## THE PULSE



## Heart Ministry Center DIGNITY FOR ALL

## "MIRACLE ON 24TH STREET"

For Bob Head, service to others has always been an integral part of life. He helped refugees in Omaha find safe housing and employment, was active in the Saint Cecilia Cathedral parish, and served on the CUES board of directors for 17 years. "Heart Ministry Center is a miracle on 24th Street," said Head.

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## Letter from the CEO

Hope is a valuable weapon in Heart Ministry Center's arsenal as we battle poverty in the Omaha metro.

The past 18 months have brought unprecedented challenges to our organization and the community we serve. Thousands of families already experiencing food insecurity, unemployment, and financial hardship are facing increased adversity due to the ongoing COVID-19 pandemic, and they turn to us for resources and hope.

During the peak of the pandemic, Heart Ministry Center distributed critical food, including fresh and shelf-stable items, to more than 1,000 families in need each week. We partnered with the Douglas County Health Department to host multiple COVID-19 vaccination clinics at the Monen Healthcare Clinic.

Our volunteers, donors, staff, and other partners continue to work relentlessly to meet the challenges we face. Even during the darkest days of the pandemic, our community embodied the best of humanity.

Despite the COVID-19 crisis, Heart Ministry Center is growing and thriving:

- We now have 35 talented, dynamic employees.
- More than 90 men and women have graduated from our Fresh Start Job Placement program.
- Vision care and mental health care are now being offered in our Monen Healthcare Clinic.
- The Fresh Start Laundromat generated more than \$66,000 in revenue from January to October 2021.

We arm ourselves and our community with hope as we strive to live out our mission of providing food, healthcare, and a way forward to people severely affected by poverty in the Omaha area.

Thank you for being part of the Heart!

MARK DAHIR

Chief Executive Officer

## HEART MINISTRY CENTER'S IMPACT: By the Numbers

#### AT THE HEART MINISTRY CENTER, FROM JANUARY TO OCTOBER 2021:





The Choice Food Pantry distributed

4,531,402

pounds of fresh and shelf-stable food.



The Way Forward team provided

\$435,853.83

in financial assistance to individuals and families in need.

#### IN OUR COMMUNITY:



16% of children living in Douglas County are food insecure and may not have regular access to the meals they need to learn, grow and thrive.



On average, nearly 35% of residents in zip codes 68110 and 68111 are living in poverty. The overall poverty rate in Douglas County is 12.7 percent.



# Fresh Start Graduate Recognized for Excellence

The Aaron Schneider Fresh Start Excellence Award is inscribed with this message: A rainbow acknowledges the storm and gives us hope of brighter days. And that hope is an anchor for our soul.

The 2021 recipient of this award, Shannon Perkins, has weathered the storm and is now experiencing brighter days filled with hope thanks to her experience in Heart Ministry Center's Fresh Start program.

"Heart Ministry Center saved my life," said Shannon.

After years of substance abuse, Shannon was ready for a new path. She successfully completed a treatment program, then enrolled in Heart Ministry Center's Fresh Start program in October 2019.

The Fresh Start program is a holistic, intensive human resource training program that empowers participants to achieve a fresh start in life and sustain self-sufficiency. It encompasses mental and physical health, money and household management, workplace communication, and job skills. More than 90 men and women have graduated from the program.

"The Fresh Start program taught me to step outside my comfort zone and meet people where they are. I learned that if something scares me, it is an opportunity for growth," she said.

Shannon graduated from the Fresh Start program in March 2020 and immediately started a job she loves as a customer account coordinator with Epsen Hilmer Graphics in Omaha. She manages orders, handles shipping and billing, and builds relationships with customers. She uses many skills she learned in the program every day at her job.

Congratulations to Shannon as the first recipient of the Aaron Schneider Fresh Start Excellence Award!

## "MIRACLE ON 24TH STREET"

## For Bob Head, service to others has always been an integral part of life.

He helped refugees in Omaha find safe housing and employment, was active in the Saint Cecilia Cathedral parish, and served on the CUES board of directors for 17 years. During his time on the CUES board, he became familiar with the mission of Heart Ministry Center and visited the organization regularly.

"Heart Ministry Center is a miracle on 24th Street. I invite so many people to come and see what makes this place special," he said.

In March 2020, at the onset of the COVID-19 pandemic, Bob read in the Christ the King Catholic Church bulletin that Heart Ministry Center was in need of volunteers. So, he began coming to the food distribution twice a week to donate his time – helping to package fresh and shelf-stable food items that are given to families in need.

Bob especially enjoys getting to know the men and women enrolled in the Center's Fresh Start Job Placement program who operate the food distribution each day, along with community volunteers and staff members. He has attended several Fresh Start graduation ceremonies over the years.

Bob was honored as the inaugural recipient of the Louis "Big Lou" Parker Heart Heroes Volunteer Award at the Holy Smokes fundraiser on September 2.

"Bob truly embodies our core values, and we are grateful for his longtime support," said Mark Dahir, chief executive officer at Heart Ministry Center. "Our volunteers are the best!"

Volunteers have a tremendous impact on Heart Ministry Center operations. There are volunteer opportunities for individuals, families, and groups from corporations and organizations. If you are interested in volunteering, please visit HeartMinistryCenter.org or contact Alicia Rodriguez, mission ambassador, at (402) 383-0528.

## BE PART OF THE "MIRACLE ON 24TH STREET" THIS HOLIDAY SEASON AND BEYOND

- Visit our campus and take a tour to see our mission in action.
- Volunteer at our Choice Food Distribution providing fresh and shelf-stable food items to community members in need.
- Make a financial gift to Heart Ministry Center or donate in honor of a loved one.
- Follow us on social media.

Thank you for supporting Heart Ministry Center. You are making a difference for families experiencing poverty in the Omaha metro.



## Mental Health and Vision Care Now Offered at Monen Healthcare Clinic

For a dozen years, Heart Ministry Center has provided community members free, quality medical and dental care through a strong partnership with Creighton University and its dedicated healthcare professionals and students. The expanded Monen Healthcare Clinic opened in the fall of 2020 to help meet the increased demand. Everyone who comes for care is treated with compassion and dignity.

Monen Healthcare Clinic has operated throughout the pandemic providing curbside medical care before eventually moving practitioners and patients back inside the Clinic. In addition to offering medical and dental care, along with regular visits from occupational and physical therapists, Monen Healthcare Clinic has recently augmented its services to provide community members with more comprehensive, holistic healthcare.

 Joe VanTrimmell, a full-time mental health practitioner, started at Heart Ministry Center in July 2021 to help meet the growing need for mental health services. Joe has been providing care to community members and Fresh Start participants.

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- Vision care is now being offered in the Monen Healthcare Clinic. Local ophthalmologists and optometrists are volunteering their time and expertise the first Wednesday afternoon each month to do free vision screenings, glaucoma screenings, and to treat other vision issues. Practitioners are seeing children and adults.
- In partnership with the Douglas County Health Department, Heart Ministry Center has hosted several COVID-19 vaccination clinics in recent months to make the vaccine accessible to community members. More than 70 doses have been administered.



"There is a deep sense of responsibility at Heart Ministry Center to serve the Omaha community by providing free, quality healthcare," said Stephanie Heimann, healthcare director. "Now is the time to continue doing what is right by providing this range of new services."

## **Heart Ministry Center**

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- 402-451-2321
- Contact@HeartMinistryCenter.org
- HeartMinistryCenter.org

If you've never experienced Dignity for All in-person, we invite you to visit and take a tour! Meet our staff and see our campus – it will do your heart good!

## Thank you for **Supporting Holy Smokes!**

Heart Ministry Center's 16th annual Holy Smokes fundraiser was held on September 2 at The Venue at Highlander. Thank you to honorary chairmen, Haley and Jamie Walker, and to all the sponsors, guests, volunteers, and staff members who made the event a success. Funds raised at Holy Smokes support our mission of providing food, healthcare, and a way forward to people severely affected by poverty in the Omaha area.



## SPECIAL THANKS TO OUR 2021 SPONSORS:

Linda and Dave Baumert Cindy and Mogens Bay John Dahir Mike Dahir Lori and Paul Hogan Ashley and Clark Horgan Julia and Joe Knezetic Dave Levy Michael and Kyle Nelson

Emily and Jon Nguyen Stephanie and Robb Pantano MaryBeth and Bob Rossiter Maria and Jeff Sauvageau Emily and Sam Wageman Dan Walker Diana and Denny Walker Haley and Jamie Walker



























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Left to right: Jeff Kavich, Donna Kush, and Stephanie and Robb Pantano



Fred and Gail Ross



Haley and Jamie Walker

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