



1228 E. Breckinridge St., Box 2  
Louisville, KY 40204

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Over 700 kids ages 4 to 17 are playing soccer with Highland Youth Recreation this fall.

Moving company, Two Men and a Truck, donate staff every 1st Monday of the month to help load in our monthly food order from Dare to Care.

## A Letter From Our President

Hello Highlands Community!

Since March of 2020, HCM's employees, volunteers, clients and supporters have endured numerous challenges requiring creativity and flexibility to face all the pandemic changes. But now the season of renewal is here!



HCM Board President, Susan Stopher

- The Senior Center is again open Mon. through Fri. from 10am - 1pm to enjoy socializing, exercising, and lunch.
- The Food Pantry and Emergency Assistance Program is open and serving more people than ever.
- The Encounter Support and Recovery program is growing.
- Meals on Wheels continues as it did throughout the pandemic, but the volunteers are back.
- The back to school and holiday drives are in full gear.
- Empty Bowls was held in May for the first time since 2019 with a delightful day of community fun and fundraising for HCM programs.
- The daycares are again fully operating.
- Highland Youth Recreation is busy with over 700 kids playing fall soccer.

The HCM Board is so impressed with the work, dedication and generosity of our staff, volunteers, member congregations, and supporters.

The comeback is always stronger than the setback. We hope you will support HCM in this time of renewal.

## Who to Call

Food Pantry  
Hours: Wed-Thu-Fri 10am-1pm  
Tiffany Murphy, Coordinator  
x260

Emergency Financial Assistance  
Danah Smith, Director  
x213

Meals on Wheels  
Donna Douglas, Coordinator  
x206

Senior Outreach  
Leona Brooks, Social Services  
x250

Main Campus:  
Central Office and Assistance  
1228 E. Breckinridge St. 40204  
(502) 451-3695

Event Space Rental  
Isaac Conn, Manager  
x228

Administrative Assistant  
Mary Beth Rother  
x200

Executive Director  
Troy Burden  
x202

Child Care Centers  
Debbie Spillane, Director

Eastern Star  
(502) 458-8723  
917 Eastern Star Ct.  
Gigi Hildenbrand, Asst. Director

St. Paul UMC/Douglass Blvd. Christian  
(502) 458-3045  
Sanda Miodrag, Asst. Director

Highland Youth Recreation (HYR)  
(502) 671-9701  
Patrick Fitzgerald, Director

Highlands Court Apartments  
(502) 454-7395  
1720 Richmond Dr.  
Janet Lee, Manager

## How to Donate

- Mail a check, made out to Highlands Community Ministries, using the enclosed, self-addressed envelope
- Donate online via our website, [www.hcmlouisville.org](http://www.hcmlouisville.org)
- Drop off non-perishable food items or new, unopened personal care items to our Food Pantry, Wed-Thu-Fri between 10am - 1pm.





## Highland Youth Recreation Growth Spurt



HYR is going like gang busters after Covid! Patrick Fitzgerald (left), Director for the past 6 years, was recently able to welcome Laken Amberg (right) as Assistant Director, due to the amazing program growth!

Laken moved to Louisville from Alaska with her family and immediately found her community with HYR. Within a month, her son Oliver was on the field playing soccer with HYR. Laken took competitive gymnastics, diving, softball, and cheerleading hobbies into adulthood. You could say sports have been an integral part of her life. After spending 12 years as a licensed massage therapist, she attends UX design school.

**HYR offers Spring & Fall Soccer, Summer Baseball, and Winter Basketball & Futsal for kids ages 4 to 17.**

The Lucas family has been involved in HYR for over 6 years. Israel (11), Oliver (9), Enzo (6), and Hazel (4) are all playing HYR Soccer this fall. The family makes an entire weekend day around HYR soccer by bringing a blanket and snacks, watching 4 soccer games, and hanging out with friends on Atherton's beautiful campus. Israel is rumored to wear only HYR T-shirts. They completely embody the HYR vibe of family and community.



## Partnering with Childcare Parents for over 50 years

HCM's childcare staff helps kids love, learn, and grow! In our three centers where we care for ages infant to Pre-K, we offer quality educational programs and experienced staff that love to work with children. We partner with our parents to help teach, guide, and nurture their kids in the best possible ways.

**HCM has childcare locations in St. Paul UMC & Douglass Blvd. Christian Church at the Douglass Loop and on Eastern Star Court off of Cherokee Rd. near Cave Hill Cemetery.**

**Stacy Gaines-Yates "Miss Stacy"**  
HCM Employee for over 19 years  
Full-time, 6:30 - 3:00



"I love seeing things from the eyes of children. It makes me a happier and more positive person in my day-to-day life.

I have 1 son, and 1 cat. In my spare time, I love to cook, exercise, help out at my church, and spend time with my family."



"HCM came highly recommended to us from both friends and colleagues, and it has not disappointed.

The well-being of our boys little hearts and minds are of the utmost importance to the teachers and staff. To see your children excited about what they are learning, comfortable with their caregivers, and happy to go to school is what parents hope for in a child care center - and we have found that in HCM."

**Ashley & Mac Adams with Simpson, 4 and Owen, 20 Months**

## The Lights are On and Somebody is Home



Lisa Perry is an inspirational success story. Before contracting Covid-19 and becoming a "long-hauler", Lisa was a professional, self-sufficient, business-savvy entrepreneur. Due to her illness, she lost her income and her home, and needed help. "In the blink of an eye, everything can be taken away from you, and for me, it was. No money, no car, no place to live, no job." Lisa was able to rely on family and few close friends, but depression and the feeling of worthlessness set in. "You need to get the will to rely on the community" she said. First by calling 211 for community resources, Lisa found the Hazelwood Community Center, Neighborhood Place, then HCM. But it took many phone calls and still much time and patience waiting at TARC stops to be where she is today... in a new apartment with a positive outlook. "Be grateful. How blessed I was in the midst of the storm. HCM has been instrumental in helping me, and still is, and I will never forget it."

HCM's Emergency Financial Assistance Program helps our clients, Louisville residents in 40204, 40205, and parts of 40218, pay the rent and electric and water bills so they can keep the lights on and their own roof over their heads. This program is funded through grants, congregational support, and private donations. To find out if you are eligible for help, call HCM's Assistance Director, Danah Smith, to setup an appointment. For residents in other Louisville zip codes, visit the Association of Community Ministries at [www.LouisvilleMinistries.org](http://www.LouisvilleMinistries.org).



"HCM helps to the max that they can. They've been very good to me.", says Kevin Mitchell, a long-time Highlands resident and HCM client. Kevin suffered a traumatic brain injury in 1971 after being hit by a car in Cherokee Park while riding his bicycle, and has been in recovery ever since. "I first started with HCM in 1997 for classes that were educational, entertaining, and offered support at the location on Cherokee Rd. I even helped HCM clean out their current building on Breckinridge St. after it was donated by the UCC church in 2012. I have a big history with HCM!" Kevin receives help with utility bills and food. "I like to give respect to the people that help me. Thank you HCM!"



Association of  
Community Ministries

**13 Ministries. One Mission.**



The Association of Community Ministries (ACM) is an umbrella organization bringing 13 Louisville-based Community Ministries together to serve families and individuals on a neighborhood level throughout the entirety of Metro Louisville. ACM's members have worked together for over 35 years connecting neighbors in need with resources during times of crisis.

Their success is built upon the strong relationships they have not just with those they serve but also - and very importantly - the relationships they have with their partners, supporters, advocates, and volunteers, as well as Board members, member congregations and staff.

It is all of these people collaborating together that make ACM's work possible, that brings emergency assistance, be it food, utilities, rent, or other services to community members when they need it the most.



## Food Pantry Volunteers Save the Day!

HCM's Dare to Care Food Pantry takes a small army of volunteers to serve 500+ clients with emergency food orders, fresh produce, and personal care items every month. Dare to Care is the main source of food donations, but Kroger, ValuMarket, and Wiltshire Pantry donate weekly. Neighborhood Associations such as Cherokee Triangle, Bonnycastle Homestead, Highlands-Douglass, and Tyler Park, in addition to our supporting congregations, hold food drives regularly. Also importantly our friends and neighbors buy and place groceries into the Highlands Kroger and ValuMarket donation barrels!



Retired Social Worker and HCM neighbor, Laura Walker, has been volunteering in HCM's Food Pantry for 3 years. "I like knowing clients by name, the face-to-face interaction with them, and that we give them something tangible." During

the pandemic, she increased her hours. "It really helped with isolation and it helped the community."

### HCM's Food Pantry

in partnership with



	MON	CLOSED
TUE	CLOSED	
WED	10a - 1p	
THU	10a - 1p	
FRI	10a - 1p	



Chad Mosteller (left), Cambron Rich (right), and Terrance Turman (not pictured) are Southeast Christian Church Community Engagement Pastors.

They help with HCM's Dare to Care fresh produce pickup every Wednesday morning. "We've really enjoyed the friendship with HCM and the people we have an opportunity to serve. Our hope is that our work together can make a positive community impact!" -Cambron

## Seniors Get the VIP Treatment

HCM's Senior Lunch & Activity Program is open Monday - Friday 10am to 1pm for Louisville Seniors age 60+. Enrichment activities, games, and exercise are followed by a free lunch where seniors can socialize and have a safe place to go. The Senior Center is located in HCM's Main Campus at 1228 E. Breckinridge St.

*"Project funded in part with funds from KIPDA through the Older Americans Act and the Cabinet for Health & 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 of the National Research Council of the National Academy of Sciences."*



Seniors enjoy activities such as painting, bingo, exercises, crafts, movies, and more. With the help of a Kentucky Colonel's Grant, HCM was able to purchase a used passenger van for our Senior Outreach Program (as well as for our partnership with Kentucky Refugee Ministries, allowing refugee children to play soccer in our youth recreation leagues). Starting in October, we will transport seniors living at Highlands Court Apartments on Richmond Dr. monthly to Kroger, Walmart, and to our food pantry for \$3/person.

### Leona Brooks: Senior Activities Coordinator



Leona has been HCM's Senior Activities Coordinator for 11 years! Starting out, she ran the center at Douglass Blvd. Christian Church, which later moved to the Woodbourne House, the refurbished estate house behind the church, and now is located at HCM's main campus. "I love working with Seniors!"

### Joann Robinson: Senior Lunch Assistant



Joann first volunteered at HCM before becoming the "Senior Lunch Lady" for the newly formed Senior Center at the Breckinridge St. location. "I am a retiree from Presentation Academy, where I worked in Food Services along with heading the Work Study Program for 16 years. I'm also Gramma Jo to my only grandchild, Hu."



### New Passenger Van



## Meals on Wheels: It's How We Roll

Despite the fallout from the pandemic, Seniors ages 60+ in 40204 and 40205 who are homebound and can't cook for themselves are still having meals brought to them by dedicated volunteers! While daily hot meals have not yet returned, frozen meals delivered once a week provide nutrition, socialization, and a wellness check for these vulnerable residents. HCM takes pride in being a Meals on Wheels distribution location, working with Louisville Metro and KIPDA to continue its long tradition of Senior Outreach.



Volunteers Dick Burks (left) and Kirk Kulmer (right) help every week with the MOW distribution at HCM's main campus on Breckinridge St. Dick has been driving for MOW since 1999. "It's the right thing to do. Being a Christian isn't always easy, but people need help. I am older than some of the clients!"



MOW Driver Suzy Socha (left) and HCM's MOW Coordinator Donna Douglas (right) are pictured with Kirk Kulmer who was looking for something to do after retirement. "I was a UPS driver for 33 years and Meals on Wheels is similar to that, but I can talk to the clients longer!"



## Receptions & Parties & Dances, Oh My!



HCM offers event spaces for rent at its main campus on Breckinridge St. at Barret Ave. including an Event Hall with Stage, Catering Kitchen, Chapel, and Meeting Rooms. We also have a handful of tenants in dedicated spaces.

Pictured are events held in the Event Hall:

- Wedding and Reception
- Tai Chi Day by HCM's Community Tai Chi Classes
- Louisville Country Dancers regular Monday night & 3rd Saturday dances



Fat Tuesday, Feb. 21, 2023  
5:30 - 7:30 pm  
HCM's Main Campus

HCM is working on bringing back this unique fundraiser celebrating the eclectic tastes of the Highlands with fun and community spirit. Look for details as we plan for the comeback of this event since the onset of the Covid-19 pandemic. Hope to see you there!



From the desk of  
Executive Director,  
Troy D. Burden



The last couple years have certainly been a challenge for HCM! Like everyone, we staff, volunteers, and clients have all been impacted by the pandemic.

Thankfully, HCM has weathered the storm and been able to meet our mission and carry out our programs and activities. Our program steering committees, which include board members, staff, and community members have met tirelessly via Zoom and dedicated a lot of time, creativity, and patience as we've moved through.

Like so many other nonprofit organizations, HCM is really evaluating what we do and how we do it! We have been engaged in a strategic planning process that will help guide us into the future. We are excited about the potential to expand childcare and affordable senior housing; being able to reach out into the community in new ways, beyond just our network of interfaith congregations.

Our mission will remain unchanged: we will continue to build community through programs and activities that promote human and spiritual growth. We hope that you will support us as we move forward for the next many years as your community ministry serving our neighbors in need.

In Gratitude,

## Potential Expansion

- New Affordable Senior Housing
- New Childcare Center

BARRET AVE

With the proposed redevelopment of the former Urban Government Center (original Baptist Hospital) in the Paristown Pointe neighborhood, across from HCM's main campus on Breckinridge St., between Vine St. and Barret Ave., came an opportunity for HCM to expand its outreach in serving Louisville's senior community and childcare services.

Working with Steve Smith of Paristown Preservation Trust, the current chosen developer of the UGC, and Flaherty & Collins Properties of Indianapolis, a plan for a 72 unit affordable senior housing complex above a 6,000 SF childcare center on the grounds of HCM's main campus has been proposed for Phase I of the UGC redevelopment.

While approval of the Paristown Preservation Trust's overall plan is still under consideration by Louisville Metro, HCM is optimistic that the proposal will come to fruition, expanding HCM's long-time and original mission of helping seniors in our area with quality and affordable housing as well as parents in Louisville with quality and affordable childcare.

## Member Congregations that Support our Ministry

Bardstown Road Presbyterian Church  
Bellarmine Campus Ministry  
Christ Church UCC (Legacy)  
Church of the Advent (Episcopal)  
Deer Park Baptist Church  
Douglass Boulevard Christian Church  
Edenside Christian Church Trust Fund (Legacy)  
Highland Baptist Church  
Highland Presbyterian Church  
Louisville Friends

Immanuel United Church of Christ  
St. Agnes Catholic Church  
St. Andrew's Episcopal Church  
St. Brigid Catholic Church  
St. Francis of Assisi Catholic Church  
St. James Catholic Church  
St. Paul United Methodist Church  
St. Raphael Catholic Church  
Strathmoor Presbyterian Church