



2022 IMPACT REPORT

On any night in Lake County, Indiana, nearly 300 people are unhoused*—living on the streets or in shelters—and thousands more are just one unexpected expense away from joining them. But thanks to YOU, the dedicated staff and volunteers at Sojourner Truth House made a difference in 2022 in the lives of many at-risk women and families in Northwest Indiana—and helped reduce homelessness.

The federal government last year announced a plan to reduce homelessness by 25 percent in the United States by 2025. For years, the STH Board of Directors and executive leadership have developed a similar plan. The annual STH Initiatives and Impact Plan establishes organizational goals for reducing hunger and homelessness in Lake County, removing barriers to housing stabilization, keeping those in housing from becoming homeless, promoting a healthier lifestyle, and increasing in-kind donations of food and personal items. Thanks to your support in 2022, STH met or exceeded the following goals:

- To reduce hunger for the most vulnerable populations in Gary by serving 6,000 households (actual: 8,559 households), or 18,000 individuals (actual: 26,355 individuals) through the Food Pantry
- To reduce homelessness by enrolling 65 adults and 21 children in STH's Day Center program, which helps them secure stable housing. Actual enrollment: 70 adults and 31 children.
- To move 20 households into stable housing. Actual households: 25.
- To remove barriers to housing stabilization for 10 individuals through home-based case management that increases self-

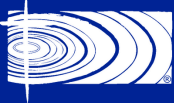
sustainability. Actual: 18 individuals.

- To promote a healthier lifestyle by providing 8,000 healthy and nutritious meals from the kitchen. Actual meals: 9,231.



*2022 Point-in-Time Count, U.S. Dept. of Housing and Urban Development

Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

Sojourner Truth House is a ministry sponsored by the Poor Handmaids of Jesus Christ.

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Beyond actual numbers are lives—individuals and families who received food, or moved into their own homes, or learned how to care for and remain in the ones they have. YOU did that! You helped an average of 2,231 clients each month receive help to overcome their situations. And many, like Lynette, are so grateful.

When Lynette entered STH's day center program, she was a self-described glass-half-empty person who had no sense of self-worth. "But then someone wise told me that when I come to classes, I'm here for someone and someone is here for me," she shared. "That was powerful to me because my receptors

were blocked. Once I changed my depth perception, I was able to fully appreciate the positive messages I received from STH classes."

Lynette continued to draw inspiration and encouragement from her case managers and instructors as she worked to obtain housing and employment.

"They reminded us that today we may be weary, but tomorrow will be great," she said. "At STH, we're presented with great opportunities and tools, but it's up to the individual to take advantage of those tools and use them to become better mentally, physically, and emotionally.

"What STH does is life-changing," she continued. "You come in a

caterpillar and by the time you leave you have blossomed into a butterfly."

That is the core of our mission—to empower women and individuals experiencing homelessness to overcome their situations and become self-sufficient, productive members of the community. Your gifts made that happen! Because of you, we provided advocacy, counseling, and career, entrepreneur, and employment training to many like Lynette.

Thank you for being one of 1,181 donors in 2022 who donated a combined \$817,426 to serve those in need in Lake County.

