

2016 Journey to Hope Annual Report

January 12, 2017

“O sing to the Lord a new song, for he has done marvelous things.” ~ Psalm 98:1

As we close 2016, Journey to Hope is indeed singing a new song, though it has the *same refrain: God is good and is doing miraculous things in our midst!*

Program Participation and Impact

- 471 people, aged 10 to 86, participated in our support & coaching groups
- 20% of the people we supported participated in more than one group
- We offered 45 support & coaching groups, which break down into 4 categories, though they all tend to overlap: Emotional [11], Spiritual [1], Physical [17], and Financial [16]
- Our group members came from 55 different zip codes ranging from Dayton to Dry Ridge, Southeast Indiana to Clermont County.
- Hosting the Alzheimer’s Association Memories in the Making program created 480 touchpoints with group members
- Diane’s presentations in the community touched 366 people and exposed them to the opportunities available at Journey to Hope.
- Our Preparing for Marriage mentors worked with 5 couples married by Pastor Nancy.
- The VITA tax program touched another 502 individuals.

Impact Project

In the fall of 2016 we began collecting data using the Psychological Capital assessment we are using to assess the degree to which our programs improve group members’ psychological capital, which can then be converted into an economic impact. The research shows that when a person’s psychological capital [composed of Hope, Optimism, Efficacy and Resiliency] there are lower rates of absenteeism and greater productivity, and reduces cost to society for taking care of chronically ill people by keeping them in their homes, among others, all of which is an economic impact. When we can quantify our economic impact, we will be able to market that impact in the nonprofit marketplace.

Community Seminars/Special Events

As is our custom, we offered a number of stand-alone educational events, including:

- NAMI: In Our Own Voice, a program from the National Alliance on Mental Illness where people who are managing their mental illness share about their experiences with it.
- VA Speakers, as arranged by the Northminster Troop Support Team, presented: Federal Benefits for Veterans, Dependents & Survivors
- Anita Berry with the Medicare Plan Store presented:
- Medicare Made Clear: Benefits, Costs and Important Dates
- Coping with Grief through the Holidays

Group Offerings:

In any given year there are two program semesters and a summer program. Some groups are offered in both semesters [I & II], one semester only [I OR II], some are only offered in the summer [S], and there are a couple that meet year round [Y]. These are the groups and when we offered them in 2015:

Caregivers’ Support [Y]

Crohn’s Colitis Support Group [Y]

Diabetic Support Group [Y]
 Everyday Spirituality [S]
 Financial Peace University [II]
 Grace Trail [II]
 Grief Coaching [I, II, S]
 Grief through the Long Good-bye [II]
 Guided Meditations on Forgiveness [S]
 Healing Touch [I]
 Healthy U: Chronic Disease Self-Management Program [I]
 Job Search Group [I, II]
 Job Search Basic Training & Coaching [Y]
 LinkedIn Learning Lab [Y]
 Memories in the Making [Y] (presented by Alzheimer's Association)
 Mindfulness & Grief, or Breath...Stretch...Release [II] (co-sponsored by Children's Hospital)
 Now What? 90 Days to a New Life Direction [I, II]
 Preparing for Marriage
 Strengths Based Career Management [I, II, S]
 Yoga [I]

For detailed explanations of each group and who leads them, please refer to the website. There you will find all the details. We are also extremely grateful for Margaret Campbell, who has created many announcements, e-newsletters, and helped with several big mailings throughout the years.

Board Activity

We joyfully received the official notification of Tax Exempt Status on May 24, 2016!

Over this past year the Board has also participated in a cohort at Xavier University for small nonprofits, received training in succession planning, refined the personnel policies and position descriptions for both the Executive Director and our Marketing and Development Coordinator, a position that Brittany York was hired to fill in late September.

We also had several fundraising activities, which included an Ice Cream Social in June, our first online crowdfunding experience with Razoo, and our year-end Board Challenge, along with a small Giving Tuesday program. We exceeded each of our fundraising goals for the year, per the strategic plan adopted in 2015! We successfully established our Amazon Smile account over the summer. Additionally, we completed our profile on GuideStar to achieve the Bronze status. To that end, here is a snapshot of our financial performance for 2016:

Revenue and Expenses Fiscal Year 2016

Revenue

Corporate Contributions	50
Individual Contributions	17,210
Board Contributions	10,435
Northminster Presbyterian Church	66,441
Interest-Savings	17
Program Income	5,595
Total Revenue	99,748

Expenses

Program Expenses	5,837
Administration	78,286
Fundraising	366
Payments to Affiliates	0
Other Expenses	0
Total Expenses	84,489

Diane Kinsella, Executive Director, and the Board of Journey to Hope:

Ted Barrett, Chairman

Lee Ann Hamilton, Secretary

Lynn Saul, Treasurer

Dana Glasgo

Karen Sieber

Harry Stone

Mariellen Voit

Dan Winters