

*Spring Edition 2022*



## CCH NEWS

**EXPANDING OUR IMPACT.** For 30 years, CCH has had consistent growth for the benefit of all CCH Participants in our Sand Castle Shelter, Keys to Hope and Grace Learning Center Programs. We also serve the community through our Food Rescue Initiative. Through collaborations, we have established over 100 community partners to provide better supplemental services to CCH Participants. CCH always focuses on stronger ways to serve our Participants and the community at large.



We are pleased to announce our new technology at CCH's Grace Learning Center. With a brand new computer lab and new interactive VIBE Smart Boards, we now have the capacity to live stream classes and provide remote access to all of LaPorte County and beyond, through recorded classes and webinars on a variety of topics and subject matters. In addition to the various classes and programs currently offered at Grace Learning Center for life skills, CCH has procured grant funding to deal with a critical subject: the long-term effects COVID-19 has had and will continue to have on mental health and wellness. We have already partnered with licensed clinicians to teach trauma and PTSD coping skills, anger management and grief support (addressing emotions including anxiety, depression, suicidal thoughts, etc.). We firmly believe the only way our Participants may enjoy a lifetime of sustained self-sufficiency is the removal of life skill hurdles and health barriers that continue to plague our community.

We ask if you have it in your heart to help, to make a donation of any size to CCH or consider being a monthly doner partner. Please see Page 8 for how to do so. We are very grateful for the support this community provides us year round! It takes a village.

Thank you!

Jim Musial, Executive Director

### CCH Board of Directors

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# FOOD RESCUE INITIATIVE

Since its inception in 2019, CCH's Food Rescue Initiative has rescued, procured and distributed more than two million pounds of food to thirty-four receiving organizations (soup kitchens, food pantries and shelters) in seven cities throughout LaPorte County. Even as things normalize to a degree, soaring inflation, rising prices and supply issues make this program more crucial than ever.

We will continue normal operations and facilitate food giveaways through the Food Bank of Northern Indiana. In addition, we are proud to announce our continuing partnership with United Way which will bring an additional six mobile food pantry giveaways this year.

Because of this program, CCH now is a SIPP (Social Impact Partnership Program) partner of Franciscan Health, sitting on the panel of Franciscan's Health Equity Advisory Committee. Also, we are proud to announce CCH's inclusion on Healthcare Foundation's newest initiative, the HEAL program (Healthy Eating Active Living). Through Collective Impact collaborations like these, CCH is at the forefront of fighting Food Insecurity in LaPorte County. Although it is decreasing, the Food Insecurity Rate of LaPorte County sits at 13.1%, well above the state and national values. If you wish to be involved, e-mail Jim Musial at [jmusial@cch-mc.org](mailto:jmusial@cch-mc.org) to volunteer or contribute.



# SAND CASTLE SHELTER

## Sand Castle residents work towards sustainable self-sufficiency



*Volunteer Amanda White keeping children occupied during Nurturing Parenting class at Sand Castle.*

Sand Castle residents are working hard to reach their goal of sustainable self-sufficiency. The creation of an Action Plan and working through barriers are the crucial elements that lead to success. Clients arriving at the shelter sometimes come from similar situations and backgrounds, in other instances, very dissimilar. The reasons for becoming homeless are many and varied – especially since the pandemic - and that is why CCH offers personalized case management. There are no cookie cutter services here. A softer approach is sometimes necessary for someone coming out of a difficult or abusive relationship. Such a client may need to decompress and get comfortable with staff before disclosing all the barriers they face. Another client may be homeless due to illness, loss of a job, and no back up savings. They arrive at Sand Castle actively looking for gainful employment, and just need a few paychecks to get back on their feet.

Some CCH clients struggle with barriers of mental health or addiction that need to be addressed. Many addiction issues are masking years of trauma that have been buried and not dealt with in a clinical setting. Mental health service providers are not always able to keep up with the demand; some clients are waiting four months for an appointment. CCH has many Community Partners ready to jump in and help our clients move forward in life, when they are ready.

It is a blessing to work with our clients, watching them grow and learn new life skills that make success a reality. We ask that you always take a look at the person behind the struggles, addiction or other barriers and assist us in our efforts to erase the negative stigmas faced by this ‘invisible’ population. View them with a lens of humanity and compassion and really see them. Thank you for your continued support of Sand Castle Shelter and all CCH programs.

## Affordable Housing Crisis

Shelter residents are struggling to obtain affordable housing. Rent prices in LaPorte County have skyrocketed, sometimes even double their previous amount! CCH’s Community Partners are facing challenges in assisting clients with housing as well. This situation is exacerbated if one is experiencing homelessness but also affects everyone, especially those with income limitations. We will continue to work with our Community Partners as well as landlords who have affordable rentals. We are ready to develop new partnerships with those who may have rental properties that may fit the needs of shelter residents. If that applies to you or anyone you know, please feel free to reach out to Tammy Rosebaum at (219) 879-2552 or [trosebaum@cch-mc.org](mailto:trosebaum@cch-mc.org).





# GRACE LEARNING CENTER

2021 marked the year of growth at Grace Learning Center. Quickly becoming the ‘epicenter’ of CCH’s programming, GLC’s calendar increased from five classes to more than 20 weekly programs, support groups and classes, each designed to address a barrier holding individuals back from sustainable self-sufficiency.

In November 2021, GLC received a generous grant from PNC Bank to purchase 10 new, state-of-the-art desktop computers for our lab, allowing the return of computer classes. Through our expanded partnership with Goodwill Works, we now offer basic and intermediate computer classes and job referrals through Goodwill’s Works and Second-Chance programs.

Interactive VIBE Boards were installed in our classroom, offering virtual lessons for anyone unable to attend in person. Through a partnership with Pillars of Wellness mental health center, GLC now offers Coping Skills for Trauma/PTSD and will begin a Grief Group in April. Bowen Center has returned with Anger Management for those dealing with anger issues during challenging times. These classes are specifically designed to address the mental health issues plaguing our community, both pre– and post-COVID.

For substance abuse barriers, we now offer Substance Abuse Education, Alcoholics Anonymous and Nicotine Anonymous. ‘Thinking for Good’ offers an interactive group setting where negative thoughts and behaviors are replaced with positive thinking for better outcomes.

Our ‘Working Wednesday’ series provides classes through Purdue Extension, teaching participants how to prepare for—and re-enter—the workforce, through mock interviews, dressing for success, and how to explain gaps in one’s resume or work history. Nutrition also remains a staple at GLC; this series will soon expand with new health-based programming!

We invite you to stop by GLC between the hours of 8am and 5pm, Monday—Friday, pick up a copy of our class calendar, tour the renovated building, and register for classes. Every class at GLC is free and open to the public!



*Purdue Extension’s Mary Foell teaches ‘Jim’ how to tie a tie for an upcoming job interview, during her ‘WorkReady’ class at GLC.*



*Goodwill’s Lisa Sharp teaches students how to use a computer in the ‘Computer Basics’ class.*



*Purdue Extension’s Jody Kutch teaches the benefits of healthy eating in ‘Nutrition Education’.*



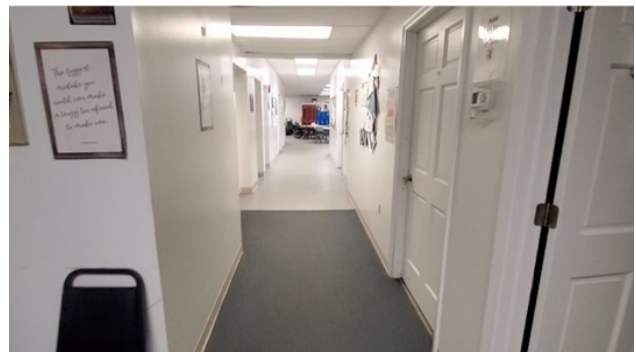
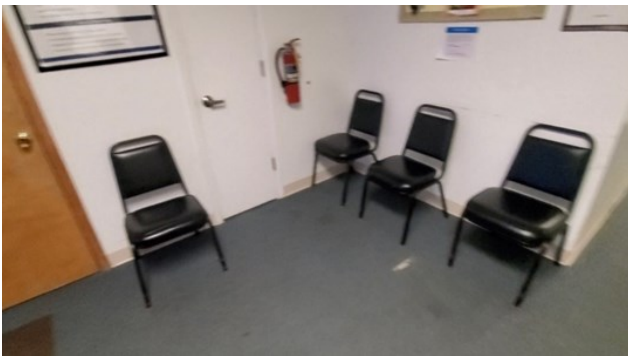
# KEYS TO HOPE

Thanks to the newly expanded schedule of professionally provided, evidence-based programming at Grace Learning Center, Keys to Hope participants are now receiving *even more* instruction and support to help them address and overcome their current barriers. Each participant is assessed upon their entry into our program, and again during their weekly case management meetings to identify their individual needs and barriers, and classes are assigned accordingly. While all participants are required to attend a minimum of two classes per week, they are strongly encouraged to attend as many as possible.

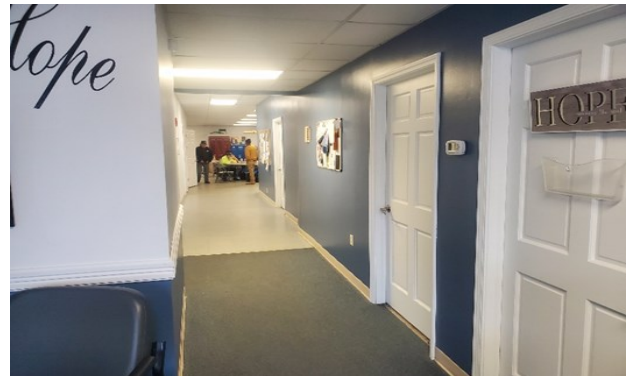
The primary goal for all Keys to Hope participants is to achieve sustainable self-sufficiency. An important component for reaching this goal is a steady income, as the vast majority of our participants are unemployed when they enter our program. Fortunately, our Program Coordinator reminds participants, “Your current situation isn’t your final destination!” Today, we are proud to report that 16 of the 25 participants currently enrolled in our program have a steady income! That’s 64%!

In other news, there has been a great deal of work taking place inside the Keys to Hope building as necessary repairs and upgrades are being made. While much of the work that is being done is aimed at maintaining and/or improving the building’s functionality (new dryer vents, faucet repairs/replacements, re-caulking shower rooms, etc.), our Program Coordinator and several participant volunteers have rolled up their sleeves and jumped head-first into giving the building’s interior a make-over. An incoming grant from Emergency Solutions will make much-needed, new flooring possible soon as well. The goal is to create an environment that feels welcoming to current and future clients from the moment they enter the front door, as well as reflect the level of professional care and services offered by our program and its staff.

## Before...



## After!



# SUCCESS STORIES

## *Sand Castle Success Story—the journey of ‘T’*

‘T’ came to Sand Castle with three children and many barriers to work through. Her Action Plan was created and she started by taking classes at Grace Learning Center and working on her GED. Some of the classes ‘T’ used to help work through her barriers were Nurturing Parenting, Substance Abuse Education, Nutrition Education, Self-Change and Problem-Solving, WorkReady, Critical Thinking, Math Skills Prep and Computer Skills. ‘T’ also participated in a certification program through TRIO Services, making her eligible to work as a paraprofessional in the education system. She also passed her GED test while at Sand Castle.

‘T’ obtained gainful employment and started saving money. Participants in all CCH programs are required to save 75% of their net income for future housing needs. ‘T’ was able to obtain housing and moved her family into their new apartment. She was also given furniture made possible through generous donations from the community. Thanks to CCH’s Food Rescue Initiative, the family left with a pantry and freezer full of food. ‘T’ worked very hard during her time at Sand Castle and left with all the tools to succeed.

## *Keys to Hope Success Story—from homeless to housing*

‘S’ came to Keys to Hope in June 2021, after suffering a medical event that furloughed him from his job and cost him his apartment. Our case management team worked with him to address the remaining health barriers to ensure he never went backwards again. After receiving additional necessary medical treatment and proper healing time, ‘S’ immediately found work at a company in Michigan City, saved to purchase a vehicle for transportation, and began putting aside money for a place to live.

When ‘S’ notified us his apartment was approved, it was a good day at CCH! With a new bed through our ‘Floor No More’ program with Captain Ed and a warehouse full of furniture from local donations, ‘S’ is now healthy, working full-time, and residing in his new home!

## AGENCY WISH LIST

### *Paper Products:*

Bathroom tissue

Paper towels

Kitchen garbage bags (Tall-13 gallon)

### *Cleaning Supplies:*

Disinfectant wipes/spray

Multipurpose cleaner

### *Laundry Supplies:*

Laundry detergent

### *Gift Cards:*

Walmart, Meijer, Lowes, Menards

Gas cards

*For a complete list of supply needs, visit our website at: [cch-mc.org](http://cch-mc.org)*

# CCH IN ACTION



## Contact Us

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## ***In Memoriam***

*"We lost a great man on Sunday, January 31st, 2022. When I first arrived from Chicago, I was invited to speak at the Michigan City Lions Club. After, Fred approached me and said he wanted to help our cause by making sure the single Moms and children in Sand Castle had reliable transportation. For the last nine years, he has provided free labor (and parts/tires he would find for free or low cost) to assure our families could get from Point A to Point B safely. He would call me on bigger issues, and we always worked out something between Fred and Sand Castle. He did all of this insisting on no fanfare, he felt in his heart that this was his contribution to make. Around Christmas, he would call to recruit single Moms who had graduated Sand Castle Shelter to meet him at Aldi's, where he would instruct them to fill a cart to the very top, and he would pay for it. Moms appearing at check out with carts half full would be sent back to buy more. He sponsored our golf outings. He gave until it hurt. Fred DeVries was a friend and I had tremendous admiration and respect for him. Fred will be dearly missed by me, by our organization and by this community".*



**Fred DeVries**

— Jim Musial, Executive Director, CCH



### **Citizens Concerned for the Homeless, Inc.**

Sand Castle Shelter for Homeless Families,

Grace Learning Center,

Keys to Hope Community Resource Center

PO Box 8612 Michigan City, IN 46361

219-879-2552 / mchomeless@ameritech.net

Name \_\_\_\_\_

Address \_\_\_\_\_

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