



Spring 2023

Edition

CCH NEWS

The Latest News From Citizens Concerned For The Homeless

PARDON OUR DUST

Sand Castle Shelter for Homeless Families has been CCH's foundation program for 31 years. Our shelter was the rectory of the Sacred Heart Church and was gifted to CCH in 2007 from the Catholic Diocese of Gary. Sand Castle Shelter moved from its location on 9th Street to the rectory-turned-shelter in December of 2007. Since 2007 alone, Sand Castle has provided shelter, food, case management support, life skills and specialty education to one thousand three hundred forty-seven (1,347) homeless individuals while they work hard to return to sustainable self-sufficiency.

Our shelter building is now 121 years old. Thanks to grants from 1st Source Foundation, the City of Michigan City (via American Rescue Plan Act), and HUD, we are set to commence exterior renovations. Phase I will include a new roof, tuckpointing and reconfiguration of the grounds to maximize play and activity space for the families and especially for the children. With these improvements, the shelter will provide a safe and structurally sound building as well as a fresh look with dedicated space for outdoor activities.

Phase 2, scheduled for 2024, will restore all woodwork and flooring in this magnificent building to its original condition. All 4 restrooms will be gutted and refurbished with new flooring and bathroom fixtures (sinks, tubs, toilets). Our kitchen will be overhauled completely. The plumbing will also be upgraded. All seven bedrooms will receive a complete makeover, with community groups and individuals encouraged to adopt a room and help design the color schemes, window coverings, etc. So, pardon our dust. It is for a great cause.



CCH Board of Directors

Ryan McCormick-President, Lizette Pina-Vice President

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Please visit our webpage at cch-mc.org for more information regarding





CCH FOOD RESCUE INITIATIVE

Feeding LaPorte County Through Community Partnerships

IDOH GRANT TO EXPAND FOOD RESCUE INITIATIVE SERVICES.

Recently, CCH was notified that we received an Indiana Department of Health grant award to expand our Food Rescue Initiative Program. The Indiana Health Issues and Challenges grant will invest \$125,000 into the food program CCH launched in January, 2019. In four years of operations, CCH has rescued, procured, and distributed over three million (3,000,000) pounds of food, free to the community. This happens through direct distribution to food pantries and soup kitchens in Michigan City and across LaPorte County as well as large public mobile food giveaway events with distribution to community families and individuals directly.

Commencing in July of 2023 and continuing through December of 2024 (18 months), the grant award will add an additional nine (9) large public giveaway events. It will provide funds for grocery gift cards to participants and community members who attend at least 3 nutrition or cooking classes held at CCH's Grace Learning Center as an incentive to healthier eating to combat diabetes, obesity, and heart issues. Also, it provides funding for the creation of a program coordinator position to run FRI and create a sub-network under CCH's 30 plus organizations currently receiving food. We will target the underserved, food deserts and engage local churches to act as sub-distribution agencies for their parishioners. In addition, we will create partnerships with local farmers for donations of freshly harvested produce to be distributed to food pantries, soup kitchens and at public events. Stay tuned for this exciting new grant which will result in significantly increased resources for





SAND CASTLE SHELTER

Sand Castle is a shelter for families and single women needing assistance while they reach, or return to, self-sufficiency. While at the shelter, we work with them to develop an Action Plan that helps address and overcome barriers. They also create a budget and save toward future housing needs. As a requirement of the program, they also attend classes at Grace Learning Center to help work through their barriers. Clients are working hard, saving money and trying to obtain affordable housing. We are honored to be a part of their journey.

SAND CASTLE SUCCESS STORY

The story of 'A'

'A' and her family came to us in late December with determination and a plan to get into their own place as soon as possible. 'A' already had a new job lined up and was ready to start working and saving money. She took every double shift she possibly could and worked extremely hard. When 'A' wasn't working, she attended classes at Grace Learning Center that are designed to help people break through their barriers. 'A' and family received beds from Captain Ed's Furniture through CCH's "Floor No More" program. Their pantry and freezer were also stocked through our Food Rescue Initiative program. Bedding, lamps and other household items came from generous donations made by the community and special friend to CCH, Linda W. In just over a month, 'A' and her family were able to secure their own apartment. 'A,' we want you to know how proud we are of what you've accomplished in your time at Sand Castle; you really are an inspiration! Congratulations!!

A HEART-WARMING GIFT

Sand Castle Shelter received a special visit from a very talented group of quilters recently. The LaPorte Mission Quilters gave our families brand-new, full-size quilts that they can take with them when they move out. There's nothing better than a homemade quilt! Thank you all so much for this gift that our clients can treasure forever.





GRACE LEARNING CENTER

CLASSES AT FULL CAPACITY

Cooking for the Health of it is a live cooking class that is also recorded for anyone to watch and learn how to prepare whole food, plant-based recipes. Participants learn about the important role that nutrition plays in discovering their best health. Eating a whole food, plant-based diet has been shown to improve gut health, allowing the body to better absorb the nutrients from food that supports the immune system and reduces inflammation. This class is facilitated by Doctor of Naturopathy, Karen Edwards, who is board-certified by the American Alternative Medical Association and American Association of Drugless Practitioners Accreditation Board. Funding for this series is provided by the Healthcare Foundation of LaPorte. Pictured are some of our dishes: Buffalo Cauliflower Wings, Spring Rolls, Brownies, and Healthy Mac and Cheese. This class is possible thanks to a generous grant from Healthcare Foundation of LaPorte, which allowed us

to build our
visit our
cch-mc.org



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en. Please
webpage at
class link.

Three of our four mental health classes are running at capacity nearly every week. Pillars of Wellness staff, Taylor Sites, has been facilitating our mental health classes and doing an amazing job with our clients. Sadly, Taylor just relocated to Virginia. She will be conducting classes virtually until a new facilitator can be found. GLC offers mental health classes to address Trauma and PTSD, Anger Management, Grief, Chronic Illness and Healthy Relationships. Classes are free and open to the public. We also offer mental health webinars on our webpage at cch-mc.org.

We would like to send out a
Extension's Linda Curley for
Dining With Diabetes class.
many of our participants and
ry day. Linda taught the class
Type 2 Diabetes with nu-
ple ingredients and recipes that
grateful to
helping CCH



special thank you to Purdue
facilitating the long-awaited
This is a health barrier that
community members face eve-
attendees how to manage their
trition and exercise, using sim-
anyone can make. We are very
Linda for
address this





KEYS TO HOPE



2023 IS OFF TO A GREAT START AT KEYS TO HOPE!

Shortly after ringing in the New Year, “C”, a disabled program participant who had learned late last year that he qualified for Permanent Supportive Housing, finally received the call he had been waiting on... his apartment was ready! Although he had not yet secured a bed or any other household necessities, C immediately bid us farewell. He was going home! The next morning, “R”, a participant who had been struggling desperately to escape the grips of alcoholism, was presented with a rare opportunity... a place in long-term (6mo.’s to 1 yr.) residential addiction treatment at a facility in Fort Wayne! At approximately 3:00pm on Tuesday, January 10th, with tears in his eyes and a smile on his face, “R” took his first steps towards a better life as he boarded the Greyhound bus to Fort Wayne.

Later in the month, “J”, who had been in our program for just 43 days, came in and happily announced to everyone that he was “outta here.” He had just received the keys to a 2-bedroom house that he had obtained all on his own! He also shared that he had offered the spare bedroom to his friend, “T”, a retired senior in our program (and long-time friend of J’s), and “T” accepted. Two housed at once!

February was also a good month at Keys to Hope!

“T”, a disabled and proud veteran, was approved for VA housing! On the morning of his big move, Jill and Paige Mellen of The Del Sammelman Sr. Charity Corp. came to KTH to surprise him with a load of brand-new items to help make his new apartment a home. “T” fought to hold back his tears as he realized that he no longer needed dishes, pots and pans, utensils, bed linens, a TV, and other items thanks to this wonderful organization.



In other news, “D”, a disabled participant, unexpectedly entered the office of our Program Developer last week, he was beaming from ear to ear and waving a piece of paper. That piece of paper was no ordinary paper, it was a CERTIFICATE! He had successfully completed the Intermediate Computer class at Grace Learning Center! “D” has been working hard for 6 months to earn his certificate.

As we neared the end of the month, our staff and participants bid farewell to one of our beloved interns, KeAnna, as she logged her final practicum hours and completed the requirements for a Bachelor of Science degree in Addiction Counseling from Indiana Wesleyan University. Although we’re sad to see her go, we’re excited to see where her journey will take her!

We brought February to a close with exciting news! The materials had been ordered for our upcoming kitchen remodel. The month of April has brought the project to fruition, with cabinets being installed and a beautiful kitchen for our participants.





CCH IN ACTION



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DINING WITH DIABETES

We just wrapped up Dining With Diabetes. This series was designed to address managing Type 2 Diabetes through nutrition and physical activity. It was facilitated by Linda Curley and brought to GLC through a partnership with Purdue Extension and a generous grant from Healthcare Foundation of LaPorte, who also provided funding for the build-out of the Grace Learning Center Teaching Kitchen, and by Unity Foundation of LaPorte County, who provided funding for the class and all class supplies. Participants took home valuable information and some great recipe ideas. They will meet up in a few months for a “check up” to see



AGENCY WISH LIST

Paper Products:

Bathroom tissue, Paper towels, Kleenex
Plastic storage bags, Foil, Plastic wrap
Kitchen garbage bags (Tall-13 gallon)

Cleaning Supplies:

Disinfectant wipes/spray, Multipurpose cleaner
Bathroom cleaner, Furniture polish, Glass cleaner

Baby Products:

Diapers (all sizes), New bottles, Wipes
Lotion/powder, Sippy cups

Furniture:

All types of household furniture
(Please call Tammy at 219-879-2552 for details)

Personal hygiene & toiletry items:

Deodorant, Razors, Soap, Shaving cream,
Feminine products, Shampoo/Conditioner

Laundry Supplies:

Laundry detergent & Bleach

Household Supplies:

Silverware, Bowls, Plates,
Coffee Pots, Crock Pots,
Toasters, Pots and pans,
Kitchen towels/wash cloths,
Glasses/cups, Mops/brooms

Clothing:

New socks & undergarments
(adult & child)
Pajamas (adult & child)

Misc.:

Gift cards (Walmart, Meijer,
Lowe's, Menards, gas station)
School supplies for all ages





31 Years of Service



30 Years of Service

Citizens Concerned for the Homeless, Inc.

Name _____

Sand Castle Shelter for Homeless Families,
Grace Learning Center, Keys to Hope Community
Resource Center

Address _____

PO Box 8612 Michigan City, IN 46361

219-879-2552 / mchomeless@ameritech.net

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