



WINTER/SPRING 2018

# FHO NEWS

A newsletter for our friends and supporters

It has been quite a year for Fellowship Housing! Seems like it's about time we updated you, our friends and colleagues, about some of our news again. To help us in doing so, we are continuing with this new venture of a newsletter. Please let us know what you think—any suggestions or contributions will be very much appreciated!

Letter from Nancy Egner, Executive Director

I am very appreciative and humbled by the enormous positive reception that we received from our first attempt at a newsletter for our supporters! Thank you very much! We will attempt diligently to measure up to your expectations and wishes in the future!

I have decided to try and organize my thoughts for this letter into two general areas – outside influences and actions, and inside influences and realities. First, for the Inside.

**You can now follow Fellowship Housing on Facebook!**

**Check us out, like us, and share us with your friends!**

**[www.facebook.com/FellowshipHousingOpportunities](http://www.facebook.com/FellowshipHousingOpportunities)**

Fellowship Housing continues to organize and shape itself in wonderful ways. We are fully staffed for the first time since my employment began here nearly two years ago! We are, however, still looking for per-diem staff to fill in for vacations and such. To help in this search Rachel Moon (our Community Residence Manager) and I recently attended a career fair at UNH. We have also initiated a survey of our current staff to get some feedback about how the organization is doing in taking care of our employees (supervision, communication, benefits, etc.). In addition to surveying the staff, this spring we will undertake a process of trying to get some feedback from our tenants about how we are doing as interested landlords, and what we could improve upon. Being the best we can be is important! At our group home we have initiated a process of doing some objective and measurable assessments of the resident's skills and abilities to manage their lives and home. We will use this assessment to accurately assess what we can work with them on and give them feedback as to their accomplishments. These assessments will be completed on quarterly basis.

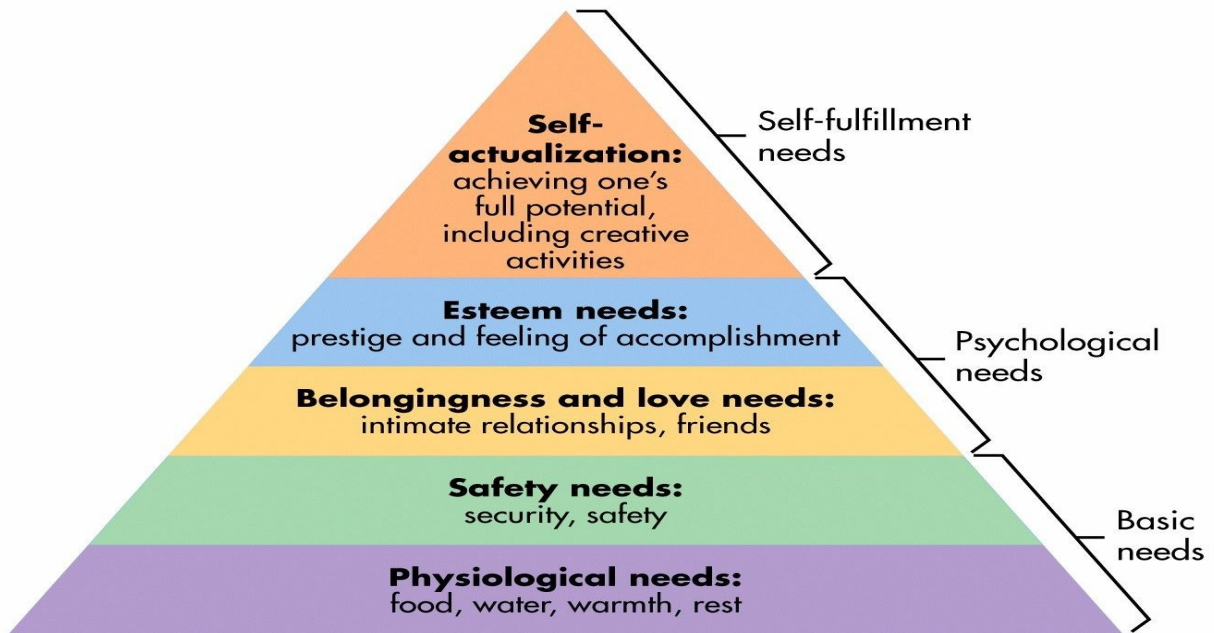
**See Nancy's entire letter published in the Concord Monitor on January 27, 2018 on our website at:  
<http://www.fellowshiphousing.org/publications/letter-to-the-editor>**

Second, is the outside and influences we see that effect Fellowship Housing and affordable housing in general. On January 27, 2018 I penned a letter that the Concord Monitor kindly printed (available for your reading on our website) about my perceptions regarding the housing market in Concord. It focused on the general ground swell that in some ways is very admirable to gentrify and improve housing in the downtown area and market luxury apartments and condominiums. As a result the downtown does look fantastic but, I (and others) also raise concerns and caution that we as a community need to remember those that can't afford 'luxury' rents – younger workers as some, and our residents as disabled folks on a fixed income as others. Other, more specific concerns, include the full NH House vote on HB 1485, that will occur during the week of March 5<sup>th</sup>, on a bill to increase the allowable amount for a security deposit paid to a landlord to 2 months' rent. At a time when New Hampshire is facing its tightest, most expensive, rental market in its history and is struggling to build its workforce and retain and attract millennials, creating a bigger barrier to renting a home feels counterintuitive. We need to continue to be advocates and spokespersons for the needs of our residents and others who may not have a lot. ALL of us make up this community, and each and every community. The welfare of ALL of us I believe to be important.

## **Fellowship Housing Opportunities, Inc.**

36 Pleasant Street, Concord NH 03301. phone—603.225.1767 [www.fellowshiphousing.org](http://www.fellowshiphousing.org)

## Abraham Maslow's Hierarchy of Needs.



Maslow's Hierarchy is something we, in the helping professions learn about in school as a way of understanding people's needs and the priority of those needs. The theory is that the bottom of the triangle represents the basics, and if those are not met adequately, there is little attention that can be paid to anything higher. It is only as a step is achieved most of the time that one can think about or tackle the next step up. This seems VERY relevant to Fellowship Housing, and we are privileged to see this in action. Once someone has their housing and basic security needs met, then they can move on to making friendships, feeling a sense of belonging in the community, and having some feelings of accomplishment and self esteem. It is wonderful thing to observe!

One example is a woman who lives at our group home "Fellowship House". She is woman who has a history of substance abuse, major mental illness, and a personal history of getting into significant confrontations with police and other authority figures, hurting herself and others in the process, and being hospitalized and/or jailed as a result. She was usually homeless or, at risk of being so, and didn't know where her next meal was coming from.

Since living in "Fellowship House", she is clean and sober, has learned how to manage her mental illness, is working out, and managing her physical well-being. She now speaks eloquently that one thing she has very much learned while living at "Fellowship House" is how to control her anger and communicate her feelings constructively. She is doing great, and is looking to move into an independent apartment through Fellowship and live with her long time partner. Her physiological and safety needs are satisfied on Maslow's Hierarchy. Now she is able to move onto the psychological needs of belongingness, and esteem needs. It's a beautiful thing to watch!



Rachel Moon, Group Home Manager, at the Career Fair at Univ. of New Hampshire. Seeking per diem staff through students.

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