

Hope Matters

Steps Toward A Healthier Future

"Mommy, my tooth hurts." "I feel depressed." "I can't remember the last time I had a check-up." "I can't see the blackboard at school." These are just some of the health issues our resident mothers and children address while participating in the Hope Alive program. Some come with chronic conditions that need immediate attention while others lacked the wellness information and motivation because of their housing instability.

The National Coalition for the Homeless reports that homeless adults experience higher rates of depressive disorders and chronic health problems than people who are housed. A July 12, 2009 Washington Post article (More Families Are Becoming Homeless) states nearly all homeless mothers have histories of severe violent victimization. More than one-third has post traumatic stress disorder and 85 percent report having a major depressive episode in the past. Nearly half become dependent on alcohol and/or drugs. A 2009 National Center on Family Homelessness study (America's Youngest Outcasts) reports homelessness makes children sick. They are twice as likely as middle class children to have moderate to severe health problems – including asthma, dental health and emotional disturbances.

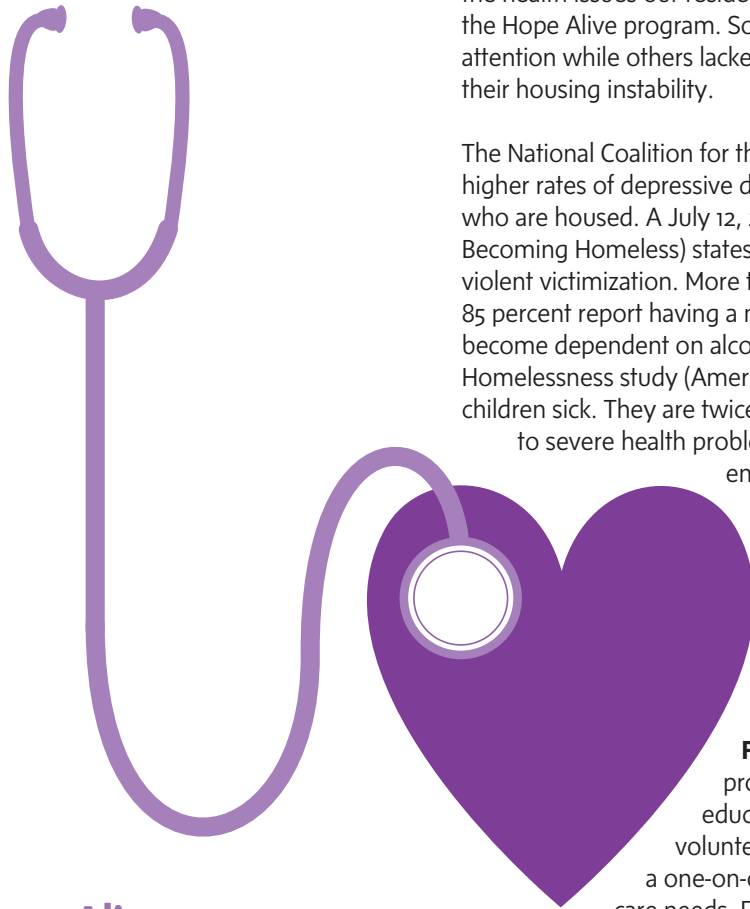
Hope Alive encourages resident mothers to work with their healthcare providers to manage chronic medical issues, seek routine self-care and learn healthy lifestyle behaviors.

Hope Alive is expanding its current health management program with the launch of a new **Family Health Initiative (FHI)**. This three phase program includes detailed assessment and extensive educational curriculum developed by a team of volunteers with professional expertise. The team provides a one-on-one, spiritually-based approach to address health care needs. Each woman will have access to medically sound information, encouragement, prayer support, and a proactive plan (with accountability) to address multiple health issues that may hinder her ability to become whole and self sufficient.

Health coaches, exercise specialists, nutrition enthusiasts, and other qualified professionals will work regularly with our moms for added support, encouragement and education.

With the ongoing support of the community and health agencies, Hope Alive families now have the greatest promise of living healthy lives filled with hope and a future.

One of our youngest residents required surgery in April to correct a birth defect. He has a wonderful care-free spirit with a happy and playful demeanor. He enjoys play time and reading in the Abba's Angels program. His mother is grateful for the medical care he received at John's Hopkins Hospital.



Hope Alive Health Outcomes

To achieve improved health and wellness for our resident families, the health management program has established the following expected health outcomes for resident families:

- Resident women will increase their understanding of the need for appropriate health care
- Resident women will improve communication with and access to appropriate health care services
- Resident women and their children will improve physical health and mental well-being.



LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

During our first four years of serving homeless families, we have recognized the most critical issues that stand as major barriers to achieving self-sufficiency and independence. Addressing residents' varied health issues is one of the most important services we can provide to the families who walk through our doors. Their acute and chronic health needs are often the result of years and even lifetimes of trauma, lack of understanding and access to appropriate health care services. Before they can focus on the other serious needs in their lives, their health concerns must be addressed.

For instance, a young mother suffering from clinical depression cannot mentally focus on the simple task of tracking daily spending. The consuming hopelessness she feels prevents her from thinking beyond today, much less of a new and different future for herself and her children. Even studying for a GED exam or pursuing college classes at FCC may be too overwhelming.

It's for these reasons - and others you'll read about in this issue - that health management is a primary focus for the first few months of a family's participation in the Hope Alive program. Once health improves and stabilizes, women can move forward toward their goals in education, vocational training, financial literacy, improved relationships, and even being open to exploring their own faith and spiritual growth.

God faithfully directs our steps in providing the most effective program services possible to meet the unique and complex needs of homeless women and their children. Thank you for walking with us on this amazing journey of faith through your love, prayers, commitment, and support that is transforming the lives of our resident families to health, wholeness and stable permanent housing.

Committed to His service,

Sue Oehmig

Sue Oehmig
Founder and Executive Director

p.s. Read my weekly blog to learn more about Hope Alive! <http://hopealiveinc.blogspot.com>



Two resident women (one pictured above) certified in CPR/First Aid by American Red Cross volunteer Beth Sweeney.

HEALTH OF THE MINISTRY

Despite our commitment to maintaining a diversified funding base, Hope Alive was not able to escape the impact from our country's economic crisis over the past few years. God faithfully brought us through two years of deficit spending (\$200,000 in 2008 to \$100,000 in 2009) to a much improved financial position in 2010! Through what seemed like some very dark days, God miraculously sustained our core services to the families who so desperately need our help. Thanks to our faithful donors like the Ausherman Family Foundation, generous Community Partners, new funding from private foundations, and hundreds of individuals and churches, God has brought us to a place of greater financial stability for the first time in 3 years! We continue to work diligently to minimize expenses including operating with a "bare-bones" staffing structure. To help as many homeless families as possible in 2011 and beyond, we ask for your continued faithful support. Praise God for His faithfulness and miraculous daily provisions that sustain the health of His ministry!

Our Wish List

- "Pink" or "Pantene Woman of Color" hair products
- Bathroom trash cans
- Facial tissues (with lotion preferred)
- Mucinex or generic form for all ages
- Ziploc snack-sized bags
- Diapers, sizes 2, 4 or 5



Jay C. Graff Memorial Golf

Friday, July 22, 2011 • 12:00 am

Jay was a supporter of many charities. In honor of this third party event to his favorite charity, we will pledge additional donations.

12-12:45 pm | Registration: \$60/per person
1:00 pm | Tee-Off
6:00 pm | Buffet Dinner: \$40/per person

Checks made payable to "The Jay C. Graff Memorial Golf"

COMMUNITY PARTNER profile

Thanks to two 2011 Community Partners' grant awards, Hope Alive is able to expand our current health management program to bring improved health and wellness to our resident mothers and children.

Lutheran Home and Hospital Foundation, Inc.'s \$4,500 grant award to Hope Alive allows us to continue the focus on our Family Health Initiative. Joining us as a new Community Partner this year, Lutheran Home and Hospital Foundation's support will enable us to be better equipped and serve more effectively in addressing the life-controlling issues of those in need in our community.

St. Paul's United Church of Christ Foundation awarded Hope Alive with a \$5,000 grant to support our work in addressing healthcare issues. The Foundation believes Hope Alive's work is consistent with the stated purposes of the St. Paul's Foundation to effect meaningful change by addressing root causes of acute and/or chronic healthcare problems.

BECAUSE OF YOU

Families served in 2011: 8 (cumulative since opening in 2006: 34)

Children served in 2011: 15 (cumulative: 66)

Bednights* in 2011: 1,564 (cumulative: 24,646)

Average length of stay: 8 months

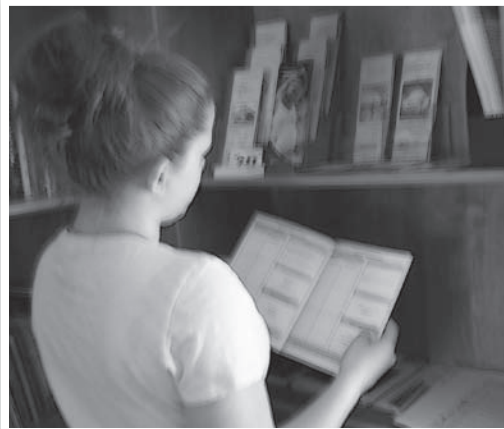
Phone inquiries 2011: 74 - 28% increase over same period in 2010 (cumulative: 1,075)

- A mom visited the dentist for the first time in ten years; 14 cavities were filled!
- Two moms participate in First Aid/CPR, learning safety and emergency skills.
- Children are brought up-to-date on important immunizations.
- Every family enjoys daily nutritional meals and every family learns to maintain healthy diets.

* a bednight = one person per bed per night.

volunteer corner

Volunteers **Betty Dodson and Teri Slater** have worked together in collaboration with Family Ministry Specialist Jody Julian to establish a health kiosk in the Hope Alive residence. This kiosk (Phase 1 of our new Family Health Initiative) transformed an unused bookcase to a wealth of information for resident women. After four years of serving homeless families, common themes of women's health issues have been examined to provide a "user friendly" resource center for moms to access information that will help them achieve their health goals now and in the future.



Many thanks to Betty Dodson and Teri Slater for their hours of service and the groundwork laid for the additional phases to come in 2011. Stay tuned for more updates on how these volunteers - and others interested in the wellness of our residents - are moving our health program to a new level of effectiveness.

volunteer needs

Volunteer Coordinators needed for our women's development and child development programs. Volunteers will assist with management duties and/or coordinate volunteers approximately 4-5 hours per week. Contact Missy Miller at 301-241-4005 if you would like to volunteer or need further information. You may also visit our website at www.hopealiveministries.org for more details.

Golf Tournament

to 8:00 pm

His family would like to continue his generosity by donating net proceeds from activities, one of which is Hope Alive, Inc. There will be an opportunity at dinner to

- Prizes for men and women
- Memento for all participants
- Accommodations available on July 22 at Liberty Mountain Resort for \$118 (plus tax) Call 717-642-8282 for reservations.

Staff Memorial Fund" and send to 15 Ski Run Trail, Fairfield, PA 17320 (to be received by June 30, 2011).

hopealiveministries.org
301.241.4005



Thank you.

We would like to thank our sponsors who made this year's **Visions for Hope** event a success!

Event Sponsors

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Anonymous matching gift donor
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A special thanks to
**The Delaplaine
Visual Arts
Education Center**
and
Canapes
for their
contributions.

In honor of:

Hope Alive by John and Pat Frizzera
Families at Hope Alive by Mary Ellen Eaton
Nancy VanDouren by David and Marianne Brown

In memory of:

Charlie Quill by Paul and Kathy Jenkins
Laura Thom by Marian Meyers
Esther Roop Hough by David and Marianne Brown
Ladies of Charity family members by Ladies of Charity

HOPE ALIVE
Gifts Given