



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

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From Our Board President

Dear Neighbors,



Thank you for taking time to explore HCM's annual newsletter. We are excited to share the contributions we made to our 40204-05-18 community.

I have represented my congregation, St. James Catholic Church, on the HCM board since 2017. This year, I was fortunate to serve as board president as we implemented a strategic plan focused on strengthening HCM's ties with the people we serve. HCM is an organization of volunteers and staff who are truly invested in making our neighborhoods stronger. Our motto, "Grow, Heal, Play," reflects the mission of the programs we provide. I believe that neighbors helping neighbors is the best way to lift our community. If the information included here persuades you that HCM is doing important work, please consider making a contribution towards our efforts. Rest assured that your dollars will be used in service of your neighbors.

-With gratitude, Leslie Fowler

Contact Us

Central Office, Food Pantry, Emergency Assistance, and Senior Activities: 1228 E. Breckinridge St. 40204 **(502) 451-3695**

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

Emergency Financial Assistance
Danah Trammell, Director
x213

Child Care Centers
Debbie Spillane, Director
x351
917 Eastern Star Ct.
Gigi Hildenbrand, Asst. Director
x350
St. Paul UMC/Douglass Blvd.
Christian
Sanda Miodrag, Asst. Director
x370

Senior Outreach Program
x205
• Leona Brooks, Administrative
• Lewis Miller, Meals on Wheels
• Joann Robinson, Activities

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

Event Space Rental Manager
Isaac Conn x228
Human Resources Manager
Megan Lowry x206
Administrative Assistant
Mary Beth Rother x200
Executive Director
Troy Burden x202
www.HCMLouisville.org

Highland Youth Recreation (HYR)
Patrick Fitzgerald, Director
x245

How to Donate

- Mail a check made out to Highlands Community Ministries or HCM to 1228 E. Breckinridge St., Box 2, Louisville, KY 40204 or use the enclosed, self-addressed envelope
 - Donate online via our website, www.hcmlouisville.org
 - Drop off non-perishable food items or new, unopened personal care items to our Food Pantry Wednesday, Thursday, Friday, between 10am - 1pm.
- Many thanks to contributing writer/storyteller, Sally Rother.*

Need Emergency Assistance?

We help Louisville residents in 40204, 40205, and parts of 40218 with rent, utilities, and food.



If you need help, call our Assistance Director, Danah Trammell (formerly Smith): 502/451-3695 x213 or email dtrammell@hcmlouisville.org

HCM's Food Pantry

in partnership with



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

1228 E. Breckinridge St. at Barret Ave.



Join us for Mardi Gras!

Fat Tuesday - March 4, 2025!

We are planning the return of our Mardi Gras fundraiser! Celebrating the eclectic tastes of the Highlands with fun and community spirit. Look for details! Sign up for e-blasts at our website: www.HCMLouisville.org.

From Refugee to Citizen



“Everything has been good,” says Kilozo, age 71, as if his immigration to the U.S. in 2018 was all in a day’s work. He is a student in Kentucky Refugee Ministries’ (KRM) senior ESL classes held at HCM, and his positivity is infectious. His green, yellow and red silk jacket, printed with the faces of Congolese independence leaders, tells a different story, however. “I fled my country when I was 17 years old.”

Even with all the gratitude in the world, he maintains that, “To get a job here, especially when you are young, it is not easy when you don’t know English. To go to the market, or to the store, you have to speak English.”

Organizations like KRM and HCM are here to help make the transition easier. Besides English classes, senior refugees receive a free lunch from HCM’s senior outreach program held Mon-Fri, 10am to 1pm. Many who live in HCM’s service areas (zip codes 40204, 40205, and parts of 40218) also benefit from monthly commodity boxes and emergency food orders. “We also make friends,” Kilozo says with a smile. Today, he is more empowered than ever to keep learning, having received his American citizenship in October of 2024. “What makes me happy the most about learning the language is I love talking to people. I’m American now, and I want to have conversations with others.” None of it would be possible without the donations of private individuals and foundations as well as public grants.

To those who make these programs available, Kilozo says “Asante sana,” or, “Thank you very much.”

HCM partners with Kentucky Refugee Ministries to bring senior refugees to our main location on E. Breckinridge St. twice a week for English classes.

While here, these seniors work for two hours learning English with a teacher, a social worker, and volunteers from KRM. The seniors are also able to receive benefits that HCM offers such as a senior lunch and emergency food orders.

Who We Are and How We Help

HCM is a part of the Association of Community Ministries (ACM), an umbrella organization bringing 13 Louisville-based Community Ministries together to serve families and individuals on a neighborhood level throughout Metro Louisville. For over 35 years, ACM’s members have connected neighbors in need with resources during times of crisis.

The success of the community ministries 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, bringing emergency assistance, be it food, utilities, rent, or other services, to community members when they need it the most.



13 Ministries. One Mission.



HCM’s Assistance Statistics for October 2023 - Sept. 2024

HCM Assistance Program	Number Served	Assistance Amount Family# / # of Units
Food Pantry	6,400	4987 families
Rent	177	\$29,929.00/ 59 families
LG&E	2,065	\$130,829.59 / 413 families
Water	510	\$43,352.76/ 102 families
Meals on Wheels	46	13,600 meals
Congregate Meals	36	4,287 meals
Back to School	160 kids	65 families
Christmas	439 individuals	220 families
Thanksgiving	50 individuals	8 families

Total Emergency Financial Assistance = \$ 204,111.35 with 3,984 served

HCM helps Louisville residents in 40204, 40205, and parts of 40218 with rent, utilities, and food.

To find help in other zip codes, visit the ACM website at www.LouisvilleMinistries.org.

Donor Spotlight



In the early 1970’s, as a new bride in my first, and forever, Highlands house, I, along with my husband, joined Strathmoor Presbyterian. I became very involved as the Strathmoor rep to the HCM Board of Directors, including serving on the committee that opened the first Adult Day Care Program in Louisville. I was so proud to be a part of a “cutting edge” organization that was developing a new concept in our community. But, as typically happens, things in life change. I found myself too busy to continue serving on the HCM Board or committees, but my commitment continued - primarily through making regular donations.

And now, over 50 years later, I find myself back at HCM. Retired and part of Highland Baptist, I’m still committed to the mission of HCM. As a social worker, I supervised graduate students interning at HCM and served on the Empty Bowls Fundraising Committee. And I am still a donor. I am still so proud to be part of an organization that developed a new way to minister to the neighborhood – a pattern that has been expanded and duplicated all over our community. I have learned that I can donate to strengthen HCM in so many ways, whether it is through my time, my professional experience, or my finances. I am proud to be a part of such an important organization. And now I can really understand the statement, **“The more things change, the more they stay the same.”** -Becky Smith

Staff Spotlight



Long-time HCM staff member and Meals on Wheels Coordinator, Donna Douglas, pictured with her son, Ray, retired from HCM in August of 2024 after 24 years! Thank you Donna for your many years of service to our Senior Community!

Meals on Wheels Stars

When you can’t drive, or work, or call on family to help, how do you take care of your basic needs? For hundreds of Louisville Seniors, the answer is Meals on Wheels. “It’s a support opportunity for people who are homebound and could be at food risk,” says volunteer John Anderson. He and his wife, Pam, have been organizing weekly meal boxes for delivery to HCM clients every Tuesday since March. “But it’s also to help make sure they are okay. For many clients, we could be one of the few contacts they have.”



When the delivery drivers arrive, Pam and John kick into action, loading the boxes into trunks. “We have aging parents our-

selves,” Pam explains, just one reason she chooses to volunteer at HCM each week. “We worry about how many people could be receiving Meals on Wheels and don’t know it.”

While out delivering, John and Pam have had the opportunity to meet a few of the seniors who receive Meals on Wheels. “Some really embrace the opportunity to chat,” says John, having even been invited in by a client, whose home is filled with photographs, newspaper clippings, and memorabilia. “He’s like, ‘Here, let me show you this.’ ‘Here, hold this.’ He wants to share pieces of his life with you.”

HCM also provides weekly senior lunches and an activity center, where seniors can socialize. “It’s an amazing organization,” Pam says – and it’s all because of volunteers like her and John.

Meals on Wheels offers five frozen meals delivered once a week providing nutrition, socialization, and a wellness check to our most vulnerable residents: seniors ages 60+ who are homebound and can’t cook for themselves. We rely on dedicated volunteers to keep HCM a proud Meals on Wheels distribution location, working with Louisville Metro and KIPDA to continue a long tradition of outreach to seniors in our community.

“This information is made possible by state and/or federal funding provided by the Kentucky Department for Aging and Independent Living.”