

BLANCHET GROWS STRONG



www.blanchethouse.org

Fall 2015

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Greg Baker

A note from Executive Director, Greg Baker...

With the holidays just around the corner we are excited to share with you the progress being made to illuminate the wonderful work being done by the Board, staff, and volunteers. It has been a very busy



Greg Baker, Tracy Curtis (Regional President Wells Fargo), Kristi Katzke, and Kelly Wetherald

summer and fall where committees worked tirelessly to develop an Emergency Crisis Plan, Case Management Life Plan, and soon for the first time in our history, a Strategic Plan. We are moving the Blanchet House forward with steady momentum and careful yet exciting decisions.

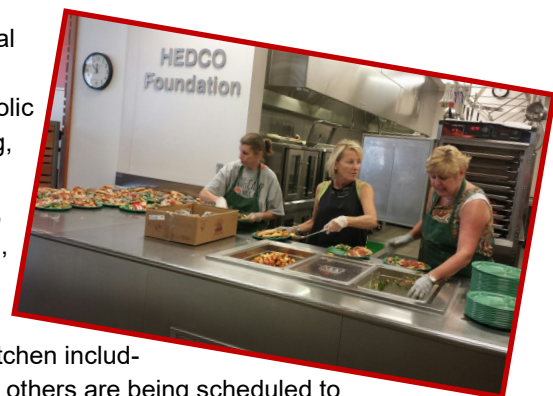
We also launched our external outreach program where by staff wrote letters, made telephone and in person contact with over 100 community, civic, and business persons spreading the good word about the Blanchet House and extending an invitation to visit, and become part of the work being done by volunteers here and the Blanchet House and Farm.

With great anticipation we had visitors from the National Real Estate Manager Association, Fred Meyer, Fortis, Oregon Food Bank, Portland Police Department, Catholic Charities, Kaiser Permanente, All Star Labor & Staffing, Legacy Good Samaritan Medical Center, Wells Fargo Bank, Providence Health Services, Hispanic Chamber, Clean & Safe, Portland Business Journal, Rose Haven, Portland Business Alliance, and many more. All are receptive to our mission and wanting to participate.

Several companies are already active serving in the kitchen including Kaiser Permanente, Wells Fargo, and Fortis. Many others are being scheduled to join the activities soon and the popularity index is getting so high we are having to make shifts to the schedule in order to fit newcomers into service. This of course is a good problem to have but we are very mindful of our legacy partners who continue to volunteer and carry the load for our work.

As we continue to move the organization forward we anticipate more volunteers coming on board both for downtown and the farm. New ideas are on the upswing at the farm as we prepare for the spring open house and exciting program activities to spark broader interest for volunteerism with our neighbors in Carlton and McMinville.

Please know that you have been such wonderful supporters of our mission that we think of you daily as we carry out our work. On behalf of the Blanchet House family, may the upcoming holidays bring you blessings and abundant prosperity.



Food for Thought:

"O Lord, we call upon You in our time of sorrow, that You give us the strength and will to bear our heavy burdens, until we can again feel the warmth and love of Your divine compassion. Be mindful of us and have mercy on us while we struggle to comprehend life's hardships. Keep us ever in Your watch, til we can walk again with light hearts and renewed spirits.

LENDING A HELPING HAND SINCE 1952.

Blanchet *CASE MANAGEMENT*

Case Managers Kristi and Vicky are putting together multiple components of wellness with the help of community resources. They discuss the value and importance of healthy nutrition, exercise, sleep, and self-care in individual case management

The Men's Corner Blanchet's Featured Resident

Henry Cannon—Blanchet Farm

Henry Cannon is a resident out at the Blanchet Farm and has been with us close to a year working on getting his life on track. During his time at the Farm, Henry has worked specifically with the pigs. Executive Director, Greg Baker was visiting the farm with a local community organization and Henry approached Greg to ask if he could read him a letter he had worked on. This letter is an amazing testament to the change that we are blessed to witness in people everyday.

The letter is as follows:

"I was introduced to Blanchet 10 months ago. I arrived here feeling hopeless and defeated. I knew this was just another stop on my aimless journey.

After a few months of healing I was feeling a little better when 5 new little piglets arrived at the farm. It made me even happier and over the past 7 months we have taken care of these beautiful creatures and they have developed into gentle giants. Recently they gave life to 4 new piglets. They are doing great and it has been an awesome experience for us. But something else has happened during that time. My life is changing along with these animals. I have grown leaps and bounds.

There are so many people that have been influencing my life in a positive manner. I am better than ever and I am learning new skills everyday and searching for inspiration all of the time. I have also discovered that I was learning all along and now I am putting effort into representing the good in my life.

Blanchet is making me rich beyond my wildest dreams. And with all the skills that I have learned maybe I can even make money too.

I am fortunate to represent Blanchet with my testimony as I grow. And I look forward to introducing our pigs to our guests while here, whenever possible.

Thank you Blanchet."

- Henry

sessions and each guest takes part in identifying and implementing what this looks like in their own individual life plans.

Several men at the Blanchet House are signing up for gym memberships at 24 Hour Fitness and being supported through their OHP. Other alternatives such as walking, bike riding, and hiking are encouraged as well.

Our guests at the farm have signed up for a 5K walk/run or 10K run that will be taking place at Sherwood High School on Thanksgiving morning. This is the 8th annual "Give n' Gobble" event whose sole purpose is to raise money for Helping Hands Food Bank in Sherwood through sponsorship, registration fees, t-shirt sales, and contributions. A presentation on nutrition with a focus on basic food groups, how to balance healthy portions, and how to read labels is being coordinated with Clinical Dietitian Jan Hedengren from Providence Newberg Medical Center.



We also have the option of creating our own whole health program to, providing education on a continuous basis as new guests come to the house and farm. This may be in the form of a Power Point presentation aimed at educating guests on how to make balanced nutritional choices and incorporating exercise onto their lifestyle. Currently, at the Blanchet House, the guests are provided with a wide variety of healthy choices at meal times. Through this Wellness program, guests will be encouraged to make thoughtful decisions related to the nutritional value and quantity.

Our desire is to support healthy choices in all areas of these men's lives.

Peer Support Programming at Blanchet

The Blanchet House has been investigating Peer Support Training opportunities for staff for the past few months now. After thorough research and consideration, Ross Sears and René Pugmire attended Intentional Peer Support Core Training with Angel Prater in late September.

In general, a peer supporter is an individual who has made a personal commitment to his or her own recovery, has maintained that recovery over a period of time, has taken special training to work with others, and is willing to share what he or she has learned about recovery in an inspirational way.

The peer support specialist services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance use disorders have a unique capacity to help each other based on a shared affiliation and a deep understanding of a shared common experience. In self-help and mutual support environments, peers offer support, strength, and hope to those in greater need, which in turn allows for personal growth, wellness promotion, and continued recovery.



Blanchet House plans to continue down this path and empower the development of a personalized Blanchet House Peer Support Program for staff and guests alike.

Fall Volunteer *SHOUT OUT*

A giant thank you to the **students** at **St. Ignatius** for their outstanding service, positive attitudes and love for the Blanchet

Blanchet *HOUSE*

The Blanchet House is excited to be bringing in more community partners to serve in the Founder's Café. Since last quarter, companies such as Wells Fargo Bank, Kaiser Permanente, and Fortis Construction have joined our volunteer crew! Welcome to Blanchet and thank you for your commitment to our mission to "feed, clothe, and offer shelter and aid to those in need".



In addition to new friends, Blanchet welcomes back returning partner, Lil Caesars! Li'l Caesar's brought their mobile pizza feeding station for the second year in a row on September 10th for lunch service. They were generous with their time and freshly made pizzas and made nearly 600 pizzas, feeding over 550 hungry individuals.

Come help us serve more than a hot meal, help us serve hope. For volunteer opportunities, contact our house manager at 503.226.3911 or darnold@blanchethouse.org.

Monday - Saturday Breakfast: 6:00am - 8:00am Lunch: 11:00am - 1:00pm

Dinner: 4:30pm - 6:30pm

Blanchet *FARM*

The Blanchet Farm was proud to host the annual Farm Picnic on Sunday, September 20th. The afternoon was one to remember complete with a beautiful Mass with the Carlton hills and acres of the Blanchet Farm as a backdrop. A big thank you to Father David Shaw for leading Mass and for joining us at our end of summer picnic. Immediately following, the Blanchet board, staff, men and their families all gathered to enjoy a feast prepared by the Farm kitchen.

One of the major highlights of the picnic was the addition of nearly 20 new baby piglets. Three sows gave birth to a litter of piglets and the men have really enjoyed taking care of them, learning from them, and observing nature in its most beautiful state.



As Blanchet looks forward to the 2016 year, we are excited to be making plans for our first ever Blanchet Farm Open House in the month of April. It is our hope that the community will gather around and come learn about all of the wonderful opportunities being developed out in Carlton, including the addition of a large flower and vegetable garden!



2015 Fall Woodshop Creation:

HANDCRAFTED PICNIC TABLES

Tim Barrett, our Blanchet Farm Woodshop Supervisor and the men at the Blanchet Farm worked diligently to make new picnic tables for the Farm Picnic on September 20th.

To the left you see the two toned Cedar and Douglas Fir traditional picnic table creation. And then on the right you can see an unstained version of our convertible half picnic table. The creation flips from a bench to a place to dine in seconds.

Big thank you to **Diebold Lumber Company** and **Patrick Lumber Company** for their partnership in supplying quality lumber for the Woodshop.

To place an order email rsears@blanchethouse.org

Blanchet House Wish List

For the Men: Jeans/Levis (all sizes), winter coats, scarves, pairs of winter gloves, ski beanies, socks, tennis shoes, set of Bocce balls, two basketballs

For Men during Holidays: Small gift cards to Fred Meyer, Target, Starbucks, Stumptown, Powell's Books, Little Big Burger

Sponsorship Opportunities: Gym memberships, bus passes/tickets, tickets to shows, games, museums, funding for license/ID renewals

Woodshop Supplies: Wine barrels, primer, wood stains, outdoor paint, paint brushes, nails, screws, bolts, lumber, sandpaper, etc. to allow training in the woodshop.

Farm Supplies: Freezers, vacuum cleaners, garden tools, power trimmers, old usable paint, hand tools, or other tools for landscaping

Organizational Needs: Energy efficient used car, industrial letter folder/stuffer, security cameras for Farm

Food Supply Needs: Coffee (ground or whole bean), Sugar, spices (any and all).

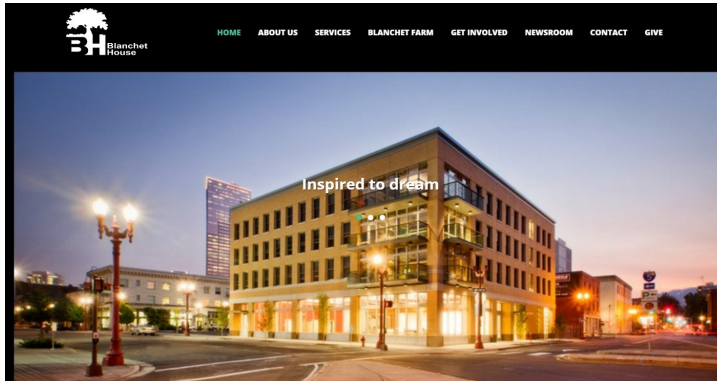
Stay up to date at
www.blanchethouse.org

Our needs are always changing.



Blanchet *WELCOMES*

A BRAND NEW WEBSITE



The Blanchet House of Hospitality is thrilled to announce the launch of their brand new website design! Be sure to check out www.blanchethouse.org and explore all of the new features. Volunteer scheduling portals, submissions for Adirondack Chairs, and new opportunities to get involved to come soon! Final completion is expected by January 2016!

Blanchet House would like to dedicate this newsletter

In loving memory of...

Carol Feltz Bluhm

Hugh McGinnis

Patti Solomon

Madeleine Faller

Joe Moore

Jean Van Hoomissen

Leo Garrow

Jason Skinner

Rhoni Wiswall

For their dedicated service, love, and passion for the Blanchet House and the population we serve. Your spirit will be with us always.

Contact Us

To learn more, feel free to call or visit us online at:
www.blanchethouse.org

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Thank you

Community Supporters!

