



Day by Day

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

CASE MANAGEMENT AT CHRIST HOUSE

Addressing Critical Issues to Help Break the Cycle of Homelessness

Homeless patients often arrive at Christ House after experiencing a severe health crisis. As our nurses and other medical personnel work to provide the 24-hour care that is necessary for healing, our case managers work with patients to secure the resources and community connections that are necessary to break the cycle of homelessness.

Our team includes two case managers, Bill Hepler and Rick Thomas, and one year-long volunteer who serves as assistant case manager, Ali Maurice.

From each patient's initial intake through all subsequent meetings, case managers work to identify areas where patients need assistance. This includes help with obtaining identification, health insurance, income benefits, and more stable housing upon discharge

Christ House patients who have benefited from case management services.



Above, Case Managers meet with a patient to discuss housing plans.

“As a patient heals physically, we often see problems become more manageable and then real progress and growth happen. It feels good to be a part of that.”

Bill Hepler, Case Manager

from Christ House. Case managers also help patients reunite with family and can assist with legal issues.

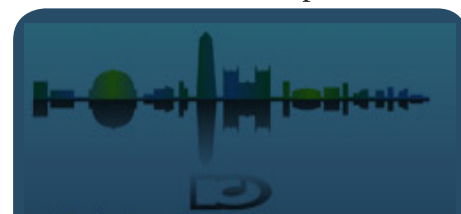
This work requires determination and resourcefulness from our case management team. As Bill, one of our case managers, said, “The social ser-

vices available to help people who are homeless are limited, complicated, difficult to access, and constantly changing. It takes patience, persistence, and

good collaboration among different agencies for a person to get support for their needs. We use all of our experience to help our patients access the most appropriate resources and create opportunities to move forward.”

Bill added, “When a patient is here and away from the day-to-day struggles on the streets, things start coming together. As a patient heals physically, we often see problems become more manageable and then real progress and growth happen. It feels good to be a part of that.”

Thank you for your ongoing generosity, which makes the healing provided by case management and all of our services possible!



10 Songs 10 Days

An album by Matt Thien inspired by the patients of Christ House and the men of Kairos. Now available on iTunes or on CD from Christ House. Call the development office for more information, 202-328-1100.

CHANGES COMING TO CHRIST HOUSE

Improving our facilities for our patients and our year-long volunteers



Architect's rendering of the proposed arbor.

One of the challenges of homelessness is finding shelter from the harsh elements of the environment. The summer heat is intensified when there is no shade available to block the potentially harmful rays.

The front courtyard area at Christ House seeks to be a welcoming place for our patients to rest and recuperate outside, enjoying the fresh air - not to be at odds with the environmental elements. It has long been a desire for us to provide a shelter from the hot summer sun to our patients outside.

In fact, the past several years we have employed a temporary tent to provide some respite from the sun during the summer months. With several years of that experimentation in hand, we are proceeding to erect a permanent arbor in front of Christ House.

We are currently engaged in the permitting process and you can expect to see this addition to our patients' healing experience early this summer.

We will be engaging in another project this summer to improve the outdoor

spaces around Christ House. Every year Christ House welcomes a new group of year-long volunteers. These individuals work full-time in dedicated positions at Christ House and in the Kairos Program.

In return for their valuable service, volunteers receive room and board and live together in community at Emmanuel House. The house was dedicated as

the year-long volunteer residence in 1989. After 25 years, Emmanuel House needs some sprucing up!

We are beginning major renovations of the back patio at Emmanuel House. This includes a complete overhaul of the patio slab, which is also the roof to our storage garage, as well as a new fence.

We especially recognize the need for a peaceful place for our year-long volunteers to find respite in their year of service.

Stewardship of all of our facilities and ensuring that they fit within our model for holistic healing are very important. Margaret Wanjui, one of the cooks at Christ House, often reminds us that we are all in need of healing here, patients, staff and volunteers. These improvements will help to provide a more healing environment to the Christ House community.

If you would like to learn more about these efforts and how you can support them and other projects at Christ House, please contact Sarah Katz, Director of Development at development@christhouse.org or 202-328-1100.



2013-2014 year-long volunteers pictured above. Rear patio area of Emmanuel House pictured at right.





Christ House Volunteer Appreciation Night

Friday, May 16th at 6:30pm

First Baptist Church
1328 16th Street, NW, Washington, DC

Please join us for dinner and a time of fellowship as we celebrate the past year of volunteer service.

For more information, contact Dave Long at 202.328.1100 or David.Long@christhouse.org.

HELP CHRIST HOUSE NOURISH OUR PATIENTS

Changes Coming to our Kitchen to Better Serve Our Patients

At Christ House we are revising our meal service to better incorporate nutrition into our holistic model of health care. Many of our patients are diabetic and struggle with weight gain and blood sugar control. A new approach to meals, with a focus on portion sizes and increasing intake of fresh fruits and vegetables, will help our patients recover from their illnesses and practice healthy eating habits.

Meals will follow the Idaho Plate Plan. This plan divides the plate into three sections — 1/4 protein, 1/4 carbohydrates, and 1/2 vegetables. Fresh fruit will be served for dessert.

robert.allen@christhouse.org or 202-328-1100.

Thank you for working with us to improve our patients' health!



Sample Meal

- baked fish
- rice
- cooked kale
- fresh fruit salad



Kitchen staff will assist volunteers with appropriate portion sizes. If you have any questions, please contact: Bob Allen, Director of Food Services, at

Meal Groups Needed!

If your church, work place, civic organization, or group of friends wants to help Christ House, we are looking to fill several meal group slots.

Please contact Dave Long, Director of Volunteers at 202-328-1100 or david.long@christhouse.org.

Not part of a meal group?

You can still help us by donating healthy food items!

We need:

- fresh fruits and vegetables
- whole wheat bread
- canned fruit in fruit juice
- 2% or skim milk



Memorial Day BBQ - You're Invited!

Christ House will host its 6th Annual BBQ on Memorial Day in the rear parking area of the building and dining room on **May 26th at 12:30pm**. We would like to invite **you**, the members of the Christ House community, to join in the food, fun and games in fellowship with our patients, staff and members of the Kairos Program. For more information and to RSVP, please contact Sam McFerran at 202-328-1100 or administration@christhouse.org by May 21st.



Leave a Lasting Legacy

Consider including Christ House in your will. Many people find the best way to help support the care of the sick and homeless men and women who come to Christ House is in the form of a bequest.

A bequest can be a specific sum, a percentage of your estate, or the remainder of your estate after expenses and gifts to loved ones.

For more information contact Sarah Katz, Director of Development at 202-328-1100 or sarah.katz@christhouse.org

Summer In-Kind Needs

As the weather warms, our clothing and toiletry needs change.

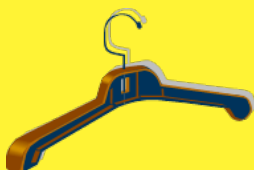
You can help by donating:

-deodorant

-sunscreen

-t-shirts

-pants: jeans or khakis



Donations may be dropped off at Christ House Monday-Friday, 8:30am-5:00pm. Please email development@christhouse.org with any questions.

Christ House is Hiring



We are seeking a full-time Clinical Nurse Manager to supervise the nursing assistants, medical services assistant, and unit clerk, coordinate staff scheduling, staff meetings and continuing education, procurement of medications and medical supplies, oversight of medical records, and provide occasional nursing coverage, including some weekends, evenings and holidays. For more information please see the Job Opportunities page on our website at <http://christhouse.org/about/employment.html>

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RETURN SERVICE REQUESTED

christhouse.org



CHRIST HOUSE
1717 Columbia Road, NW
Washington, DC 20009

