

Day by Day

VOLUME XL, NO. 1 | WINTER 2025



Christ
House

HEALING AND HOPE FOR HOMELESS PERSONS



Resolutions and Recovery

When Eli first arrived at Christ House, it marked yet another step in his healing journey. Previously, Eli struggled with substance use while experiencing homelessness in the District. He spent almost a year at a nearby treatment center while recovering from substance use disorder. While he was staying at the treatment center, it became apparent that Eli needed to get his hip replaced. Eli was admitted to Christ House this past fall, following his hip surgery.

When asked about his time at Christ House, Eli remarked, “The medical care is outstanding. They took care of my medical needs, they gave me haircuts, pedicures to your toes. They made your bed, I mean I almost got spoiled!” While Eli was recuperating at Christ House, he remained committed to his substance use recovery. He’s an enthusiastic participant in our New Day Treatment Program and was one of our December New Day graduates.

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Eli continues to move forward with his healing journey. He is now a Member of our Kairos Permanent Housing Program, where he finds a community of like-minded individuals who support him in his recovery. Recently, Eli received another surgery, this time on his other hip. After a short stay at Christ House, Eli returned to his new apartment at Kairos House.



When asked about his goals for 2025, Eli shared, “I don’t think it’s a resolution, it’s more of a promise: just to keep getting better, each and every day. Yesterday is gone, so just stay in the moment and focus on what you’re doing right here and right now. My resolution is to keep doing what I’m doing, and as I’m doing that, I will grow as a person that I’ve always wanted to be instead of the person that I was.”

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and more!



Christ House provides comprehensive and compassionate care for people experiencing homelessness with acute medical needs in DC and offers assistance in addressing critical issues to help break the cycle of homelessness.

What is the Kairos Program?

The Kairos Program is a permanent housing program for folks who have experienced homelessness, have a chronic illness that prevents them from maintaining full-time employment, and are committed to their recovery. Like Christ House, the Kairos Program bridges an often-overlooked gap: men who are too healthy for an assisted living facility but have too many medical needs to live fully independently. Giving a stable, supportive home gives Kairos Members a chance not just to survive, but to reach true self-actualization and fulfillment.

An Interview with Cristin Anthony, Kairos Program Director

Cristin supports our Kairos Members to live with purpose and joy, coordinating care as well as providing advocacy, social service assistance, and connection.

How did you learn about Christ House?

I visited Christ House in college as a volunteer. While I was here, I learned about the Year Long Volunteer program and decided to apply a few years later when I graduated.

What made you come back?

I've actually come back twice now! In that first visit, I was struck by how deeply important the work was, and how I had never given any thought to the importance of having a respite for folks living outside following hospitalization. The work felt so critical and so overlooked that I felt drawn to Christ House.

I started as a Year Long Volunteer (YLV) in the Activities Coordinator role. I loved that I was able to get to know so many residents so well, but I also was really interested in learning more about the systemic issues that faced our patients and decided to stay for a second year as a YLV in the Case Management Assistant position. That year, I decided that I wanted to go back to school to get a degree in counseling and chaplaincy. I stayed at Christ House one extra year in the Executive Assistant role (this time as an employee) while I applied to grad school.

That was 6 years ago, and I just returned to Christ House as the Kairos Program Director, having completed school and receiving my counseling licensure.

Why counseling?

I spent so much time at Christ House speaking with residents and the overarching theme to me was the horrific experiences that they had endured throughout their lives. I wanted to be more equipped to be with these folks in understanding who they are, how they became the person they are, and what is standing in the way of who they want to be.



Foundation Spotlight

For the past 26 years, Christ House has been proud to partner with the Rotary Foundation of Washington D.C. The Rotary Foundation has served the local DC metro area communities since 1922, engaging in a wide range of community development and charitable activities. Most recently, the Rotary Foundation has assisted us in purchasing a new van, which will be used to transport our patients to and from their specialty appointments. Thank you to the Rotary Foundation of Washington D.C. for your continued support!



KAİROS PERMANENT HOUSING PROGRAM

65

AVERAGE
AGE



82%

MEMBERS
FOR 5+
YEARS



100%

SOBRIETY
RATE



6,800+

RECOVERY
MEETINGS
ATTENDED



Meet Gloria Tinney, Medical Care Coordinator

As the Kairos Program's Medical Care Coordinator, Gloria is meticulous with patient records and schedules, always ensuring Kairos Members are making it to their appointments on time and that they are receiving the best quality of care. She started her current role in 2006 but had previously worked part-time at Christ House in the mid-80s. In 1984, Gloria started working alongside our co-founder, Dr. Janelle Goetcheus, at the nearby Columbia Road Health Services.

In her role, Gloria works closely with primary care providers to coordinate medical consult appointments, clinical follow up, medication management support, and health education for Kairos Members. Gloria's philosophy is to work "as much as it is reasonably possible to keep medical issues from interfering with living a life of recovery while staying clean and sober." She also "strives to assist the men in becoming independent in their ability to take care of themselves."

Gloria's favorite aspect about working at Kairos is the close relationships she's developed with the men over the years, with several of them being Members for over ten, even twenty, years. She enjoys "observing how they flourish and embrace a life of community as they achieve physical, mental and spiritual healing."

What does Gloria think people should know about the Kairos Program?

"We are not just a supportive housing program with a focus on recovery from addiction, we are also a vibrant community of people striving to live one day at a time together."

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A Brief History of Kairos

The Kairos Program was initiated in 1992 for former Christ House patients with chronic illness who decided to make a commitment to their recovery from substance use disorders. What began as apartment units spread out across the Adams Morgan neighborhood turned into Kairos House—a 37-unit apartment building, located half a block away from Christ House. Kairos House opened in 1996 and is staffed with a program director, an addictions counselor, a medical care coordinator, and a pastoral counselor, who create a holistic support team that aids in the men's recovery process.

Kairos is a Greek word referring to a unique time in people's lives when they are presented with an opportunity for **major change**. This sentiment rings true for our Kairos Members, who have dealt with homelessness, substance use disorders, significant health issues, and more, before becoming a part of the Kairos Program. When talking about their arrival to Christ House, many of our Members describe it as a new beginning, a monumental shift, or an opportunity to start a new life.

Kairos Members are part of a long-term recovery community. Each Member creates a personalized Individual Recovery Plan with their Addictions Counselor that indicates what they will commit to during their time at Kairos. These commitments include weekly community service hours, regular meetings with their Addictions and Pastoral Counselors, and participation in four 12-step (AA and/or NA) meetings per week.



Kairos House, pre-renovations



Kairos House, today

Upcoming Dates

Come see our work in action at one of our upcoming Open Houses. Stop by 1717 Columbia Rd. NW on March 27 from 9-10 am or April 22 from 6-7 pm to tour our medical respite facility and speak to a Kairos Member.

On April 26 at 2 pm, we will be hosting our second annual volunteer appreciation tea! Come take a trip down memory lane with us as we reflect upon four decades of volunteer contributions and appreciate everyone who has supported our mission. This event is for long-time and new volunteers alike! Questions? Please contact our Volunteer Manager, Heidi Mills. We can't wait to see you!



**Check out our
upcoming events!**

Ongoing Connections



Cindy and her brother, Larry, at a Washington Nationals game

For the past eight years, Cindy and Russell Lenz have been consistent supporters of Christ House. Earlier this year, Cindy joined our Board of Directors. This is the story of why they give:

How did you first learn about Christ House?

We first learned about Christ House in 2012. We discovered that my brother had been cared for there and was living in the Kairos Permanent Housing Program.

What has inspired you to give to Christ House?

Our inspiration for giving to Christ House has evolved. During the times we visited my brother, we saw the humble, gracious and selfless care of the staff. We felt a deep reverence for this place that offered such life-giving services. Our family was shown so much kindness as my brother battled cancer. We always felt welcomed.

After my brother, Larry, passed away in 2016, we were able to bring groups of friends to Christ House with us to volunteer. It was so special to see them quickly be able to see what a special place this is. The reassurance that we have an ongoing connection to Christ House is something that we treasure.

Help us Complete Our Wish List!

When a Christ House patient is accepted into the Kairos Program and moves into Kairos House, often they are arriving with very few possessions. Some clothes and a couple pairs of shoes may be all that they have as they start this new chapter in this life. We've created a wish list of items to help our Kairos Members feel more at home as soon as they step through the doors of Kairos House. Items include:

- Body wash and shampoo (full-size preferred)
- Toothbrushes and toothpaste
- Shower curtains and bathmats

Items must be new. Please drop off items during our business hours at Kairos House (2544 17th St NW, Washington, DC 20009) or purchase them using the QR code to the right. For any questions, please contact our Kairos Program Director, Cristin Anthony. Thank you!



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1717 COLUMBIA RD. NW
WASHINGTON, DC 20009
CHRISTHOUSE.ORG

Save the Date!
September 11, 2025



Join us for an evening of inspiring stories, live music, a silent auction, dinner, and dessert at **Turning Toward the Sun** on September 11, 2025.

We look forward to celebrating the 40th anniversary of Christ House with the incredible partners who have sustained our mission along the way. Watch our events page for more details, we hope to see you there!

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