

Highlands Community Ministries
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HCLouisville.org

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September, 2016 Vol. 1:1

The Highlands Communi-Tree

A Publication of
Highlands Community Ministries

*One Tree,
Many Branches*

Empty Bowls Celebrating 20 Years of Helping Our Highlands Neighbors in Need



The idea is simple: serve a simple meal of soup, bread, cheese and fruit for a simple purpose: to help end hunger. The annual Empty Bowls event being held Thursday, Oct. 6, intends to do just that for its 20th year in a row, raising funds

Volunteers serve up soups from local chefs at last year's Empty Bowls event, which raises money for HCM's IFAP. A fine selection of hand-made potters' bowls enhances the experience.



for HCM's IFAP, which served 4,000+ food orders in 2015.

HCM's Individual & Family Assistance Program (IFAP) provides Food Pantry, Back-to-School Supplies, and Emergency Assistance

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Empty Bowls



Benefitting HCM's Individual and Family Assistance Program

Thursday, Oct. 6
5:30-8:00 pm
Frazier Hall,
Bellarmine University



Upcoming Events

Community Classes, Yoga and Water Colors
7-week courses Sept. - July. Call 451-3695

Beginning Tai Chi classes, 8-week courses,
Oct. 18 (am) and Oct. 19 (pm). 459-0132.

Empty Bowls, Thu., Oct. 6, 5:30-8p, Bellarmine

Senior Health Fair, Fri., Oct. 14, 11a-2p,
with HCM at The Althenheim

Holiday Gifts & Baskets, Nov. - Dec.

Bardstown Road Aglow at the HCC
Sat., Dec. 3, 5pm

New! Taste of The Highlands
Feb., 2017 Details to come.



Volunteers shelve an abundance of food in the pantry after the summer food drive and sort through school supplies that helped over 100 kids.



HCM's IFAP Director, Sue Landenwich, a social worker with 30+ years experience, operates HCM's IFAP. "The Highlands has many residents that need help with food, utility bills, and rent, and we are here to provide that help." HCM's food pantry provides staples to fill nutritional gaps, including canned and frozen meats and fish, canned fruits and veggies, pasta, rice, and fresh produce and breads. "Our main source of food is from Dare-to-Care, but donations also come from our Member Congregations, Highlands Kroger and ValuMarket and the public donating to the food bins at the Kroger & ValuMarket."

In addition, HCM's member congregations (currently 20) help year round with rent assistance and provide food staples and back-to-school supplies. In November and December, congregations collect for and create holiday baskets of food and gifts.

Buy Milk & Bread, help HCM! Visit www.HCLouisville.org to find out how.

A Letter from HCM Board President, Pat Hobbs Willis...

It has been my privilege to serve as President of the Board of Directors of HCM for 2015 and 2016. It is an exciting time, as our programs are growing bigger and we are serving more individuals and families in our area. Our mission, to “Build Community through programs and activities that promote human and spiritual growth,” sounds easy, but takes a lot of people to support. Volunteers are key to our success. We have many ways folks can help, such as assisting in the food pantry, delivering meals on wheels, engaging in senior services activities, coaching soccer and baseball, and mulching playgrounds at the childcare centers, just to name a few. If you are interested in helping, please let us know, as we are always looking for volunteers. We will put you to work!

The Board of Directors, consisting of up to two members from every member congregation in 40204 and 40205 and up to five at-large member positions, has worked diligently to update the policies for HCM. We strive to be an inclusive community and search for new congregations to join our interfaith team. As with any not-for-profit organization, we struggle to stay within our budget and still provide services to our community. Many programs are grant-based, some are self-supportive, and each Congregation gives monetary support. We continually search for ways to increase our funds so that we can give more to the people in the Highlands.

We always need new energy and ideas on our Board. If you have an interest in joining our Board, please contact me or our Executive Director, Troy Burden. We are excited about the future of HCM!

Pat can be reached by email at pathobbswillis@bellsouth.net or through HCM at 502-451-3695.

HCM's Member Congregations

- Bardstown Road Presbyterian Church
- Bellarmine Campus Ministry
- Christ Evangelical United Church of Christ
- Douglass Boulevard Christian Church
- Episcopal Church of the Advent
- Concordia Lutheran Church
- Deer Park Baptist Church
- Highland Baptist Church
- Highland Presbyterian Church
- Highland United Methodist Church
- Immanuel United Church of Christ
- Quaker Meeting House
- St. Agnes Catholic Church
- St. Andrew's Episcopal Church
- St. Brigid's Catholic Church
- St. Francis of Assisi Catholic Church
- St. James Catholic Church
- St. Paul United Methodist Church
- St. Raphael Catholic Church
- Strathmoor Presbyterian Church
- Vine Street Baptist Church



HYR Celebrates 40 Years of Positive Sports!



Highland Youth Recreation (HYR) has been providing a positive sports experience for kids since 1976! Thanks to many dedicated volunteers and sponsors, HYR, a program of Highlands Community Ministries, offers Spring and Fall Soccer and Summer T-ball, Baseball, and Softball to girls and boys ages 4 - 17.



Complete with a Steering Committee, HYR's success involves coaches, referees, photographers, and the parents, grandparents, and other family members who support the kids on good sportsmanship and team-building. Retiring Director Leslie Gross, shown left, has volunteered her time to HYR for over 20 years. Leslie has worked tirelessly to maintain the positive experience HYR provides the kids. We thank Leslie for the many years of dedication and wish her the best! Visit www.HYRsports.com for season details.

HCM Child Care Centers Helping Children Love, Learn & Grow!

The professional experience of the leadership staff of HCM's 3 self-funding child care centers is greater than 90 years. “Kids are what we know” says program director, Debbie Smith. In addition, the staff working with kids daily is made up of many long-time employees. HCM's child care centers offer a nurturing and inclusive environment, accepting children from all local zip codes, ages infant to five years.



Two centers are located at the Douglass Loop, in St. Paul United Methodist Church and Douglass Blvd. Christian Church. The third location is tucked away behind the hustle and bustle of Baxter Ave., in an old estate house on Eastern Star Court.



CEUCC + TLC = HCC

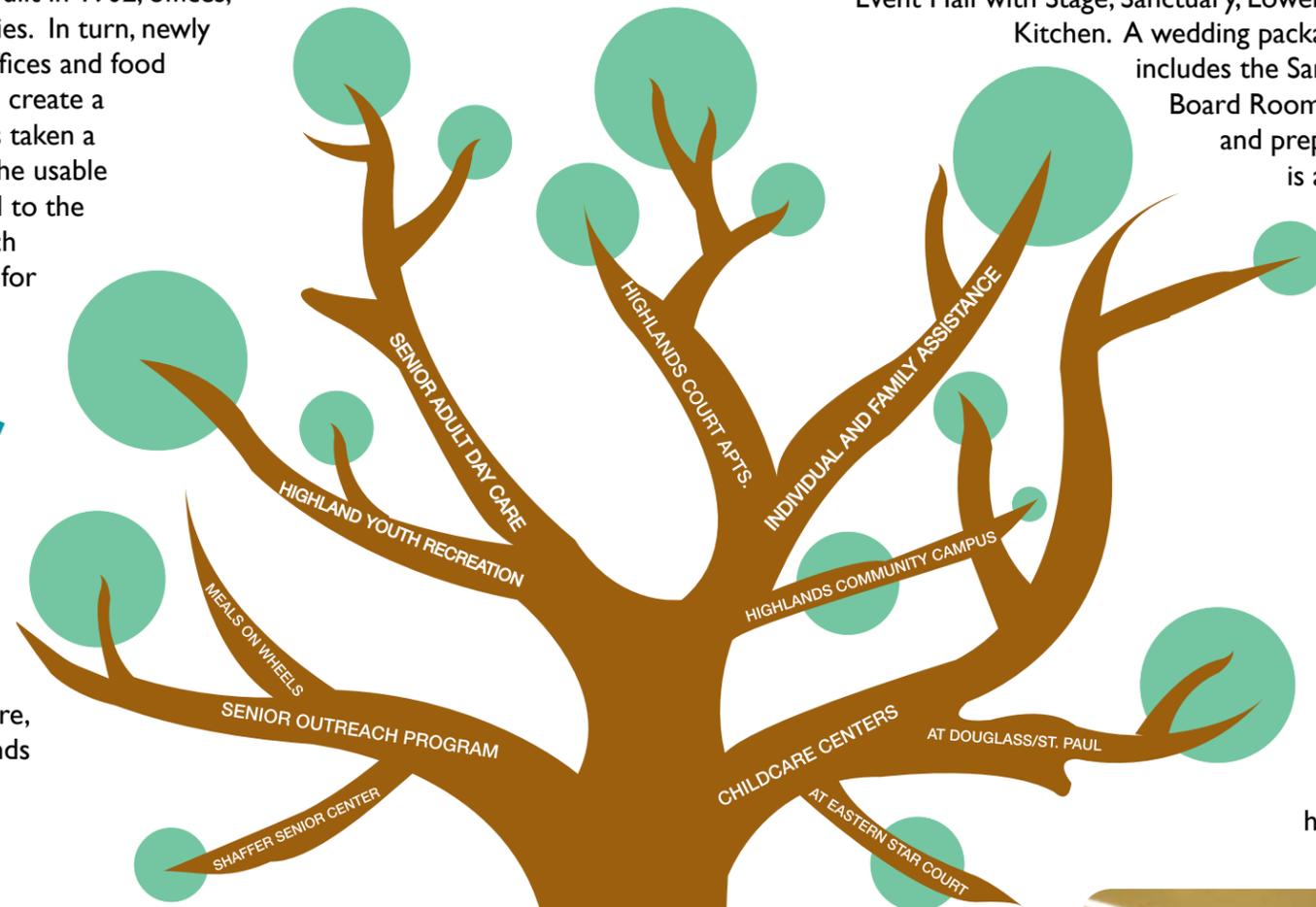
Repurposing and upcycling is the "new math". Take an old object, apply some creativity, elbow grease, and tender loving care, and the result is a more purposeful item for use in today's world. Perfect example: the new Highlands community center at 1228 E. Breckinridge, 40204, at the corner of Barret Ave., known as the Highlands Community Campus (HCC).



The HCC came about in 2012, when the congregation of Christ Evangelical United Church of Christ (CEUCC) decided to donate the entire building, including the sanctuary built in 1902, offices, gym, kitchen, and classrooms, to Highlands Community Ministries. In turn, newly hired Executive Director, Troy Burden, envisioned the HCM offices and food pantry to have a home of their own, along with ample room to create a community center with rentable office and event space. "It has taken a good deal of patience to turn this lovely antique building into the usable space it is today, but it was well worth it and we are so grateful to the congregation for the donation." The gym (now event hall), which includes a stage and can hold up to 250 people, is used weekly for various events. The sanctuary is still used by the congregation and is also available to rent. For tours and rental inquiries, email info@hcmlouisville.org or visit www.hcclouisville.org.

Community Center

Many groups use the Highlands Community Campus for office and event space. They include HCM's Central Office, IFAP, and Senior Outreach Program, Squallis Puppeteers, Louisville Country Dancers, Louisville Time Bank, Sound Community, Chris Sanders, Attorney, Louisville Development Corp., Stained Glass AA, Frankly Open AA, Hopefully Open AA, Louisville Veterans Community Acupuncture, Louisville Metro Foster Grandparent Program, Original Highlands Neighborhood Association, Paristown Pointe Neighborhood Association, Balance Tai Chi, 3 local artist studios, and Christ Evangelical United Church of Christ.



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Visit www.HCMLouisville.org to find out how to register for our many programs!

HIGHLANDS COMMUNITY CAMPUS

Space For Rent

Visit www.HCCLouisville.org or email info@hcmlouisville.org

Several spaces are available to rent at the HCC, including Event Hall with Stage, Sanctuary, Lower Board Room, and Kitchen. A wedding package is available that includes the Sanctuary and Lower Board Room for the ceremony and preparations. The Hall is available separately for receptions.



The Event Hall and Sanctuary can hold up to 250 people, each.

The Lower Board Room is great for meetings and can hold up to 50 people.



The Kitchen can be used for food warming and serving. It can be added on to any event space used.



Sign up for our email list to hear about news and events! HCMLouisville.org



HCM Reaches Out to Seniors in Many Ways

HCM's Senior Outreach Program for Older Persons offers and links people 60 and older to services to help the individual to remain at home for as long as possible. These services range from daily lunches, day trips to local destinations, dance and exercise classes, and transportation for basic needs. "Staying active and socialization are key ingredients to a healthy lifestyle", says Senior Center Director, Mary Lynne Masterson. "We offer many ways for our Highlands seniors to stay involved and have their needs met."



Meals, Activities, and More

Daily lunches for those 60+ are served at the Woodbourne House, a restored estate house off of Douglass Blvd. that also houses low-income senior residents. Also located there is HCM's Shaffer Enrichment Center, offering activities for seniors such as gardening, games, arts & crafts, exercises, and ice cream socials. To participate in these activities, please call 485-0850. Transportation is available.

HCM Senior Services for Older Persons is funded, in part, under a contract with DHA, KIPDA, KY Dept. for Human Resources & the US Dept. of Health & Human Services. "This project is funded, in part, under a contract with KIPDA and the Commonwealth of Kentucky, Cabinet for Health and Family Services with Funds from the US Department of Health and Human Services."



HCM's Senior Outreach Center contracts with Louisville Metro Meals on Wheels program* to provide home-delivered meals to persons 60+ who are home-bound and not able to cook. For more information, call 459-4887. Lunch is also served Tuesdays and Wednesdays to those 50+ at the Highlands Community Campus. Call 459-0132 the day before to reserve your spot.



Zumba and line dancing classes are offered at the Family Life Center of St. Paul United Methodist Church, as well as ongoing Tai Chi classes at the Highlands Community Campus.

Day trips to places like Huber Family Farm in Starlight, IN, and the Shoppes of the Bluegrass Outlet Mall in Simpsonville, KY, occur seasonally. Derby Dinner Playhouse trips are scheduled regularly. Once a year, a one-week vacation is planned. To learn more, call the Senior Outreach Center at 459-0132.



*This project is funded, in part, under a contract with KIPDA and the Commonwealth of Kentucky, Cabinet for Health and Family Services with funds from the US Department of Health and Human Services. Nutrient dense meals are planned using preparation and delivery methods that preserve the nutritional value of foods. Meals served provide at least 1/3 of the recommended dietary allowance established by the Food and Nutrition Board to the National Research Council of the Academy of Sciences."

Want to receive the Senior Outreach Newsletter? Call 459-0132



Adult Day Center Plans Move to New, Bigger Space

HCM's Adult Day Center offers supervised care for dementia and other illnesses, improving the individual's present level of functioning. It also provides support, respite and education to families and caregivers. "We provide a safe place for our clients to interact with others and not become isolated," says Adult Day Center Director, Denise Stielberg, RN. "Due to the nature of the illnesses, the ability to place loved-ones in a secure environment relieves stress from family members and gives them much needed time to take care of themselves."



A large room in the basement of St. Paul United Methodist Church has been the center's location for over 10 years. Starting in January, 2017, the center will be moving next door to the main offices of HCM into a newly-renovated space in the Altenheim. "We have been able to build a great program while at St. Paul's," Stielberg reports, "and the Altenheim location will allow us to grow even better." You can reach Denise at 459-4887 for a tour or trial visit.

Highland Court Apartments

The Highland Court Apartments is a collaboration between Highlands Community Ministries and Bellarmine University and managed by Underhill and Associates. Highlands Court is an affordable apartment community conveniently located on Richmond Avenue (near Norris Place) reserved exclusively for seniors who are eligible for housing assistance. Our community offers one bedroom and efficiency apartments that are clean and comfortable, with accessible features designed for older persons. Community spaces include inviting lobbies and lounges, garden areas, and plenty of parking.

Additionally, Highlands Court serves as a pick up point and gathering space for many other HCM services, including transportation for shopping and groceries.

Interested in joining our community? Call Janet Lee, Property Manager, at 502-454-7395, or visit our website, www.hcmlouisville.org, for more information.

HCM relies on many volunteers to provide services. Thank you!