



## Since the Fire

It's amazing how far we've come since the fire of 2015! We have built a brand new veterans' facility, expanded our Women with Children Shelter, and increased our overall capacity to house those in need by 46% over the past 16 months. We also expanded our Medical Clinic and Career Training and Education Center to help more people in more ways.

But as City Mission grows, we continue to need your help. As the reach and the scope of our services expand, more and more people are coming to our doors for help. We need your support, now more than ever.

We truly appreciate your support! Your donations make the life-transforming work we do possible, and you have been so generous. Please send another gift today to help us to serve so many more than ever before.



**Thank you for helping us transform lives!**  
**Yes! I'd like to give a special Capital Campaign**  
**donation of \_\_\$100\_\_\$250\_\_\$500\_\_\$1000\_\_Other**

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**CITY**  **MISSION**



# INSIDER

The Inside Track on the Capital Campaign

## A Year of Hope At the Crabtree Kovacicek Veterans House

On July 3, our Crabtree Kovacicek Veterans House celebrated its first anniversary of serving veterans in need. Your generous donations provide the support needed by 22 veterans who had no hope and nowhere to go.

"This house is a testament to what can happen when a group of guys trust and believe in each other and work together to accomplish one another's goals," said Steve Adams, City Mission's Manager of Veterans Services.

In the past year, 12 veterans have moved out of the Crabtree House and into independent housing.

### Because of your donations...

- Richard, a Vietnam veteran, is no longer living in a cardboard box under a bridge.
- Randy, an Army veteran, left his tent in the woods behind and moved into his own room at the Veterans House.
- Will, a former Army combat engineer who struggles with PTSD, finally has a place where he can get help and where people understand what he is going through.

On behalf of the 22 veterans at the Crabtree Kovacicek Veterans House, we thank you for your generosity and compassion.

"Everybody finds what they're looking for here," Adams said. "In this House, we all walk together through the storms of life."



*Steve Adams: Desert Storm veteran, former City Mission resident, our Manager of Veterans Services*



# “Such a Blessing”

How City Mission Offers Drug-free Pain Relief in Medical Center



## Alpha-Stim

Cyndi Urbanowicz administers Alpha-Stim, which applies a very low-level electrical current to the site of the pain to create lasting pain relief.

## Positional Release

Dr. Paula Sammarone Turocy provides a drug-free therapy that works by “moving the body into positions of comfort,” which naturally “turns down the activity in the pain receptors in the body.”

## Chiropractic

Dr. Christopher Carr and Dr. George Khoury provide free chiropractic care to residents and staff twice a week. Together, they treat more than 50 residents per month.

## Physical Therapy

Dr. Nate Romesburg of Romesburg Physical Therapy and Sports Fitness, provides physical therapy treatments to relieve pain and restore range of motion.

## Prayer

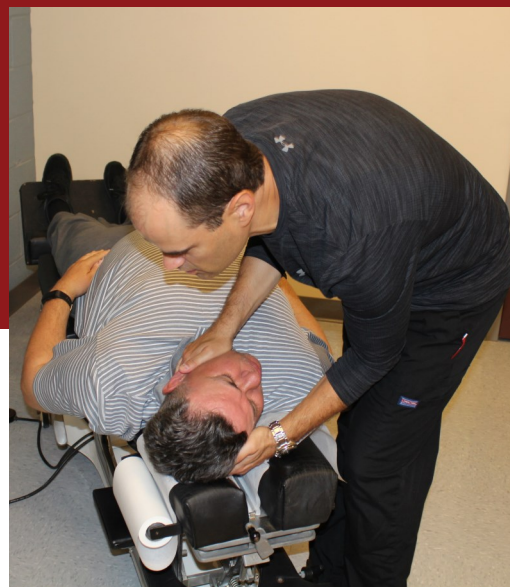
Cathy Orient prays over each resident between their treatments at the Pain Management Clinic. Orient records the residents’ requests in a notebook and then prays for them all throughout the week.

## Resident Testimony

Dave, a current City Mission resident, comes to the clinic every week for relief from his chronic neck pain. For years, he self-medicated with opiates, which eventually led him to homelessness. “It’s just such a blessing,” Dave said. “When I think of what City Mission is providing for me here, it brings tears to my eyes.”

## Stats

- More than 30% of all Americans suffer with acute or chronic pain.
- 214,000,000 prescriptions for opioid pain medications were written in 2016, which is over 66 prescriptions per 100 Americans.
- 40% of all opioid overdose deaths that year involved prescription opioids.



# Child Care Center at Women with Children Shelter



“My cheeks hurt when I go home from all the laughing and smiling,” said City Mission’s Childcare Coordinator, Lynne Thompson, as she played on the floor with Brax, one of the kids currently living in our Women with Children Shelter.

Lack of reliable childcare is a significant barrier for single mothers who are trying to attain or sustain employment, further their education, or work on their recovery. Unreliable childcare is one of the many factors that has made single women with children the fastest-growing homeless population in the United States.

According to the Bassuk Center on Homeless and Vulnerable Children and Youth, 2.5 million children are homeless each year, and families with children now make up almost 40% of the overall homeless population. Homeless children are at greater risk and suffer more physical and mental health issues and developmental delays than other children. The National Child Traumatic Stress Network claims that homeless children are twice as sick, have twice the rate of learning disabilities, and three times the rate of emotional and behavioral problems. By the time homeless children are eight years old, one in three has a significant mental disorder.

Thanks to generous donations, thoughtful planning, and a lot of hard work, City Mission is now equipped to help women with children overcome these barriers and break the cycle of hopelessness and despair.

