

# Northern Hope Center

## May 2021 Newsletter

*A Safe Place to Be*

*northernhopecenter.org*



### Healthy Members' Summer

- With the snow melted and the warm weather, NHC members have been going on daily group walks. Walks have ranged from visits to Sunrise Bagel & Espresso, to the Chena River, or to the Fudge Pot. With the new NHC Van, further walking trips and field trips are anticipated.
- Board Member Kathy helped NHC members start their own garden. Northern Hope is growing different types of potatoes, tomatoes, herbs, lettuce, and flowers. By June, NHC will have a planter box in the center for the garden.



### Finding Hope in the Darkness

- The Fairbanks Wellness Coalition hosted their annual Suicide Prevention walk. Northern Hope Members preserved through the rainy weather and introduced new community members to our community. Although the weather made the day difficult, members showed their support for those who have struggled with mental illness.



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Nhcfairbanks



## Remembering Mark

- Towards the end of April, Mark Peters passed away. NHC was informed of this later, so we celebrated Mark's life in May. Members were able to share fond memories, grieve his loss, and enjoy special activities. Members were able to enjoy pizza, ice cream, and Bubbly waters. The day was spent watching movies and playing board games, encouraging an uplifting mood. Mark was a committed member, loyal friend, an uncle, a brother, and a son. He will be missed.

## New NHC Designs

- Northern Hope Center has new merchandise around the center. With our new logo (pictured on the left) to be on our summer t-shirts and on the new pop-up sign. The Northern Hope website has been redesigned, as well as social media banners. Be sure to follow NHC on our social media platforms and website to see daily updates and projects.



Want to donate to NHC?

You can donate to NHC via PayPal or check.

Questions? Contact info listed to the right.

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