



OPEN M

A Ministry of Faith, Health and Hope

DECEMBER 2011

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Thanksgiving and we are thankful!



This year OPEN M offered a Thanksgiving meal with all the trimmings to anyone in Summit County on November 23, Thanksgiving eve, from 5 – 7 p.m. About 270 people came through our doors that Wednesday night, and we could see the thankfulness in their eyes! We are so proud to be able to offer the community a full thanksgiving meal with everything homemade.

What makes it extra special is the love that is put into making the food, preparing for the event, decorating, making the pies and serving the meal. We have an abundance of families and individuals wanting to give their time to serve those in need. We would like to thank Part Source and Summa Health System for helping prepare, cook and serve the Thanksgiving meal. In addition, we give thanks to the 50 volunteers that came to help serve on Wednesday and Clearview United Methodist church for setting up and decorating our gym.

It is good to know that the community feels at home when they come to OPEN M. Thanksgiving is a time to reflect on the year and everything we have to be thankful for. Here at OPEN M we are very thankful for our volunteers, donors, supporters and advocates. We are also very thankful for our clients and the warmth they give to us. It is time to build each other up to succeed, be thankful for what God has given us, and use it to the best of our abilities. **Thank you again for being you and for helping the community!**



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OPEN M is located at,
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www.openm.org

Happy Holiday's from the Staff at OPEN M



Front Row, Left to Right: Kristina Holwerda, Felicia Bronner, Hannah Nitz, Bobbie Boyer, Angel Favaro, Tiffany Stahl, and Colleen McMahon. Back Row, Left to Right: Patrice Fox, Vikki Brock Thomas, Sanford Trado, Dottie Achmoody (CEO), Steve Reynolds, Dan Bricker, Desi Becker, and Pat Adolphson.

Monthly Support for Graduates

The focus of our Family Development program is on getting ahead, an eight-week group where 12 low-income individuals investigate issues surrounding poverty. Each investigator ends the class by choosing three different resources they would like to build (financial, emotional, spiritual, mental, language, support systems, etc.) and writing a goal for each resource. But then what?

Every month, OPEN M hosts a monthly meeting for all Getting Ahead graduates to come together and provide support and encouragement. Making the transition from poverty to stability is not easy, and positive support systems play a HUGE role. At these monthly meetings, we invite all Getting Ahead graduates from Akron and "partners" (middle class volunteers) to come hang out and build relationships.

Each month we have a topic that we will



cover, and we break out into small groups or pairs to further discuss that issue. For example, September we practiced job interview skills, October we went through drills for networking and selling yourself, and in November we talked about staying motivated and how to move away from using excuses.

Are you interested in volunteering to make this possible? We need partners to come and help with discussion, groups, to cook dinner for the group, and administrative volunteers to make it all happen! **A big thank you to all the volunteers who already help each month, and a “good job” to the Getting Ahead graduates who are making changes.**

Volunteer of the Month: Jeffrey L. Moore, M.D.



The patients of the OPEN M Clinic often come to our doors with more presenting issues than their physical needs. Multiple patients identify mental health as a daily part of their struggles. Fortunately for the clinic, Dr. Jeffrey Moore approached OPEN M in 2005 to offer his time and his skills. Thanks to him, OPEN M began to offer psychiatry services.

Every month, without fail, Dr. Moore addresses our patients' mental health needs and provides medication management for their mental health disorders.

Dr. Moore is an Akron native, born and raised in this great city. He received his bachelor's degree from the University of Akron, graduating magna cum laude. He continued his education at The Ohio State University College of Medicine, where he graduated with his M.D. in 1982.

Dr. Moore then completed his psychiatry residency at Johns Hopkins Hospital, where he was the Chief Resident in 1985. Dr. Moore returned to the Akron area following his residency, and started as a consultation-liaison psychiatrist for Akron

General in 1986. He has had multiple experiences throughout his employment with Akron General, and is now the chairman of the Psychiatry Department at Akron General, a post he has held for the past 12 years. He is also a Professor of Psychiatry at Northeast Ohio Medical University (NEOMED) and has taught there since 1987.

It is not hard to see that Dr. Moore is loyal and dedicated to the work he sets out to do. Dr. Moore is one of the most down to earth, genuinely involved physicians OPEN M has. In the midst of his hectic schedule, he makes the patients of OPEN M a priority. It has been a humbling experience to watch not only the positive effect of his relationship and medical expertise with our patients, but also the interaction that takes place between them. His calm demeanor and sarcastic humor brings life to our clinic. The OPEN M Clinic staff and patients are so grateful for Dr. Moore's heart for service and for justice.

Dr. Moore is married to Chris, and they have two children, Evan and Libby. When Dr. Moore finds some free time, he enjoys gardening, music, reading, liberal politics, and a game or two of angry birds. He attends Bath Church UCC, where he started a social justice group in 2005, around the same time he began at OPEN M. Dr. Moore's convictions are the reason psychiatry first began at the OPEN M Clinic, and we could never fully express our gratitude for his dedication.

Diamond Ladies member sings group praises

Diamond Ladies is a special program at OPEN M that offers mentoring for girls 12-18. The ladies are taught to say no to sex, drugs, alcohol and the words "I can't." They also learn job-readiness skills and get to go on field trips to learn about the culture around us. It is an extraordinary group of young ladies who truly want to succeed in life. Here is a note from Ronnie, one of our amazing young women from the Diamond Ladies group.

"Hi, my name is Ronnie Ransom, I am 12 years old, and I go to Innes Middle School. I like to dance, sing, swim and play volleyball. I am interested in attending college and becoming a doctor. I get good grades and I am very respectful. I enjoy meeting new people and I make friends easily. I have been in

diamond ladies for two years and I LOVE IT! It allows me to give back to people.

"I bring positivity to the diamond ladies. If I could have one educational wish, I would wish to go to Cosi Science Center. I heard a lot about it. I really love my diamond sisters because they are loving, funny, fun and kind. I love the fact that this program exists because it provides something for me to do instead of doing nothing and being in the streets. The Diamond Ladies program may not be around forever, but our Diamond Sister relationship and experiences will last a lifetime.

"Sincerely, Ronnie Ransom"

Getting Ahead's Generosity

by Hannah Nitz

Just like a class in high school, each Getting Ahead class has its own flavor. This is the fifth class that I have facilitated at OPEN M, and I have found this to be true each time. The current Getting Ahead group (class 7) has quite an interesting flavor, with lots of spices, sauces and generosity.

Getting Ahead meets twice a week. The first week this class met, one individual generously brought in two trays of homemade food for the group to share. "I wanted to share this with our class. I appreciate all of you." I was shocked by this move. How did she manage to cook enough food for 12 people and get it all the way to OPEN M? Even more shocking, this trend continued.

Each person in the class has taken his or her turn at bringing in food for the group. Not just a small side salad, but trays full of mac 'n cheese, green beans and pot roast. Their generosity each week has absolutely floored me, and kept my stomach very happy. While this has been happening the past four weeks, I am reminded of God challenging us to be generous with what we have, always serving others as if we are serving Christ.



As I look at the current Getting Ahead group, many of which are struggling to keep the rent paid and lights on, I see their joy and generosity and am challenged to do the same. Do I serve others around me even when it is hard?

If you stop by OPEN M in the next few weeks, try to come on a Tuesday or Friday around lunchtime. Chances are good we will be eating something delicious.

Kudos Corner

We owe our thanks to the following people:

- Working Women Connection for their food collection and recognition of OPEN M at their monthly event
- Fairlawn Area Chamber of Commerce for allowing us to set up a display table and for collecting 104 pounds of food for the OPEN M food pantry
- Sherry David for volunteering her time as our Tuesday afternoon receptionist
- Dr. John Murphy, Stow dentist and Rotarian, for helping in the dental clinic
- Brian Blocker for many long hours coordinating and managing the clinic pharmacy
- Sarah for the great job of teaching smoking cessation classes and helping OPEN M patients to quit smoking
- Nurse Administrator Patrice Fox and her gracious husband Bill for purchasing a \$900 silent auction five course dinner and donating it back to OPEN M for their staff Christmas party
- Richard John, Jo Cawley and staff from Hood and Hoover Jewelers in Stow for the fabulous Hollywood display and costumes at the Fall Fest
- Many people that donated 180 baskets to our silent auction during the Fall Fest
- Judge Linda Teodosio, for taking time out of her busy schedule to encourage our Diamond Ladies and share some memorable experiences
- Lynn Dougherty, for organizing and coordinating our dental clinic
- Gracious donors for this year, without whom we could not touch the lives of more than 8,000 individuals annually
- All of our Christmas sponsors
- First UMC Akron for donating reusable shopping bags for the food pantry
- All the volunteers who helped make Thanksgiving for the community possible
- Volunteers that helped with the Mountain of Food Giveaway in November
- Thank you to the following groups for doing Food Drives for OPEN M: Sam Salem CLC, Akron Elementary School and Echo Hills Elementary School in Stow
- Tasty Pure Food Co. for donating boxes of rice
- Trisha Tipping for donating a pool table for our children's after school mentoring programs
- Nancy Lyberger, NP – For your continued support in the OPEN M Clinic. Your presence during every Thursday evening clinic in the pharmacy allows things to run much smoother, and assures that our patients are getting the best medications for their treatment. Thank you for being so dedicated to our mission.
- Pharmacists Barry Klein, Martha Blackford, and Ginny Hoffman. Thanks for all your help in our pharmacy on our Tuesday evening clinics. While it may be hectic and busy at times, your patience, expertise, and love for our patients as well as our medical students is heartwarming and encouraging to watch. Thanks for your consistent support and time in our Clinic.



THANK YOU TO OUR DONORS!

OPEN M Donor List October 25th through November 15th

The Rev. & Mrs. K. Lee Achmoody Akron Christ UMC - Builders Class	Ms. Janet Lasater Mr. & Mrs. Jeffrey Lawrence Ms. Tiffany Lightfoot Mr. & Mrs. William Lowe Ms. Anna Maerean Ms. Althea Marquardt Dr. & Mrs. Bradley Martin Mrs. Shirlee McMahon Dr. Mark Munetz Mr. & Mrs. Jeffrey Murphy Mrs. Patricia Neely Mr. & Mrs. William Parke Dr. Kristi Pielstick Randolph United Methodist Church Mr. David Renninger Ms. Helena Rizzo Mr. & Mrs. Steve Rybka Ms. Sarah Samples Mr. & Mrs. Sterling Saxe Ms. Barbara Simcox Mr. & Mrs. Charles Simons Mr. & Mrs. Joseph Soos *St. Paul's Episcopal Church Ms. Maureen Stevens Mr. & Mrs. James Stilson Dr. & Mrs. Richard Stratton Mr. & Mrs. Thomas Strauss Mr. & Mrs. Robert Svenson Mr. & Mrs. Ronald Swank Mr. & Mrs. William Taylor Mr. & Mrs. Howard Tolley *United Methodist Women - Goodyear Heights, UMC Mr. & Mrs. Norbert Weisend Mrs. Norma Wernowsky Mr. & Mrs. Gary Whidden Mr. & Mrs. Paul Williams Mr. & Mrs. Thomas Williams	Ms. Sharon Wood Mr. & Mrs. Scott Yahner Ms. Vivian Zook GIFTS IN KIND Essie Adams Anonymous Heidi Blinka *Christ Church, Akron Connecting Touch Therapy & Wellness Center, Inc. Lois D'Agostine Earth Fare Echo Hills Elementary School Fairlawn Area Chamber of Commerce *Fairlawn Lutheran Church *Faith Lutheran Church Lynn M. Fatica Cathy Finn *First United Methodist Church, Cuyahoga Falls Paula Fulmer Beth Genovese Ed Henry Harriet Herskowitz *Holy Trinity Lutheran Church Hospice of Summa InfoLine Jacqueline Lattea Laurel Lake Retirement Community Mr. & Mrs. Peter Lepp Macedonia Boy Scouts Montrose Sleep Center *Montrose Zion United Methodist Church Phi Chapter - Delta Kappa Gamma	Larry Randall Resnick Community Learning Center Sam Salem CLC, Akron Elementary School Elizabeth Smith *St. Hilary Catholic Church, Fairlawn Sandi Stanley Mrs. Robert Svenson Tasty Pure Food Co. Trisha Tipping Violet's Cupboard Working Women Connection Donald R. Zickle * <i>Covenant Church</i> + <i>Community Partners</i> In Memory Of William Bause by Mr. & Mrs. David Christ In Memory Of Dr. John Kyle by Mrs. Mary Ann Kyle In Memory Of Dr. Donald Eipper by Dr. George Litman
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Group volunteer opportunity

Do you have a group of 10-15 people looking for a service project? We are looking for groups willing to purchase, prepare and serve a lunch to between 150-200 people, perhaps once a month. Our hot lunch program takes place from 11:30 a.m. to 1 p.m. during the last two weeks of every month, Monday through Friday (excluding July, November and December). You get to decide what is served! It is a great way to give back to the community and get to interact and see firsthand the difference you are making in another's life. If you are interested or would like to hear more, please contact Bobbie at food@openm.org or call 330-434-0110, Ext. 416.



Hot Lunch Headlines

January

Mon. Jan. 16
Hudson UMC

Tues. Jan. 17
Fairlawn Lutheran Church

Wed. Jan. 18
Granger UMC

Thur. Jan. 19
Twin Falls UMC

Fri. Jan. 20
Macedonia UMC

Mon. Jan. 23
St. Barnabas Catholic Church,
Northfield

Tues. Jan. 24
Stow UMC

Wed. Jan. 25
First Congregational Church,
Hudson

Thur. Jan. 26
Green Valley UMC

Fri. Jan. 27
Montrose Zion

Mon. Jan. 30
Open Date

Tues. Jan. 31
Peninsula UMC

OPEN M
941 Princeton Street
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Return Service Requested

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U.S. Postage
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Akron, OH 44309

IMPORTANT DATES

**Thursday, December 15, 9 a.m. -
Christmas Distribution Day**

**January 2012 -
No Monthly Membership Meeting**

**Saturday, February 4, 2012, 9 a.m. -
ANNUAL Membership Meeting**

ACME Fresh Market-Cash Back Program

Shop at Acme Fresh Market and save your register receipt tapes dated September 24, 2011 through February 11, 2012. Ask your family, friends, co-workers and neighbors to shop at Acme and save their receipts, too! Receipts must have the words "Cash Back" and amount on the bottom of the receipt to be valid.

Then mail your receipts to OPEN M, 941 Princeton Street, Akron Ohio 44311, or drop them off. All receipts must be turned in by Monday, February 20, 2012. Acme Fresh Market will donate back to OPEN M five percent of the cash back amount printed at the bottom of the receipt. The cash back amount includes all Acme store brand merchandise purchases. These include, Acme Fresh Market, Academix, Domestix, Electrix, Food Club, Full Circle, Paws, TopCare, ValuTime, and World Classics products.

Thank You!

