



May7, 2021

Dear Friends;

I thought I'd take time to share with you the different ways we use our funds raised through our 5K.

Haven of Rest Home in Eagle Lake continues to be such a blessing to caregivers and survivors alike. For those that participated two years ago, you may remember that we were raising funds to pay off our mortgage. Our race in 2019 raised \$15,190.00 and two days later we had another commitment of \$25,00.00 which paid off our mortgage in full! This past January we were closed for repairs. February through end of May it is full 96 of the 120 days. So as you can see 80% of the time is has guests. AMAZING! We had opportunity to host a couple of ladies who are directors for Child Evangelism Fellowship of Maine. They came for team building, ministry planning, and some R & R. I had a local lady come and do a craft time with them. It was fun! (Pictures below-shared with permission)

We have 5 bedrooms and can sleep 10 people comfortably. I share this because you may have an idea on how to use it. Or you can share with others. We want it filled all the time. :-) And the cool thing about it- **everyone stays for free**. We have had widows come to heal from the death of their loved one, families of children who have been transferred to the crisis unit at Fort Kent Hospital, survivors of brain injuries taking a rest from their medical journey, individuals in crisis needing a break from their home environment, people visiting their dying family members in local nursing homes, and this past year because of the pandemic people found themselves homeless for a short season and we were able to accommodate. So you see it is very multifunctional and our office is on sight. There are a couple of pictures below.

Future projects will be to redo bathroom into a handicapped one, remodel three more bedrooms and an upstairs sitting room. One of goals obviously because of the cost will be a long term goal- is to do a therapeutic addition. It would be a sunroom with a hot tub, exercise area, back deck for grilling and a second bathroom. We have already had an engineer design it and received back quotes from local contractors. The cost of that would be \$134,000.



**Child Evangelism Fellowship
Ladies Retreat**



Art Therapy Classes

We run local monthly support groups for survivors and a state wide one for caregivers. Although at this time because of the pandemic it is all on zoom. This March we hosted two art sessions for our local support groups. The cost for each individual participating runs from \$30-\$50. (Depending on which art activity is chosen) We partner with a local business which is cool to invest back into our community too. We would love to expand this program into something more regular. It truly brings rest and relaxation to their souls.

We recently purchased a device for a head injury survivor so that she could communicate with her family.

We have a future brain injury conference completely planned with doctors from all over the state of Maine traveling to the county. They will be joining local providers to educate our communities on brain injuries. We should have had it last year but the pandemic shut it down. But it will happen soon!

We run a program we like to call our "rehoming" program. We get calls to pick up furniture that people are giving away. We collect it, store it, and as community members call in we bring them what they need. A lot of times it's someone new to the area. Having community college near by we bring a lot of items there at the beginning of semesters as new students are arriving.

We are moving forward with our next community resource. We are going to establish a transportation fund for those needing to travel to see specialists for their brain injury. We are looking for a name for this program. **What are your thoughts on "Mindy's Miles"** We personally were financially overwhelmed by the cost of regular trips to Bangor and Portland. And as we have had many, many conversations about this need- It is time to make it happen. So through out the following year we will promote our 5th- annual 5k in 2022 and then take 50% of the funds raised next year and create it. How can you help? Come back next year, bring friends, share, forward this letter to your email list. Do you know a business that wants to be on board? The way this race becomes most effective is if we can get commitments for virtual groups throughout the state. That will be our focus. Our personal goal- 5 virtual races of a group of 20 or more. I am so so so Thankful for you. You are the team that is changing the brain injured community one person at a time! And just one final comment. All our time is volunteer, none of the monies raised goes into salaries. It all goes into the brain injury community.

In service to our brain injured community, Ron, Sue and Mindy



**Newly renovated bedroom
Haven of Rest
(3 more to go) ;-)**



FINISHED HALLWAY