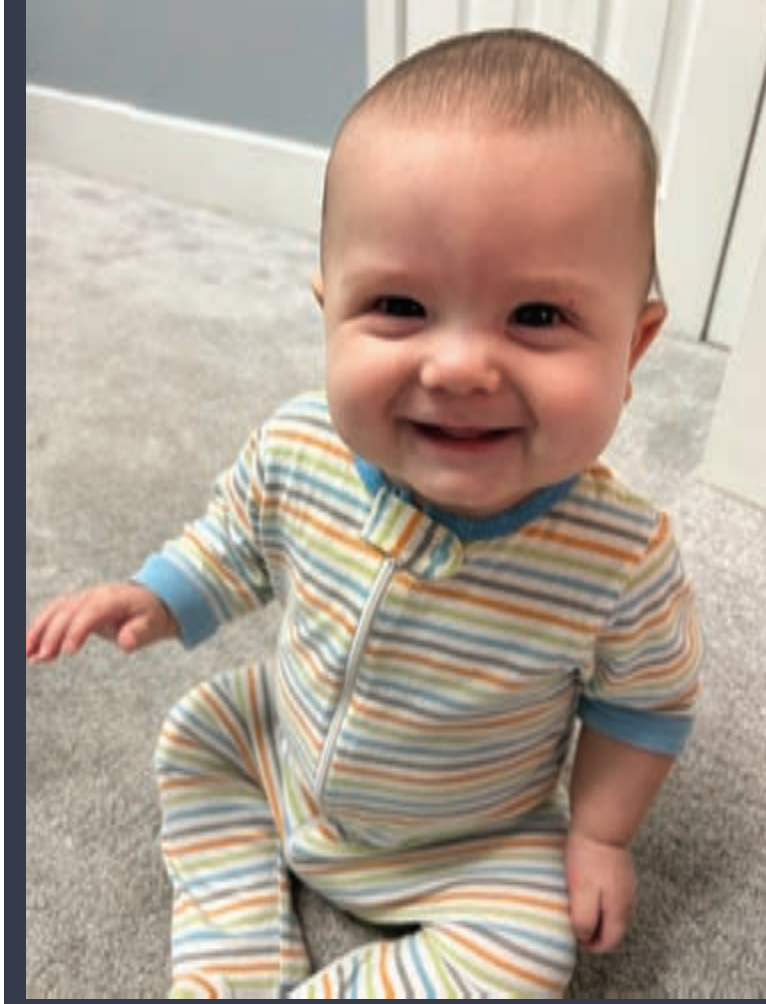




HEARTNOTES

2024 SPRING NEWSLETTER

WE'RE EMPOWERING MOTHERS
because mothers empower families and communities



TO OUR HANNAH'S HOUSE FAMILY

I am privileged and honored to be celebrating 4 years with Hannah's House as the Executive Director. During this time, we have adopted these three words as our motto for success...Embrace, Empower and Elevate! We provide stable and safe housing while offering support to pregnant women preparing for what is ahead...Motherhood. Our program specifies a pathway for our moms to grow in education, wellness, faith, health, budgeting, self-sufficiency and planning for the hope of a bright future.

Because of your generous support, we currently Embrace 7 moms from ages 17 to 41 with 6 babies from ages 1 week to 18 months. Hannah's House currently has a waiting list for new moms that would like to be a part of our program. Our moms and babies are embraced, safe, healthy, and cared for, supported, learning, growing, and have hope for a brighter future. Among states that reported data, Indiana ranks 3rd worst for maternal mortality according to a study by Indiana University Health. One of the contributing factors listed was lack of access to services, quality of care before, during and after delivery, which is critical to maternal health. Our mission at Hannah's House is, and always will be, to support pregnant women by helping them build the skills to be educated, independent, stable, healthy, and safe.



Here is a quick look at our program. We welcome the opportunity for you to learn more about what we do, how we do it, and what the impact is for our moms and babies. As our moms enter Hannah's House, she enters Phase 1 of our program which offers an array of opportunities for moms to grow, learn, thrive, and transform.

- In Phase 1, our moms earn credits in baby basics, parenting, labor & delivery, safe sleep, and breastfeeding. Her wellness credits are outlined with an exercise plan, medical appointments, Nutritional basics, and introduction to meal prep and planning. Each day when our moms achieve a goal, gain a credit, cook a meal, and care for her baby, she builds her resilience, which makes her stronger.
- Mom learns about finances, including banking, budgeting, and credit analysis.
- Hannah's House relies on its community partners such as the Women's Care Center, WIC, Goodwill, Oaklawn, and Seasons Counseling Center to help support our efforts for growth, recovery, and services. A critical part of Phase 1 is assessing moms mental health and well-being.
- Preparing for employment after the baby is born involves career search, creating a resume, soft skills, and a mock interview.
- Each mom has an opportunity to explore her faith through journaling, daily devotions, spiritual formation classes, prayer, and meditation.
- We believe in family style living which includes a meal prepared by our residents based on a nutritional balance. On Monday programming, moms learn to meal plan, time management, organization, preparing a weekly agenda, perform household tasks, and chores.

The impact of Phase 1 for each mom is skill building, support, education, sense of family, being loved, gaining confidence, mental wellness, physical care for her body, financial awareness, community connections, friendships, spiritual development, and overall growth as a woman, a mom, a friend, a member of our community. Each phase is a step, and each step is movement towards transformation for mom, baby, and generations to come. As mom gets better, we get better, our community gets better.

With Gratitude,

A handwritten signature in cursive script that reads "Susan Frucci".

Susan Frucci
Executive Director



Hannah's House is thrilled to announce the hiring of Anne Landis as our Director of Development. Anne comes on board with years of experience in Business Development and Event Planning, but most importantly she has an alignment to our mission, vision and values. Although Anne is new to our staff, she is not new to Hannah's House. Anne has served Hannah's House for several years as the Event Planner for our Annual Holiday Happenings Gala and joined our Board of Directors in 2023. Anne's enthusiasm and deep love for Hannah's House makes her the perfect fit for our team. Please join us in welcoming Anne officially to the Hannah's House family and feel free to reach out to her as she begins her journey with the Hannah's House Community!

LEEP HOME

A New Beginning to Life Transformation

We believe that every baby deserves a healthy start, and every mom deserves care during this important stage of life. To support her, when she enters the LEEP Maternity Home, she is provided with opportunities that serve her in her education, spiritual growth and development, and life skills journey. We seek to empower each woman to find confidence within herself for the next phase of her life as she raises her child. Each woman is unique, and this part of the program is easily adapted to meet each individual where she is on her journey.

Within each home, a community of courageous women are built. While every mom is distinctive in her circumstances, each shares a common bond; She stepped out with bravery and courage to say yes to a new start.



KILLILEA HOME

Equipped and Empowered for Transition to Independence

After the foundation has been laid and secured, a resident can shift to the next step of our program, considered the transitional phase at our KILLILEA Home. This residence offers independence in many of the skills they developed in the LEEP home. After having completed classes, building confidence in caring for their babies, acquiring a job, and finding childcare, each mom can continue her journey. Hannah's House is truly motivated to teach women to enrich their lives with knowledge and confidence. During the transition to the Killilea Home, they continue to work with our team on advanced skills such as a zero-based budget, career search, expanded community resources, and continued milestones for herself and her baby. Advanced life skills improve stability in living by empowering moms to effectively manage many aspects of their daily lives.



CHOICE THEORY QUALITY WORLD



An important part of our perceived world is the quality world. The quality world is best described as a “personal picture album” of all the people, things, ideas, and ideals that we have discovered increase the quality of our lives. What does this all mean at Hannah’s House? Milestones achieved are the pathways to our quality life world.

Milestones in a mom and baby’s life are significant as they mark developmental progress in their growth and well-being. They provide valuable insights into physical, cognitive, and social development, enabling Hannah’s House to ensure appropriate support and intervention if and when necessary. Achieving milestones is an exciting and rewarding experience for both mom and baby. Celebrating these accomplishments strengthens the hope mom has for their future. At Hannah’s House we believe that all moms want to do their best, so we work diligently to help moms create their own QWP (an acronym for the Quality World Picture). It’s about everything they want for their future. The only thing necessary for admittance into her QWP is it must feel very good to her and meet at least one of her basic needs. All behavior and choice come from one of five basic needs, specifically: **Survival, belonging, power, freedom and fun.**

As humans we are motivated by a never-ending quest to satisfy 5 basic needs woven into our genes: We help our residents cultivate what those needs are and what they are trying to fill when they make a choice to behave in a certain way. In the end, healthy families begin with healthier moms, the healthier her choices become, the greater the chance that she and her baby can live a safe, healthy and stable life.

MEET ELLIE

By Annie Becker
Transformation Guide | Lead Mentor

In a yellow new traditional craftsman home, three doors in from the stop sign on Fourth Street, south of the St. Joseph river, lives a woman named Ellie Louise. In the Spring of '23, Ellie showed up at the doorstep of Leep home, bags in hand, and a bouncing baby boy in her belly. Little did she know, she was walking through a threshold into Love. A beautiful story that was only beginning to be written within her soul. Mere months later, her sweet son, Jasper Kyle entered the door of her heart, where a new love began to bloom.

The name Ellie means, "torch, ray of light" and that she is. The steps it has taken her to get to Leep Home were hard because life is hard and often takes unexpected turns. In those turns, it's easy to diminish the light within when life can feel dark. Ellie has fought the darkness by showing up every single day since she's been a resident of our Leep Home. She has chosen to cultivate beautiful rhythms of life, tended to the sweet son that she was given, and allowed community to become an integral part of her daily life. These are not easy steps, especially when vulnerability becomes the new normal and the outcome of that is unknown. For Ellie, this represents Hope – a belief that the best is yet to come.

Ellie's hope is for a future that is stable, safe, and secure. While that is hard for her to define, she has confidence that she'll recognize it when she gets there and trusts the journey towards her future with the support of the tools that she is learning at Hannah's House. These tools are as simple as housework, managing finances, maintaining steady employment, and as deep and personal as recognizing her Identity and allowing space for healing to happen.

Jasper is now 9 months old, learning to walk and finding his voice. Ellie, being a ray of light, radiates loving pride at the milestones Jasper has achieved just as Hannah's House is of Ellie's accomplishments. Jasper renews Ellie's motivation to reach her goal of finding a safe space of her own once she leaves the four walls of Leep Home. One thing is known, Ellie's love is deep and it flows from her like a river.



HANNAH'S HOUSE OFFERS SAFE HOUSING AND SUPPORT TO PREGNANT WOMEN PREPARING FOR WHAT'S AHEAD...

MOTHERHOOD



“HANNAH’S HOUSE BELIEVED IN ME WHEN NO ONE ELSE DID”

KAYLEI, HANNAH’S HOUSE RESIDENT



BUILD FRIENDSHIPS
 SUPPORT STAFF
 SPIRITUAL GROWTH
SAFE
 MENTAL WELLNESS

EMPOWER
 SELF-RELIANCE

VALUES
 SKILLS
MOTHERHOOD
 HOUSING INDEPENDENCE
SUPPORT
 EDUCATION OPPORTUNITY

THRIVE
IMPACT
 PARENTING
 LIFE TRANSFORMATION
 PHYSICAL WELLBEING
 ADDICTION RECOVERY
CONFIDENCE

COMMUNITY
 BUDGETING SKILLS
 MEAL PLANNING
 FAMILY
COURAGE
LOVE
STABILITY

BRAVERY

EMPOWERING GENEROSITY

A RECAP OF HOLIDAY HAPPENINGS 2023

On a beautiful December evening guests were welcomed by the sound of Christmas Carolers for our annual Holiday Happenings Gala. It was truly an unforgettable evening as we celebrated our 30th year Anniversary!

Creating memories, built with love and generosity by our community, as we continue our mission to empower women and babies is a dream come true. Our sold out event raised funds that will be used to help support our programs from vital baby essentials, to supporting moms in taking their next steps to a bright future.

We'd like to give a shout out to all our amazing attendees and donors who gave so generously, Shannon Kaser for bringing the fun to our LIVE auction, Doug Ostheimer for emceeing and helping us pull off another successful event, Kaylei, Mellisa and Randi for sharing their stories with us, the Gillespie Center for the wonderful dinner, our staff and volunteers. Thank you ALL for making the event a success!



Hannah's House was proud to honor the Mary Cross Tippmann Foundation with the Tree of Life Award, was accepted by Cheryl Chalfant, Executive Director.



Hannah's House was proud and honored to Award Kathy and Brian Wonderly with the Bill Killilea Lifetime Award.





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UPCOMING EVENTS //

SAVE THE DATE

09.16

**PAPA IRISH ANNUAL
GOLF OUTING**

September 16th at Morris Park Country Club.
Registration information is coming soon.

SAVE THE DATE

12.06

**HOLIDAY HAPPENINGS
ANNUAL GALA**

December 6th at Gillespie Center.
Join us as we celebrate our annual
Gala with a night of fabulous food,
cocktails, dinner and auction.

Visit

HANNAHSHOUSEMICHIANA.ORG

- DONATE ONLINE
- MEET OUR STAFF
- VIEW OUR AMAZON WISH LIST
- LEARN HOW TO GET INVOLVED
- FIND INFORMATION ABOUT EVENTS & PROGRAMS