

Specific Ways YOU Can Help

Service

EMPOWERING VOLUNTEERS TO SERVE IN AREAS WHERE THEY HAVE A PASSION TO LEAD.

GROUP OPPORTUNITIES

Mozel Sanders - Thanksgiving Day, November 26: Food prep or delivery of Thanksgiving meals to those who would otherwise not have a Thanksgiving meal.

2016 Saturday Morning Breakfast sign-ups available for a group/family to bring, prepare, and serve food to up to 50 neighbors and Health Clinic volunteers from 8:00am - noon.

INDIVIDUAL & FAMILY OPPORTUNITIES

Holiday Events

Christmas Festival - December 19

Christmas Store - December 22-23

Thanksgiving Baskets - November 22: Delivering totes of food to Shepherd's neighbors.

Health Clinic: Doctors, nurses, translators, and administrative personnel needed Saturdays from 8am - noon (monthly scheduling flexible).

Shepherd believes in empowering its volunteers to serve in areas where they have a passion to lead. If you or someone you know is interested in volunteering in one of these areas or any other area at Shepherd, please contact **Phil Merki at 317-375-0203 or philm@shepherdcommunity.org.**

IN ADDITION TO VOLUNTEER OPPORTUNITIES, THERE ARE MANY ITEMS NEEDED TO HELP OUR FAMILIES:

IN-KIND NEEDS: Bottled water / 10 Rechargeable Walkie Talkies / Peanut Butter / Canned meats, fruits, vegetables, & tomatoes / Toddler-aged books in Spanish / Diapers & Wipes (sizes Newborn through 6) / Gently used clothes (sizes Newborn to 4T) / Band-Aids / 1 or 2 Sewing Machines / Packaged New Socks and Underwear

COMMUNITY.

A publication of Shepherd Community Center



Shepherd is a faith-based, non-profit organization established in 1985 with a simple but staggering goal: to break the cycle of poverty on the near Eastside of Indianapolis. Located centrally within the community it serves, Shepherd offers programs for children, teens, adults, and families. Our primary tools? Education and love.

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Starting the Continuum with Care

Generational poverty is a term used to describe the continuous cycle of poverty that plagues families, including the families living in our neighborhoods. **Research tells us it takes 8 significant relationships to break the cycle of generational poverty in a person's life.** For this reason, Shepherd works to build intentional, personal relationships with our families and children, from cradle to career - and beyond. **We call it our Continuum of Care.**



Shepherd's Continuum of Care combines our educational programming with family services to create a holistic approach that meets the physical, emotional, spiritual, and academic needs of our neighbors. It is only fitting that the Continuum of Care starts with Project Jordan.

We created and named Project Jordan with the belief that every baby needs and deserves loving, nurturing care to reach their full potential - including the baby of the drug addicted prostitute after whom this project is named. *(continued next page)*

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YOU Can Help

Thank you to our partners for making Shepherd's newsletter possible.



From a painful beginning to a continual reminder of hope, Project Jordan serves expectant and new mothers with the skills and resources they need to help their babies grow happy, healthy, and loved. **After eight years, Project Jordan currently serves 16 families and 17 children.**

Shepherd staff meets one-on-one with mothers and their babies (ages 0 - 3) in their homes, developing a mentoring relationship with the mother as well as showing a mother how she is her child's first and best teacher. Babies grow and learn best when parents and caregivers give affection, attention, stimulation along with good nutrition and proper health care. Shepherd helps moms understand their child's brain development and how they can help stimulate their child's physical, emotional, spiritual, and academic development. We teach families healthy parenting skills, something most parents have not had the privilege of experiencing themselves nor the resources to break the unhealthy cycle.

We teach parents how to foster healthy child development while encouraging positive parent-child interactions. We also perform assessments to help parents and their children identify gaps and move forward successfully.

Project Jordan does not just benefit these families on a personal level, but also benefits the community on a socioeconomic level. According to a 2006 study by the Marion Kauffman Foundation in Missouri, high quality care in the first years of life can greatly reduce the risk that today's children will become tomorrow's violent teens and adults. Research on Chicago's Child-Parent Centers tracked 3-and 4-year-olds enrolled in the program over 15 years. Children who did not participate in the preschool program (like Project Jordan) were 70% more likely to be arrested for a violent crime by age 18. **Programs like Project Jordan provide incredibly effective benefits including better preparation for larger learning capacity at later ages, a significantly reduced risk of becoming violent, delinquent, criminal, and incarcerated.** These same studies also estimate that taxpayers, victims, and participants in **Project Jordan save over \$7 in future expenses for every \$1 invested in the child now.** Another study estimated that saving one high-risk youth from becoming a career criminal saves the community over one million dollars. **Breaking the cycle of poverty in just one child's life can truly transform our community.**

"I have so many favorite moments working with families in Project Jordan," says Program Director, Paula White. "Celebrating with a smiling 3-year-old donned in cap and gown, as he makes his family proud by graduating Project Jordan and starting at the Academy Pre-School. Or, receiving a call from a panicked single mom because she is going into labor and Shepherd is the only support system she has. Or, seeing the joy in a new mom when her baby smiles at her for the first time. And, helping a mom realize we care as much for her as we do her baby. It's all in the little things. We don't do it for us; we do it because we see the joy and know the amazing positive influence these moms can have on their babies. God has enriched our lives so much by working with Project Jordan families."

Additionally, through Shepherd's Continuum of Care, Project Jordan gives these young families access to health and developmental screenings as well as community with other parents. Project Jordan also supplies the mother and child with resources such as diapers, wipes, books, and other items not covered by governmental assistance. The whole family also receives the benefits of the Continuum of Care support services Shepherd provides, including: access to the Food Pantry, Food Co-Op, Health Clinic, counseling services, job assistance, tax prep, and help navigating the wide array of community and governmental resources.

By starting our Continuum of Care with the youngest and most vulnerable in the battle against generational poverty, we are helping families create a new path for success so every child can experience more than eight positive relationships before even graduating high school.

Want to learn more or get involved with Project Jordan? Please contact Paula White at (317) 375-0203 or email paulaw@shepherdcommunity.org. ■

THE POWER OF ONE BOARD MEMBER

Randy Reichmann



In December 2013, Randy Reichmann joined Shepherd's Board and began serving on the Finance Committee. Randy learned about Shepherd through his friendship with Executive Director, Jay Height, and decided to give his time, believing in the importance of the Shepherd's work.

"By embracing neighborhood families in love," says Randy, "Shepherd helps them forge better futures for themselves, making the community a better place to live."

Randy hopes to see Shepherd expand its reach in the community over the next several years, expanding the programs and impacts of programs like Project Jordan, the Academy, and the Shalom Project.

Randy graduated from the University of Illinois and currently works as the President and CEO of Old National Bank's Indianapolis Region. He serves on the board for several organizations throughout Indianapolis and is also a mentor with Big Brothers Big Sisters. In his spare time, Randy enjoys reading, golfing, and spending time with his family.

Did You Know?

Summer EXCEL and YLIFE Outcomes

100% of students increased or maintained knowledge of financial/money management in post test performance. *Based on 94.30% average attendance

80% of our elementary students increased or maintained their reading level.

90% of middle and high school students increased or maintained their knowledge of college readiness, including application procedures and statistics relating to furthering their education.

100% of our Summer EXCEL students were exposed to Christian Concepts

100% of middle school and 85% of our high school students demonstrated an increased leadership capacity, based on staff observation and average daily attendance. *Based on 94% average daily attendance

100% of the parents of our Summer YLife Program had a positive impact on their son or daughter.

92.59% of parents stated that their child would not have attended a summer camp if not for Shepherd's Summer Programs.

The following organizations shared business life and work experiences with our Middle and High School students:

- Quarles & Brady Law Firm
- Jackson Family Farm
- Regions Bank
- CHORUS, Inc.
- Gleaners Food Bank
- E-gineering
- Computer Code Writing Camp at the Colts Complex hosted by Coby Fleener
- Relevance Films

High School students also visited the following colleges, universities, and technical schools:

- Indiana Wesleyan University
- Taylor University
- Grace College
- Ohio Technical College
- Indiana State University
- University of Southern Indiana
- Marian University
- Chefs Academy

Development

Year-End Giving

In the midst of a busy holiday season you can give HOPE! Your financial contribution, canned goods, or paper products make a big difference in the lives of our kids and families. You can donate online at ShepherdCommunity.org or contact Development Director **Perry Hines** at perryh@shepherdcommunity.org to discuss other ways to give the gift of HOPE this Christmas season!

INVESTMENT.



Within a one-mile radius of Shepherd Community Center, 20% of the population is under the age of 5. For this reason, Project Jordan is an essential first in our Continuum of Care, working to train and equip parents on how to care and nurture their young children.

Project Jordan starts a lifetime of investments in the lives of our children. Children are the future of this community. The transformation happening in their lives will break the cycle of poverty for them as well as their future families. The ripple effects of Project Jordan will truly transform our community. These children will lay the foundation for a new community on the near Eastside.

We appreciate the support of so many who have helped to invest in the lives of our children through Project Jordan, specifically the Pacers Foundation and Old National Bank Foundation

It takes all of us working together to break the cycle of poverty, and every One can make a difference.

Jay Height
Executive Director