



Day by Day

The mission of Christ House is to provide comprehensive and compassionate health care to sick and homeless men from the District of Columbia, and to assist them in addressing the critical issues to help them break the cycle of homelessness.

FUN, GAMES, AND LASTING CHANGE

Activities enrich the lives of Christ House patients

“For it’s one, two, three strikes you’re out, at the old... ball... game...” Christ House patients swayed as they sang at the Potomac Nationals’s baseball game this past August. Just a few sunny and carefree hours enjoying America’s favorite pastime brought lighthearted grins to weary faces.

From baseball games to pumpkin carving, our activities program is one of the supportive services that makes the Christ House health care model holistic.

Some of our regular activities include:

- Trips to the local library
- Walks around the neighbor-

hood and to nearby parks

- Movie nights and Nintendo Wii bowling competitions

Even the most routine of these activities can be a meaningful experience. Often times, patients get their very first library card while they are with us. Such milestones are out of reach for someone who does not have proper identification, a common challenge for those experiencing homelessness.

In addition to ongoing activities, we like to organize special events that will entertain and inspire. Open mic night, Christmas card making, and visits from traveling choirs are a few yearly

favorite activities.

Some of our patients who grew up in D.C. have never visited its most well-known attractions and the exposure to new places and experiences can be life-giving. We arrange trips outside of our neigh-

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Activity Spotlight: Thursday Bingo



Tommie rolls the bingo cage

Tommie, a former Christ House patient and current member of the Kairos Program, leads bingo games for patients every Thursday.

Patients can win small prizes such as word search books and baseball caps. It's one of our most popular activities.



A patient cheered with Uncle Slam at a Potomac Nationals game



A patient enjoyed the bonsais at the National Arboretum



Patients were in awe of exhibits at the Air and Space Museum



Patients visited the Washington National Cathedral



Our group paused for a photo in front of the Capitol Columns

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neighborhood, thanks to donated tickets and free area attractions. A few of our trips this year include:

- Professional football and college basketball games
- Performances at the Kennedy Center
- Visits to Smithsonian museums
- A local farm fall festival

HOLISTIC HEALING

Patient activities work in tandem with the medical care, case management, and other support services at Christ House to heal

mind, body, and spirit. They provide opportunities for patients to:

Relax and enjoy the present.

Activities provide an opportunity to set aside anxiety about the future and find joy in the present moment. Something as simple as a game of cards with friends is a luxury that someone living on the streets rarely gets to enjoy. These experiences can be restorative. On any given day, you'll hear loud

laughter radiating from the Christ House living room where many of our in-house activities take place.

Build community and confidence. Many of our patients experienced a profound isolation while homeless. Those who are most withdrawn can find it difficult to re-engage. A walk around the block or a game of bingo provides a way for some patients to regain the confidence to interact

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I had a fractured ankle so the activities gave me determination to get better. I looked forward to getting back on my feet and being mobile again. I really enjoyed the singing groups that came to perform for us.

- current patient

”

with those around them. Building relationships, and thereby building community, helps to make Christ House a healing space.

Discover new interests. It is crucial for patients who are recovering from addiction to develop new, healthy interests and hobbies. After years of being controlled by addiction, embracing life-giving activities is a major step in sustaining a sober life.

Marisa, a year-long volunteer, coordinates patient activities and often accompanies the men on these trips. She reflected on one of the best experiences so far, "We went to a Sokolow dance show and were enthralled by the music, choreography, and costumes. It was the first time that many of the men had been to a live performance of any kind and getting to share that with them was amazing."

We are thankful for the financial support and generous ticket donations that make these experiences possible. We look forward to sharing snapshots of many more life-giving and life-changing adventures with you in the days ahead.

Activity Spotlight: Art Time

For over 20 years, volunteer Jean Adams has hosted a weekly activity that gives patients the opportunity to be creative.

Jean is driven by the belief that we are all creative beings and that making art - in all its forms - is therapeutic, even spiritual. Often times, patients process difficult feelings and experiences while sketching a landscape or working on an abstract painting.



Art by a former patient

Jean remembers one patient remarking, "I always thought I had black inside of me," as he showed her his bright, multi-colored painting. "I've seen our most serious patients begin to relax once they start creating," Jean says. "When they finish their project, I often hear them say in surprise and with new-found confidence, 'Oh wow! Look what I've made!'"



Patients experiment with stamps and patterns during Art Time

GIVE HEALTH



GIVE HOPE

This holiday season, honor your loved ones with a gift to Christ House! *A donation in support of healing and hope is a gift that will last a lifetime.* We will notify the honoree of your donation with a special, personalized card. **For delivery before December 25th**, please place an order with us by 5:00 p.m. on Friday, December 15th. To order, email: development@christhouse.org or call 202-328-1100.



\$28 = one month of diabetic supplies for a patient



\$40 = one week of bus fare for patients and their escorts to appointments



\$90 = a nutritious lunch for everyone at Christ House



\$140 = one day of care from a nursing assistant

NEW & IMPROVED

Current and former federal employees, the CFC giving season has begun!

This giving campaign continues to be an efficient and employee-focused opportunity to support your favorite mission-driven organizations. Plus, there are a few exciting changes this year, including the option to make your pledge online. Visit our blog to learn more:

www.christhouse.org/news-and-updates



Christ House

CFC # 34256

UW # 8385

DOUBLE YOUR GIVING THIS MONTH



The end of our Fall Matching Challenge is quickly approaching. We don't want you to miss out on matching funds provided by a few of our long-time donors. **Through October 31st, all donations will be matched - dollar-for-dollar - up to \$200,000!**

Keep an eye on our blog or Facebook page to see how we're progressing toward our goal!

To give, use the envelope enclosed or visit:
www.christhouse.org/donate

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www.ChristHouse.org



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