

Carelines Newsletter

"Our greatest glory is not in never failing, but in getting up every time we do." Confucius

Residents at Christian Care are encouraged and empowered to take control of their destiny. They are given the resources and support necessary to make positive changes in every aspect of their lives.

This past fall, several of the veterans that reside at Christian Care have had the opportunity to participate in Sundance for Our Soldiers, or SOS.

"It was not at all what I expected," said Calvin, a Navy veteran who's participated in two SOS sessions, "but I would do it again."

SOS is a non-profit that provides Equine-Assisted Psychotherapy to active military, veterans, and their families with the goal of helping them live a healthier, happier life. The sessions involve a series of problem solving and team building activities, a debriefing about the activities, and some short periods of down time to interact individually with the horses. Despite a popular assumption, there is no horse-back riding involved. The sessions concentrate on self-reflection, discovery, and personal growth.

"I grew up on horses, so this was a different experience for me, not to be able to climb up on one," shared Lee, a Vietnam veteran who also served in the Navy when asked for his thoughts on the activities. Lee is referring to an activity in which veterans are asked to corral a horse into a square on the ground created from wooden posts, the challenge being that you are not permitted to touch the horse.

"Activities like these are important because they give veterans the opportunity to get out of the shelter environment, and to spend time with other veterans alone—for them to engage with one another, and become comfortable expressing what they've each been through," said Cindi Gramenz. Cindi is Christian Care's Grant Writer and Development Coordinator and participated in one session as a veteran herself.

As new veterans are welcomed into Christian Care, they will be offered the chance to participate in SOS. Terry, who has signed up for the next session is looking forward to it, going in with the goal of improving communication skills with peers, gaining tranquility, and a learning experience. If his experience is anything like the other participants had, he'll be willing to try it again.



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Contact Us:

2209 3rd Avenue
Rock Island, IL
61201
PO Box 4176
309.786.5734

Website:

www.christiancareqc.org

Facebook:

www.facebook.com/Christiancareshelter.org

Twitter:

[Twitter.com/ChristianCare9](https://twitter.com/ChristianCare9)

*"Failure is an event,
not a person."
Zig Ziglar*

HAPPENINGS

ACTIVITIES AND NEWS

Update: 2018 Newsletter mailing. Newsletters will now be quarterly rather than bi-monthly and more will be sent electronically. Thank you to everyone who contacted us with their email addresses so we can "go green." If you still want to make the change from US mail to email, please contact us.

In From the Cold: The 25th Annual Mayor's Hunger Lunch was held on Wednesday, November 1, 2017 at the Golden Leaf Banquet Center in Davenport. Christian Care was a recipient of grant funding this year from In From the Cold.

Our Annual Thanksgiving Dinner was a success –We served over 100 individuals a full turkey dinner with all the trimmings that day. We hosted our Thanksgiving Meal from Noon – 2:00 p.m. and 4:00 – 6:00 p.m. Thanks to all of our wonderful volunteers who helped out: Betty & Ken Dennison; John & Linda Sullivan and Family; Richard Mayne; Charles Smith and Family; Kathleen Coe; and Carolyn Campbell.



Our Resident Christmas Dinner was held on Tuesday, December 12, 2017 at Butterworth Center in Moline. Dinner was catered by Hy-Vee and a musical program was provided by Augustana College's A Cappella Choir. Each resident also received a gift bag at the end of the evening from one of our very generous donors.



Christian Care Staff Lunch: A Christmas Lunch was held on Wednesday, December 20, 2017, for all Christian Care Staff at Bennigan's Restaurant in Rock Island. Festivities included a White Elephant Gift Exchange.

Have a Heart for the Homeless: Come celebrate with us for the 5th Annual Luncheon to be held Saturday, February 3, 2018 at CASI, 1035 W. Kimberly Road, Davenport, IA. Catered lunch by Biaggi's Restaurant. Tickets are \$26/person. RSVP to Becki Anderson at Christian Care: banderson@christiancareqc.org or (309)786-5734. Send donations to PO Box 4176, Rock Island, IL 61204. Silent Auction Items, Raffle Baskets, 50/50 Raffle and Entertainment also available. Proceeds to benefit homeless services at Humility of Mary Shelter and Christian Care.

Thank you to those who brought food and/or served at our Meal Site during November/December

All Saints Episcopal Church – Bethany Baptist Church
Christian Care Staff -Church of Latter Day Saints -
Church of the Cross – Colona United Methodist
Church - Community Christian Fellowship -- Kari
Elmer - First Christian Church – Friends of Christian
Care – Geneseo United Methodist Church - Good
Shepherd Presbyterian Church - Greater Harvest -
Heart of Hope Ministries – Heartland Hospice - Holy
Cross Lutheran Church – John Deere Group - Kalie
Reign Ministries - Memorial Christian Church - Mighty
Fortress Church – Melissa Olsen – Miller Container -
Pentecostal Church of Christ -
Risen Christ Lutheran Church – St. James Lutheran -
Scott Schaefer - Janne Short –John and Linda
Sullivan- Phillip Tinn – Vaneessa (Friend of Christian
Care) - Gary & Joan Vogelgesang – Wells Fargo

A Special Thank you to everyone who donated food and/or volunteered to help with our Thanksgiving Feast.

Grants Awarded:

\$30,000 from the Hubbell-Waterman Foundation for general operating support; \$15,000 from The Amy Helpenstell Foundation to support case management services; \$5,000 from the Moline Foundation to support case management; \$764 from In From the Cold to support the purchase of outdoor heaters and electrical work for our gazebo area; \$5,857 from Community Foundation of the Great River Bend for technology upgrades; \$500 from RI Rotary for food handler certification training.

Christian Care's Current Needs:

- Canned fruit and vegetables
- Dairy products: shredded cheese, butter and spreadable margarine
- Luncheon Meat
- Coffee, tea and creamer
- Fresh milk
- Sugar
- Oatmeal
- Salad dressing - large bottles, all types
- Catsup and mustard
- Packaged gravy mix
- Seasoning salt and Pepper
- Salt & Pepper Shakers
- Gift cards to: Aldi, Fareway, Hy-Vee, Target or WalMart; Walgreen's, Osco or CVS Pharmacies
- Cleaning products - Lysol spray, Pine Sol, automatic dishwasher detergent (not pods)
- Hygiene products - deodorant, body wash, bar soap
- Paper products: 13 and 33-gallon trash bags, paper towels & dinner napkins and kleenex
- Clothing Items: Blue Jeans - waist sizes 34-40
 - Winter Coats - sizes 3 XL and up

Please bring all items to Christian Care at 2209 3rd Avenue in Rock Island between the hours of 8:00 am and 7:00 pm

VOLUNTEER SPOTLIGHT

I want to introduce you to Mr. William Hamilton (Bill) who is our newest volunteer. Bill will help out at our front desk on Sunday afternoons from Noon – 4:00 p.m. Bill just recently began a new full-time job at the Illinois Department of Employment Services Office in Rock Island. He, most likely, will be assisting some of our residents with their employment search. Prior to accepting that position, he was in Property Management in Davenport. Bill also has other volunteer experience with the Handicapped Development Center in Davenport and Big Brothers Big Sisters Program. Bill is a welcomed addition to our volunteer corps.

Interested in volunteering with Christian Care? It's easy. There's a one-page application and a release of information for a background check to be completed. We have morning and afternoon shifts available to staff our front desk. We are willing to work with your schedule, too. If you can't commit to once/week, we can work out an every other week or once/month arrangement with you. Contact Pam today to talk about joining our Christian Care volunteer team.



CHRISTIAN CARE

2209 3rd Avenue, Rock Island, IL 61201-4176

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Transforming Lives for 100 years!



Homelessness is a reality in our community.
Each year, we care for hundreds of men,
by offering nutritious meals, warm clothing and safe shelter—
as well as services and programs focused on positive change.

Please consider making a donation today.

Go green and save postage. To receive your newsletter electronically,
contact Pam at phauman@christiancareqc.org

24-Hour Crisis Hotline: (309) 788-CARE (2273)

Visit us at christiancareqc.org or  Find us on **Facebook** at facebook.com/christiancareqc.org