

HAPPENINGS



A Fresh Start

**She reclaimed her future.
And you made it possible.**

Nellie



Nellie now walks into our day center with a bright smile. During a recent visit, she eagerly shared her excitement about preparing for another school year, an opportunity she once thought was out of reach.

Before coming to Sojourner Truth House, Nellie faced significant challenges. She had been incarcerated, separated from her children, and battling addictions. Today, her story looks very different. Nellie proudly celebrates one year of sobriety, has restored relationships with her children, earned her GED, and is enrolled at Ivy Tech Community College.

Nellie reflects on how meaningful this new

chapter is for her saying she got a second chance. "I'm not selfish by any means," she says, "it's just my time to shine."

When she's not attending class, Nellie participates in recovery support groups and life-skills programs at Sojourner Truth House, including budgeting and financial management classes that help her build a stable, independent future.

Because of your generosity, Nellie, and many women like her, have access to resources such as school supplies and bus passes. **Your contributions don't just meet immediate needs. They help open doors to second chances, brighter futures, and lasting transformation.**



Taking the First Step

For Margaret Saliga, the Walk for Sojourner Truth House began with something simple: *walking*.

A daily walker on the Whiting Trails around Lake George, Wolf Lake, and Lake Michigan, Margaret was already walking three to four miles several days a week when she first signed up for the Walk. “I thought, *I can easily help STH walk*,” she says.

That first step turned into years of commitment. Margaret has been a Walk participant, team captain, and one of the Walk’s top individual fundraisers, motivated by her firsthand knowledge of the life-giving work happening every day at Sojourner Truth House.

“I’ve been inspired by the amazing work being done by the staff and volunteers,” she shares. “I wanted to help in some way.”

Unable to personally make a large financial gift, Margaret invested something just as meaningful: her time. Over several months, she reached out to family, friends, colleagues, and contacts across the country, sharing why Sojourner Truth House mattered to her.

“The walk isn’t about you,” she says. “It’s about women and children and families who desperately need help. Just start reaching out, you gain momentum as you go.”

Last year’s Walk was one of our best in Sojourner Truth House history, raising more than \$125,000. As we prepare for the 27th Walk, the invitation is clear. Now is the time to sign up, start fundraising, and take the first step.

WALK

FOR STH

SOJOURNER STRONG



Scan here



Because when we walk together, **EVERY** step helps open the door to stability and hope.

Scan the QR code to register and join us.



www.WalkForSTH.org



Partnership Highlight: A Clearer Path Forward

For years, Sojourner Truth House participants have had access to basic health screenings, yet one critical need remained unmet: **vision care**. Without insurance, reliable income, or stable housing, many participants struggle to keep eyeglasses, often losing or breaking them during transitions from shelter to permanent housing. Clear vision is essential for everyday tasks, from reading mail to signing important documents that affect housing, employment, and healthcare. Without it, even small steps forward can become significant obstacles.

A life-changing opportunity emerged when Sharon Kenning, STH Community Ambassador and volunteer, reached out to a local optometry practice, Moses EyeCare Center, to explore the possibility of a partnership. Dr. Jeni Kohn responded with enthusiasm and a commitment to help, offering comprehensive eye exams and eyeglasses to STH participants at no cost when Medicaid coverage is unavailable.

With momentum building, Dr. Jodi Allen, STH board member and Doctor of Nursing Practice, connected with Dr. Kohn to coordinate care and establish appointments. Together, this collaboration removed a long-standing barrier for participants, providing not just clearer vision, but **renewed confidence, dignity, and the ability to fully engage in their next steps toward stability**.

“With more than 90% of its staff - and much of its leadership - being women, Moses

EyeCare fosters a culture of women supporting women. Partnering with Sojourner Truth House provides a unique opportunity to bring that value to life by helping remove barriers to essential vision care for women and families who may not otherwise have access.” – Dr. Kohn

This partnership is a powerful reminder that **when community members come together with compassion and creativity, truly transformative change is possible.**

Our Funding Partners

The generous benefactors below awarded grants to STH in 2025:



- City of Gary
- Geminus Corporation
- Guy A. and N. Kay Arboit Charitable Trust
- Helen Brach Foundation
- Indiana Housing & Community Development Authority
- John W. Anderson Foundation
- Legacy Foundation, Inc.
- Missionaries of the Precious Blood
- NISOURCE Charitable Foundation
- Our Lady of Victory Missionary Sisters
- Raskob Foundation for Catholic Activities, Inc.
- Service League of Northwest Indiana
- Sisters of Saint Francis Ministry Fund
- Walmart Foundation
- Whole Foods Foundation

Healing Through Music

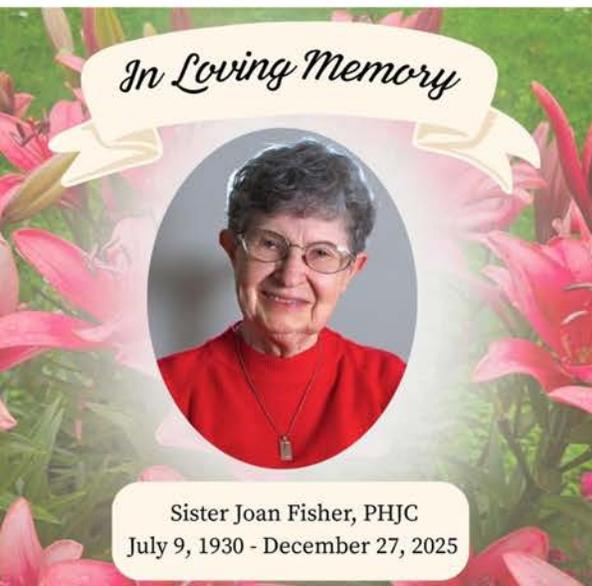
The Music-Based Wellness Class at Sojourner Truth House is creating powerful moments of healing and hope for women in our day center. Taught by Jermaine Chandler, this weekly class uses music as a therapeutic tool to **reduce stress, process painful memories, and address feelings** such as anger, abandonment, and hurt.

Through guided listening, reflection, and discussion, participants explore different music genres and create personalized playlists that promote feelings of calm, peace, and resilience. These are tools they carry long after class ends. During one session, a participant shared how a specific song helped her remain calm during an overwhelming day. Her story opened the door for others to share similar experiences, creating a powerful sense of connection, support, and belonging.



This class is about more than music. It provides a safe, creative space where women can feel grounded, express themselves freely, and begin to heal together. With your support, participants can take their playlists with them into shelters or transitional housing, allowing the **sense of stability and peace** developed in class to continue during times of uncertainty.

Your dedication and generosity make this transformative experience possible, sustaining a **safe place where healing begins and lives are rebuilt** through the power of music.



Honoring Sister Joan Fisher, PHJC One of the Founders of Sojourner Truth House

Sister Joan Fisher, PHJC, passed away peacefully on December 27th, 2025. Sister Joan's life theme was to "celebrate the journey" and indeed she celebrated her life's journey in many ways.

In 1997, she saw that Gary needed a center to reach out to women and children experiencing homelessness. Today, Sojourner Truth House empowers families in part because of Sister Joan's efforts.



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Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

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



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