



**Blanchet
House
& Farm**



Flowers For My Sister

Recently we went to the dollar store to buy flowers for the cafe tables.

The cashier asked, "Do you have fun plans for these?"

**IN THE
CAFE**

We told her that they are for Blanchet House and that guests sometimes

take a flower out of the arrangement so we need to replenish them. We understand the longing to have something pretty to take with you.

"My sister eats there," the cashier said. "She probably takes your flowers. I was homeless for four years and used services like yours, too. Thank you."

Great reminder that your compassion and support reaches far beyond our walls.



Joyce (left) and Jenn Coon sit outside Blanchet House.

Older Adult Homelessness

Joyce, 70, was dropped off outside our doors by someone, the details were fuzzy. What was clear, is that she had nowhere to go and already spent two nights outside. Many people lie near our building but Joyce especially stood out to staffer Jenn Coon. She struck up a conversation and got to work trying to secure her shelter.

It being Friday it would be hard to find her a shelter bed quickly. By miracle, Jenn overheard a fireman who was tending to someone else nearby say that there was a tiny home available in a safe rest village. Jenn got the details and jumped on the phone.

A few hours later she put Joyce in a taxi to go to her new temporary home. Jenn gave her a brand new donated quilt as a housewarming gift. We heard from Joyce a couple weeks later and she loves her new tiny home. She is working with a case manager to secure a permanent home.

Joyce gave permission to share her story. We do so because it's important for people to see the varied faces of people experiencing homelessness in America. Single adults over 50 make up half of the homeless population according to the U.S. Department of Housing and Urban Development. Please consider [donating](#) to support Jenn's life-saving work.



We were so glad to see Brian volunteering to bus tables in the cafe. He's enjoyed eating with us while he worked to gain sobriety, health, and housing. And we've enjoyed his easy smile and positivity.

"I love to help out the place that I love the most," he said. "This place has always been positive for me. It helps me stay focused on doing the right things."

Thank you for helping our community, Brian!

Sign up to volunteer on our [website](#).



Psychiatric nurse practitioner and Blanchet board member Emily Harrington was spotted volunteering her time to care for a woman in pain on the sidewalk.

Emily founded the Harrington Health Clinic, located inside Blanchet House, so that nurses like her can reach people living on the margins.

Emily was able to help tend to the woman's wound with ointment and bandages. We're so grateful for her compassion and care.

Learn more at [HarringtonHealthClinic.org](#).

**ON THE
GROUND:
VOLUNTEERS**



Cheryl and Mike Cebula.

A Lasting Gift of Compassion

BY SCOTT KERMAN, EXECUTIVE DIRECTOR

I would like to share a story with you about a special couple I recently had the pleasure of speaking to. Cheryl and Mike Cebula let me know that they've made a planned gift to Blanchet House. Their generosity and compassion deeply touched me and affirmed our mission.

LEGACY
NEWS

The Cebulas tell me that they are passionate about Blanchet's quest to serve, treating individuals in need with dignity and respect, and fostering hope and restoring faith.

Mike first learned of our services by volunteering in the cafe as a student at the University of Portland. For Cheryl, while working in downtown Portland, she often encountered individuals sleeping in the doorway. She was glad to be able to direct them to Blanchet House, knowing they would receive the care and support they needed.

These experiences and their religious faith left an indelible mark on their hearts, igniting a deep care for the cause.

As they've matured, a growing awareness of their blessings and having their basic needs met without worry, makes them feel a sense of obligation to assist those who are less fortunate. They are genuinely committed to helping others.

To solidify their commitment, the Cebulas have included Blanchet as a beneficiary in their wills. What a profound gift to our community! They believe that dedicating a portion of their estate will ensure that they will make a difference for future generations.

"We can help best behind the scenes," Mike says of their gift. "We hope that by sharing our story we will motivate others."

The Cebulas' inspiring gift reminds me that acts of generosity have the power to transform lives no matter what our capacity to give is. Cheryl and Mike believe that philanthropy is not only a responsibility but also a blessing.

We are profoundly thankful to the Cebulas for their extraordinary generosity. Their planned gift will empower the organization to continue its vital work and bring hope to countless individuals in need.

Thank you for your time and support.

AUGUST IS MAKE A WILL MONTH

Learn how you can support Blanchet House with a planned gift by calling our Individual Gifts Officer, [Kelsey](#) at 503-241-4340 x130. Mon-Friday, 9-5.



Artwork by Cole Lyons.

Blanchet's Annual Art Show is Live!

Right now you can purchase beautiful limited-edition art prints for only \$50 and select original works created by local artists.

About On the Ledge

Every sale from Blanchet's On the Ledge art show will help fund our services. Plus, the artists receive 50% of proceeds from the sale of their work so you're also supporting them.

This year's theme is *People · Places · Portland*. Now in its fourth year, On the Ledge aims to help the homeless community and local artists.

The prints and original art will be displayed in an online gallery during the month of August and in spaces around Portland like Portland Center Stage at The Armory.

Contact Gabby with questions at 503-241-4340 ext. 314.

Visit BHOntheLedge.com to view all of the prints available.



Scan the QR code with your phone to view the art gallery.



Miggs Ramirez, a resident of Blanchet Farm, feeds and waters the chickens. Photo by Kaveer Rai.

An Oasis of Hope

After many attempts to gain long-lasting sobriety, Rob Moody, 57, needed something different--an unorthodox approach to addiction recovery. A friend recommended he try Blanchet Farm in rural Oregon, a free program occupying 62 acres outside Portland. For a city dweller, farm life would be new to Moody.

FARM NEWS

"I knew I needed to do something different," Moody says. "For someone broken like me, four months in a treatment program wasn't enough time. Inpatient treatment never worked for me with the writing curriculum."

The initial months at Blanchet Farm were particularly grueling as he endured the withdrawal process from Methadone. Methadone users can experience post-acute withdrawal symptoms like depression, anxiety, difficulty sleeping, and poor concentration for up to two years.

At the farm, he found he was distracted from the symptoms. The farm's hands-on approach to recovery engages participants in tasks like caring for chickens and pigs to help them regain a sense of purpose.

"I never thought I'd enjoy living out in the country. It started with the animals," Moody says. "Walking the goats. I'd lie down for an hour in the trees watching the goats eat."

In addition, Moody was able to find solace in making art. He transformed a

room in a barn into an art studio where he created remarkable pieces.

"After work, I would spend the rest of the day painting. I wasn't sleeping because I was titrating off Methadone so I was putting out two to four pieces a night. It was just coming out of me," he recalls. "If you look at all of the paintings I made then you'll see a light illuminating from the center. Maybe it's the spiritual waking people talk about it."

For Moody and others, a traumatic childhood spent in and out of foster care led him to self-medicate with substances. He'd tried many times to quit using drugs including during stints in prison.

"Drugs work really well as an anti-depressant and for anti-anxiety, until they don't," he says.

Reflecting on his time at the farm, Moody expresses profound gratitude for the opportunity to rediscover forgotten aspects of his identity. He unveiled his concealed generosity, kindness, and empathy, traits he had never fully recognized before.

"I think it was the connection. Everybody there was in the same boat. There was no judgment. Several guys asked me, 'How do you do it? How are you happy day and after?' Moody recalls. "One word it's gratitude. Look around. Look at what you have here."

Moody believes that it is his moral duty to improve his own life while positively impacting the lives of others. Driven by

his transformation at the farm, he is pursuing a degree in psychology with a minor in art. He aspires to incorporate art therapy into his future career as a Certified Alcohol and Drug Counselor (CADC).

Moody's dedication to helping others and giving back is a testament to the profound impact of programs like Blanchet Farm.

"The farm allowed me to pick up the pieces. It allowed me to discover pieces of myself that I didn't know existed. Time to process," he says. "Give yourself a chance."

Blanchet Farm's supportive environment and nurturing community have not only aided Moody in rebuilding his life but have also provided him with the means to become a catalyst for positive change in the lives of others.



Rob Moody working on art at home.



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A Meal. A Home. A Future.



Staffer Jennifer Ransdell stands in front of some of the wheeled bags available to guests.

Bag Giveaway Helps Houseless

We gave out more than 100 wheeled bags last month so that our guests experiencing homelessness can more easily transport their belongings.

ON THE STREET

It was Jenn Ransdell's (above) brilliant idea to hold a bag drive. Our guests were so grateful and happy to be able to pick out a bag that suits their needs.

"This is my house, right now," James (pictured right) said about the wheeled suitcase he got from Blanchet House this

week. "I don't have that much, but it'll fit all in here and I feel safe with it too."

James came to Portland from Eastern Oregon for a detox program and now needs a place to live. He's sober and trying to get his life back on track. But for now, the suitcase gives him a place to put his belongings as he moves between services and shelters.

Thank you to everyone who donated bags and to our staff for organizing the event. We try to find ways to alleviate suffering in whatever ways we can.



James picked out a wheeled suitcase to use while he travels between services.