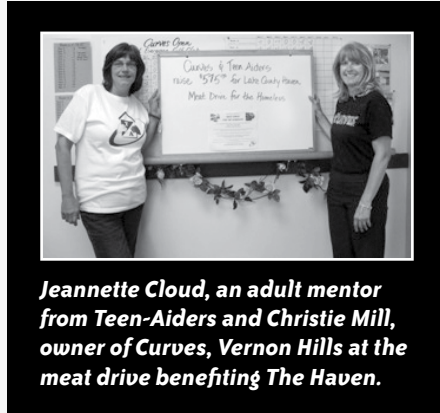
# HAVEN HAPPENINGS

*It takes the generosity of ALL the surrounding communities to keep the lights on and the doors open at The Haven. The Haven continues the fight against homelessness with the assistance of many individuals, families, houses of worship, corporations, and groups.*

Seasons may change, but the generosity of our community endures. The clients of The Haven, children and adults alike, have all experienced this generosity. All the children living at The Haven were ready for school thanks to **Hawthorn Woods Women's Club** and **NCH Marketing Services, Inc.** who donated school supplies and backpacks. Halloween was fun this year thanks to **ReNew**, and **Medline** who donated Halloween costumes.

The shelter looks great thanks to the efforts of good people like the folks at **Benítez Landscaping** who donated lawn maintenance during the summer. We also offer thanks to **Chelle Designs** for their generous gift of furniture and décor items. **Ace Hardware** of Libertyville donated keys. **The Mulch Center** donated 12 yards of premium mulch which was spread by a group of volunteers from **Baxter**. The shelter

benefited from a fresh coat of paint via a group of volunteers from **Discover Financial Services**. We are also enjoying new bathroom fixtures thanks to the wonderful group of volunteers from **Home Depot**.



*Jeannette Cloud, an adult mentor from Teen-Aiders and Christie Mill, owner of Curves, Vernon Hills at the meat drive benefiting The Haven.*

Our shelter residents enjoyed warm, delicious and nutritious meals prepared and donated by **Marion Barrell**, **Einstein Bros. Bagels**, **Mothers for**

**Others, Teen-Aiders, Curves** and **Omron Healthcare**. We thank **Susan Jackson** for doing our grocery shopping. **The First Presbyterian Church Libertyville** held a supply drive for The Haven while **Medline** donated twin sheet sets, bandages, and ice packs. **Whole Foods** in Deerfield donated shampoo and lotions. A special thank you to **Heidi Coagan, Carol Goldberg, Myrna Goldman, Sandy Huttas, Maureen Miller** and **Margie Silverman** from **Del Webb**, who organized a luncheon where attendees donated gift cards for The Haven. And finally, our clients will feel and look fabulous during the upcoming holidays thanks to **Tricocci University of Beauty Culture** who is donating 20 free hair cuts. ♥

*If you are interested in learning about new and different ways to help at The Haven, please call (847) 680-1870 or check our web site at [www.lakecountyhaven.org](http://www.lakecountyhaven.org).*

**Can you imagine having to sleep in the park or looking through a dumpster for food for your children?**

***That is the life that our residents have led.***

**Acceptance into our program saves local women and children from that fate. We provide food, shelter, and supportive services so our residents will never be homeless again.**

**We could not do this without your generous donations. Please help local women and children by writing a check to us today.**

***Your donation is needed now more than ever before!***

**Yes, I want to help homeless women & children by making a donation of:**

\$50  \$100  \$150  \$250  Other amount \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

E-mail Address \_\_\_\_\_

*Your employer may have a matching gift program which could **double** your donation—check with Human Resources to find out!*

Company Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

*Please mail your check to:*

**The Lake County Haven, P.O. Box 127, Libertyville, IL 60048**  
*or give online at [www.lakecountyhaven.org](http://www.lakecountyhaven.org).*



# THANK YOU FOR THE MANY WAYS YOU GIVE!

The Lake County Haven appreciates all of the individuals and organizations who have contributed to our work. This list recognizes donations received during the Fall of 2009 and reflects only a fraction of those who contribute during the year. If we have somehow failed to acknowledge your gift or donation, please accept our apology and contact us so we may thank you properly (847-680-1703). Your generosity is greatly appreciated! ♥

## INDIVIDUALS

Julane & Jerry Alt  
Karlynn & Glenn Anderson  
Charles & Mildred Applegate  
Noopur Banerji  
Marian Barell  
David & Donna Barnett  
Glenn & Patsy Beall  
Leslie & Linda Beyer  
Kathy Boldt  
Patricia & Thomas Bonifas  
Peggy Bradley  
Jennifer & Daniel Capozzi  
Michele Carlin  
Mary & Don Carter  
Richard & Leslie Chapman  
Thomas Cohan  
Ellen Coury  
Pamela & Frederick Crone  
Dorothy Dale  
Russell & Myra Dela Merced  
Meredith & Fernando Delgado  
Katherine DeVogelaere  
Cynthia & Stephen Dietz  
Mary Dodge  
William & Donna Doering  
Tim & Susan Dotson, DDS  
Wallace B. Dunn  
Juliya & Alexander Dzekhtser  
John & Sarah Eichmann  
James & Carol Ellis  
Mary & Stephen Etherington

Burton & Betty Farber  
Marvin & Mary Farwell  
Michael Fio Rito  
Chris & Liz Fiorito  
John Fischl  
Bryan & Carrie Ford  
Gay Fosberg  
Tom and Annette Freyman  
Dean & Carol Gahart  
Dona Georgeson  
Astrid Guerra  
Nancy Hall  
Susan Hanson  
Gail Haynes  
Patricia Hehr  
Lynn & Theodore Heitman  
David & Barbara Hejna  
Harold & Joyce Helland  
Jean & David Hengesh  
Ann & Richard Herlin  
Marianne Hoskins  
Maria & Michael Hutchins  
Thomas Hutchins  
Roberta Jeter  
Joanne & Alvin Johnson  
Joan Kaloway  
Gayle Kasten  
Walter & Cathy Keirans  
Jeanne Kersten  
Janet & John Kline  
Laurie Kondziolka  
William Koziolczyk

Charles Kraemer  
Jack & Linda Kraemer  
Matthew & Lynne Lenz  
Delores Liaros  
Deanne Liaros  
David & Suzanne Lingard  
Michelle Long  
Barbara Lumsden  
Marjorie Manak  
Kenneth & Kristi Markuson  
James & Karen Martini  
Margaret Massarelli  
Joanne McConnell  
Elizabeth Meyer  
Marian Meyer  
Omar Mohammed  
Cathy Molenaar  
Jennifer Morrow  
William Muenster  
Carol & Patrick O'Neal  
Fredrick & Sharon Patterson  
Monica & Richard Perner  
Inez Petersen  
Malley Pokorny  
Dhilip Purushothaman  
Melissa Quirke  
Cynthia Raymond  
Stephani Renner  
Paul & Anna Repke  
Ned & Pat Ricks  
Ann Robertson  
Kristi Robertson

Debby Ryder  
Laura Ann Sabino  
Trisha Schue  
H. Ann Schultz  
Patricia Schwall  
Martin Siegel  
Roger & Linda Sisterman  
Kim Slota  
Karyn Snow  
Dallas & LB Sponberg  
Bill Spyrolpoulos  
James & Carolyn Stauner  
Nancy Stein  
Eugene Stepanor  
Timothy & Mary Stone  
Jacqueline & Craig Stream  
Decature & Jan Tounsel  
Jennifer & Steven Trussell  
Jodine & Scott Tuman  
Elizabeth Wagner  
Nancy & Donald Wagner  
Sharon Weintraub  
Doug & Kathleen Wendt  
Shelia Whalen  
Carl & Kathryn Wojewoda  
Roycealee Wood  
Adina & Mark Zaeske  
Patricia Zook

## INSTITUTIONS

Abbott Labs  
Allstate Giving Campaign  
Alpha Omicron PI

Big Hollow School District  
Breakfast Exchange Club  
Clark's Fork Foundation  
Cronk Family Foundation  
Discover Cares Project  
Dorcas Circle Community  
First Presbyterian Church of Lake Forest  
First Presbyterian Church of Libertyville  
Fox Lake Lions Club  
Getrude Hill Foundation  
Hawthorn Woods Women's Club  
Illinois Tool Works  
Lake Forest/Lake Bluff Jr. Women's Club  
Libertyville Township  
Prayer Child Foundation  
Signature Room at The Ninety-Fifth  
STS Foundation  
Style Shack  
United Church of Christ  
United Way of Lake County  
United Way of Metro Chicago - North Suburban  
US Department of Housing and Urban Development/Lake County Community Development Division



## The 16th Annual "A Heavenly Night" Gala

benefitting

## The Lake County Haven

**Saturday, April 24, 2010 • Twin Orchards Country Club**

Delicious food, fabulous auction items, an exciting raffle, and *The Moods* will set your heart racing during this year's gala which promises to be our best ever! Our theme this year is a celebration of the Kentucky Derby, so don't be left out of the festivities.

**SEE YOU IN THE WINNER'S CIRCLE!**

Mark your  
2010 calendar!

# WISH LIST\*

**General products:** Paper towels, toilet paper, napkins, freezer bags, tall garbage bags, aluminum foil, sponges, plastic wrap

**Office supplies:** Postage stamps, fax machine, copier, reams of paper for printer and copier, pads of paper, invisible tape

**Foods:** Frozen meats including chicken breasts, ground turkey and beef, frozen fish, dry and canned goods

**Cleaning products (eco-friendly if possible!):** Powdered laundry detergent, bleach, softener sheets, dishwasher detergent, Pledge-type dusting products, lint traps for washing machines

**Gently used items:** Vacuum cleaners, automobiles, towels, alarm clocks, laundry baskets, umbrellas, twin bedding sets, twin quilts, twin blankets women & children's seasonal clothing

**Gift Cards:** Sunset, Jewel, Home Depot, Lowes, Target, Wal-Mart, Walgreens, gas, phone

*\*Please call Liz Pleines at (847) 680-1703 to hear our most up-to-date wish list and to schedule a drop-off time.*

## VOLUNTEERS NEEDED!

*As we get ready to ring in the New Year, many of us are looking for ways to re-prioritize our time and focus a little more on those who need help. If your New Years' resolutions include giving some of your time and talent to others, we have a variety of volunteer opportunities at The Haven. Here are some spots where we can really use your help:*

**DRIVING:** Transporting clients to meetings, job interviews and appointments.

**DONATION ACCEPTING AND SORTING:** Helping at the shelter to accept and sort clothing and other donated items so our clients can easily find what they need.

**CHILD CARE:** Helping to provide our clients with the focused time they need for computer and job training, counseling, and meetings.

**SHELTER OFFICE COVERAGE:** Provide guidance and a listening ear to the women and children of our shelter. Weekend and evening shifts available.

**AUXILIARY AND FUNDRAISING:** The Auxiliary is always looking for enthusiastic, creative people to help with our most important annual fundraising event, the "Havenly Night" gala.

*If you have 2-3 hours available once or twice a month and are interested in any of these opportunities, please contact the Volunteer Coordinator, Amanda Small, at (847) 680-1870 or at [volunteer@lakecountyhaven.org](mailto:volunteer@lakecountyhaven.org).*



*The Lake County Haven empowers homeless women and their children to achieve permanent independent living.*

  
The  
Lake County  
Haven  
P.O. Box 127  
Libertyville, IL 60048  
[www.LakeCountyHaven.org](http://www.LakeCountyHaven.org)  
RETURN SERVICE REQUESTED

Non-profit Organization  
U.S. Postage  
Paid Permit No. 445  
Lake Forest, IL 60045

HAPPY  
HOLIDAYS!

**Mark your 2010 calendar: "A Havenly Night" Saturday, April 24**

See page 7 for more information!