

Community.

A publication of Shepherd Community Center

Summer 2024 Edition



Indianapolis, Indiana

OUR NEIGHBORS LIVE IN AN EPIDEMIC OF LONELINESS.

Relationships are Key to Quality Mental Health

The key to lasting hope is to come alongside our neighbors

Anxiety, depression, isolation, fear, loneliness, trauma—these are all words we hear daily—in the news, on social media, in our circles of friends and family. Perhaps many of us face these challenges ourselves. Shepherd neighborhood kids and adults grow up in trauma, surrounded by violence, fear, gangs, and abandonment.

For neighbors living in poverty, loneliness and isolation are an epidemic.

Loneliness separates them from community and connection and keeps them from asking for or getting the help they need regarding hunger, housing, physical health, education, and employment. That's why building authentic relationships with our neighbors is the first step to helping them live long, healthy lives of hope. Because when a neighbor is seen, heard, and loved, they can find hope.

Shepherd Community Center's

programs are deeply and intentionally relational by nature, central to who we are. In a mental health crisis sweeping our nation, we want to care for our neighbors of all ages, genuinely focusing on supporting their physical and mental health. These are just a few of the many ways we are coming alongside our neighbors in need at Shepherd:

Project Jordan supports moms and their young ones at their most vulnerable stages. We support moms struggling with postpartum depression, exhaustion, and uncertainty, caring for them and their babies. A Shepherd Parent Coach partners with our moms to help them learn the activities that benefit their child's development. We give our moms community through a monthly fellowship with other Project Jordan moms and access to other needed resources.

Our teachers, volunteers, and incredible staff come alongside our students at all academic levels – from daycare babies to After-School teens – to see beyond destructive behaviors and hear the true heart of our students' needs, fears, trauma, and emotions, meeting and caring for them right where they are. Shepherd Community Academy also has an incredible School Counselor who provides our students with deeper emotional and behavioral support.

Family Engagement works to care for the mental health, trauma, and addiction needs of our neighbors. Our addiction recovery program, Simple Gospel Recovery, focuses on helping our neighbors with a relationship with Christ as their core need so they can find freedom from their addiction. Shepherd also recently started monthly support groups for



domestic violence and trauma survivors.

Shepherd's Paraclete initiative focuses on building one-on-one relationships with our neighbors, creating community and friendships that check in on one another. Currently, Shepherd Paracletes average 600 individual contacts every month! Shepherd is committed to meeting and forming deeper connections with all neighbors through neighborhood meetings, block parties, and family events.

Shalom Project, a beautiful partnership with IEMS and IMPD, bridges the gap between our neighbors and the services they need, connecting and building those connections to various health systems,

relational care, and Shepherd Community Center.

Supporting our neighbors' physical and mental health goes beyond a doctor visit or medication; it is about truly seeing, hearing, and authentically caring for them, no matter the need.

Hear an incredible story about how Shepherd was there when a neighbor needed us most:



FROM SHEPHERD EXECUTIVE DIRECTOR: JAY HEIGHT

Letter from the Editor

Helping our neighbors live a life of health care, not sick care



In our efforts to build deeper community within our neighborhoods, one key area is supporting our neighbors' physical and mental health. Tragically, our families live in

a cycle of sick care, not health care. Because they do not know how to advocate or navigate the health systems, manageable life challenges become major health concerns. Their mindset is reactive, not proactive.

We are grateful for our great medical partnerships with Eskanazi, IU Health Methodist, Riley Children's Hospital, and IEMS. These allow us to come alongside our neighbors, helping them access the right system, keep their appointments, and advocate for their health.

Since transportation is a huge barrier to quality health care, we're excited to announce that, starting this summer, we will provide transportation for our families to access mental health services and other needed medical appointments.

Thanks to the care and support of incredible partners like you, we can continue to help our neighbors live a life of health care, not sick care.

Jay Height
Executive Director
Shepherd Community Center

DEVELOPMENT

Fall 2024 Lunch & Learns

Want to learn more about specific Shepherd initiatives and how you are making a difference? Join us for one (or more) of our Fall 2024 Lunch & Learns hosted at Shepherd Community Center. Each event includes lunch and take place from noon – 1 pm.

- September 6 – Education (RSVP Aug 30)
- October 4 – Health (RSVP Sept 30)

Please RSVP to Kolton Williford at (317)375-0203 ext 286 or email KoltonW@shepherdcommunity.org.

Save the Date: Virtual Gathering 2024

Mark your calendars for Shepherd's Virtual Gathering 2024 on Friday, November 1, at 6:30 pm on Zoom. Learn how partners—like YOU—have impacted Shepherd Community for nearly 40 years and the incredible ways you can help us in the next 40! Keep an eye on your email and Shepherd's Facebook for more details coming soon!

BOARD MEMBER PROFILE: TIM GEORGE

“No one understands better than Shepherd how to break the cycle of poverty.”

Helping develop solutions to tough problems lead Tim directly to Shepherd



Tim George first got involved with Shepherd while working on policy in state government. “I was interested in new ways the State of Indiana could help break the cycle of poverty, and no one understands that better than Shepherd, who is doing the front-line work.”

Tim joined the Shepherd Board in April 2023 and offers a fresh, helpful perspective and strong leadership skills.

“I’m grateful to have spent much of my career helping develop and refine creative solutions to tough problems. The people who make Shepherd possible have an amazing heart for the community. Shepherd has a remarkable approach to holistically meeting the needs of its community members, from spiritual needs to other essentials like food, education, and health. As a member of

the Board, I’m excited to help Shepherd continue to find creative ways to empower our neighbors and help further the organization’s impact.”

Tim is a Wheaton College (IL) graduate and currently works with Central Indiana Corporate Partnership, a nonprofit focused on improving Indiana’s economic prospects. He and his amazing wife Lauren are members of Redeemer Presbyterian near downtown Indy and have two very energetic kids—an 8-year-old daughter and a 5-year-old son—and a puppy.

CAN YOU SOLVE THE PUZZLE?

Word Search Puzzle

L H A U T H E N T I C B Q I T F N Y P K
P K H W A L Q M S S H A L O M S H U A G
B H G O E P M Z Z K A I K B V H Z P R E
I R T D U M R F P U J Z A C O E D H A N
J B E G S S P O K S E E N L L A W Z C G
A S Q A B L I L J X I H X F U L N A L A
H V E T K C W N O E Z M M O N T T Q E G
B Y U R P I K N G Y C K G Z T H L J T E
I B Z E A B N L X X M T S V E C L W E M
T L H L R Y E G I M O E J W E A M P S E
I H E A T G A D T N C P N O R R U J U N
M U A T N A C H U H L O U T R E P N M T
G N R I E T A E F C E E N Y J D P R M L
E G T O R H D A H J A C A N A A A E E P
O E U N R E E L B T J T Y R E F N N R E
R R P S X R M T Q V O C I C N C Q S B L
G T L H L I Y H G B P N Z O L B T E O V
E C I I Y N D T Y J L G N T N E M I R Q
C X F P Q G C O U N S E L I N G N Q O Z
S R T S L R K F J A Y H E I G H T J Y N

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|--------------------|-------------|------------|---------|
| Breaking The Cycle | Employment | Tim George | Learn |
| Relationships | Health Care | Housing | Seen |
| Project | Authentic | Paraclete | Partner |
| Jordan | Education | Academy | Health |
| Engagement | Jay Height | Volunteer | Uplift |
| Connection | Counseling | Hunger | Summer |
| | Gathering | Shalom | Heart |

Calling All High School Junior & Seniors



Looking for an affordable way to get a quality college education? Want to impact the lives of kids and families living in poverty? ONU+ @ Shepherd is an opportunity for you to do both. Leadership, mentoring, and experience while getting a fully-accredited education at a no-cost-to-you price! Learn more at ShepherdCommunity.org/ONU+. Now enrolling for Fall 2024 as well as Spring & Fall 2025 semesters!



Job Openings

Are you, or someone you know, looking for a position in inner-city ministry? Shepherd has a lot of positions available for immediate hire. Check out the available positions below:

- Shepherd Community Academy**
- 3rd Grade Teacher
 - 4th Grade Teacher
 - ELL Teacher
 - Assistant Principal

- Shepherd Community Childcare at Minnie Hartmann**
- Childcare Teacher

- Enrichment & After-School**
- School Community Coordinator – School 82
 - Before School Coordinator

- Family Engagement**
- Family Engagement Specialist – Financial Coach
 - Licensed Mental health Counselor, MD
 - Paraclete Coordinator

Learn more about these positions, including full descriptions, expectations, and applications at ShepherdCommunity.org/Apply.

CLASSIFIEDS

IN KIND NEEDS

- Canned Fruit & Vegetables
- Glue Sticks
- 16- or 24-pack of Crayola Crayons
- Ticonderoga Pencils
- White Cardstock (8.5 x 11)

Discover more of our most needed items at shepherdcommunity.org/give/critical-needs.

VOLUNTEER NEEDS

Weekly Drivers to Deliver Food:

Shepherd partners with Gleaners to deliver food to over 300 families each week. Volunteers drive and deliver food boxes to homes in Shepherd’s neighborhood. The routes usually take 1.5 – 2 hours, and drivers are needed Monday – Thursday, starting at 9:30 am.

Elementary After-School Homework Helpers:

Homework helpers provide extra help with learning, support staff, and are positive role models for students in grades 1-6. Volunteer Monday – Thursdays from 3 – 4:30 pm.

Preparing Breakfast for Shepherd Church of the Nazarene:

Prepare and serve eggs, sausage, and pancakes for the neighbors attending the Shepherd Church of the Nazarene at 8:30 am. After breakfast, you can attend worship with these new friends!

If you want to serve in these or any other areas, please contact Donna Alexander, Director of Volunteer Engagement, at DonnaA@shepherdcommunity.org or 317-375-0203.

Advertising & Promotions

Shepherd Summer EXCEL & YLIFe programs are at full capacity this summer for the first time since pre-COVID!

‘Created to do life together’: Shepherd staff member share special bond with one family of neighbors on UpliftIndy.org

breaking the cycle of poverty PODCAST

episode 53: How Christians can help people struggling with substance abuse.

shepherd community center

THANK YOU!

Summer at Shepherd is full of learning, fun, and adventures for 200 kids, thanks to incredible partners like YOU! Thank you to all who have given to Be the One this summer!