

2016 ANNUAL REPORT



GOOD
NEIGHBOR
HOUSE

EMPOWERING HEALTHIER COMMUNITIES



FOREVER

changed



GOOD
NEIGHBOR
HOUSE

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FOREVER
changed



Hello everyone,

Thank you all for making my first year as Executive Director an incredible one, defined by helping so many of our neighbors. The blessings I have seen Good Neighbor House bestow continue to inspire me. During our time together, I have gained an awareness that we have much more to do; it has inspired me to move forward with added purpose, to do more good for our neighbors.

I have been strengthened by the great works brought about by Good Neighbor House and my amazing colleagues. So many exciting happenings: tripling the number of classes we offer, quintupling numbers of participants, growing our garden spaces, just to name a few. Beyond the percentages and statistics, we know that these are real people getting real help to build real futures.

God is good, and He has provided us a way to help people help themselves. Giving purpose, providing necessities, delivering relief to families, and standing as a beacon for brighter days. By focusing on the whole person – physically, emotionally, and spiritually – we help our neighbors gain dignity and work toward improvements to make for a bigger overall community impact. And, by showing Christ's unconditional love to our entire community, both our neighbors' lives and our own lives have been forever changed.

Thank you and God bless,

A handwritten signature in black ink that reads "Tom Onjukka". The signature is fluid and cursive, written in a professional style.

Tom Onjukka
Executive Director
Good Neighbor House



"It overwhelmed me with gratitude."

FOREVER
strong

A Better Vision for the Future

Sometimes, our neighbors find themselves in unexpected situations. After losing her job of many years, Tami Walters found herself over 55 years old without a job, without insurance, and close to losing her home. "I am not a person who gives up easily, though," says Tami.

Tami went back to school, got certified as a trained nursing assistant, and found a job she loves at a retirement community. But her vision was still an issue. Being both nearsighted and farsighted, and after many years working at a computer, it was difficult for Tami to see clearly.

Fortunately for Tami, she found out about the Heal Dayton community clinic hosted by Kettering Health Network in September 2016. There, she received the eye exam she needed from Good Neighbor House. "I later got a call from Good Neighbor House, telling me that my glasses were ready for pick up," says Tami. "This was my first interaction with this wonderful organization. I was so impressed with the professionalism and care that it overwhelmed me with gratitude."

After receiving her glasses, her situation has changed for the better. "I can see! Everything was so much clearer on my way home that day and has been since then. I will be thankful for many years to the wonderful people at Good Neighbor House for their dedication, and for the hard work they do daily for people who need assistance."



Health Services

Dental, Vision, and Medical Care

We want our neighbors to be healthy, which is why we offer health services for the underserved and uninsured. Because of our amazing volunteer healthcare professionals, our clients are able to receive basic yet crucial preventative care for a healthier future.

2,098	dental clinic visits
20	eye clinic visits
176	medical clinic visits
147	special dietary needs pantry visits

Wellness Education

Our classes promote health and empower clients to be self-sufficient through awareness and access to available resources. Many classes educate neighbors on healthy eating habits and healthy lifestyles. Topics range from diabetes and dental hygiene to Zumba workouts and relationship building workshops, all of which are made possible through volunteer support and community partnerships. All classes award our clients Good Neighbor House Bucks, which they use to purchase clothing and household items from our agency's new thrift store.

Real Results

95% of participants showed improvement in four key health factors: blood sugar, body mass index, blood pressure, and weight.

33%
improved

4 out of 4 factors

40%
improved

2 out of 4 factors

22%
improved

1 out of 4 factors

Building a Healthier Community and Self

As a volunteer at Good Neighbor House for more than two years, Cheryl Kidd has a passion for "helping God's children," she says. "I like helping people, and I like being with the people here at Good Neighbor House. It's all about the people!"

After about a year of volunteering, Cheryl was struggling to manage her diabetes. Her A1c reading, which tests average blood sugar, was far above a normal level. So after helping to build a healthier community as a volunteer, Cheryl also started building a healthier self through the Good Neighbor House dietary needs food pantry, which is tailored to provide healthy food for individuals with specific health issues.

"I meet with a dietician every month to go over what I'm eating and what my blood sugar levels are," says Cheryl. Then the dietician gives her a list of foods she can buy, along with a Kroger card for those specific items, making sure she has access to the food she needs to improve her health. "Fresh fruit and veggies, lean meat, whole grains. I especially love all the fresh veggies in the summer!"

Cheryl's A1c level has dropped many points, most recently to 5.0 – well within a healthy range. "I try to watch what I eat and get exercise walking," says Cheryl. As both a volunteer and a client, Cheryl says her experience "has changed my life to make me a more patient person and to understand that everyone has a different situation."



51 classes held
681 participants



FOREVER
grateful



"We got helped,
so we could help
someone else."

FOREVER
better

Part of the Family

The Hall family – Martina, Kevin, and their son King – felt the support of Good Neighbor House when they needed it most.

"I was in a shelter, and Kevin was, too," says Martina. "We started in a low-income apartment, and then moved into a house."

Services like the food pantry, thrift store, and social workers helped get them back on their feet. "We've grown so much since we started coming to Good Neighbor House," says Martina. "We wanted to better ourselves. We have no family support, so we always say Good Neighbor House is our family."

And their family grew when their son King was born more than 13 weeks early. "Good Neighbor House gave me newborn clothing before he even came home from the hospital!" recalls Martina. "So many people stepped forward to help us and this little boy. He didn't have a thing to worry about."

Now they're able to give back and help others who have become part of the Good Neighbor House family. When speaking with another woman, Martina learned that she needed a crib for her grandchild just as King was growing out of his. "I said 'I can help you with this one!' We passed King's things on to this baby. We got helped, so we could help someone else."

Thrift Store



Clothing and Household Items

Whether our clients need a warm coat in winter or professional clothes for a job interview, the Thrift Store offers a wide variety of clothing in a department store-like setting. We also offer the essentials for everyday living, from pots and pans to soap and cleaning supplies.

In June of 2016, we transitioned our clothing and household department to a thrift store model. This new model makes items more affordable and more accessible to our neighbors through Good Neighbor House Bucks earned at Wellness Classes.

11,056 individuals served
4,000 families served
24,710 items distributed before the new
thrift store model
\$6,000 in Good Neighbor House Bucks
spent



Our Services

For more than 20 years, Good Neighbor House has empowered healthier communities by offering a full range of health and human services for the underserved and uninsured in the Greater Dayton area, supported by a wonderful community of good neighbors like you.

Healthcare Services

- Dental Clinic – Preventative and emergency dental care for the uninsured and underserved
- Medical Clinic – Primary care visits and special dietary programs for the uninsured
- Vision – Comprehensive vision screenings and programs to help purchase glasses for the uninsured
- Wellness Education – Classes and resources to promote health and wellness while empowering neighbors to be self-sufficient

Human Services

- The Better Choice Food Pantry – A balanced variety of food items available at no cost
- The Thrift Store – New and gently-used clothing and household items at affordable prices or with purchase assistance

42,232 total individuals served
10,071 families served
9 employees

Better Choice Food Pantry

We follow Christ’s example of feeding the hungry and helping those who need help the most. Our pantry combats hunger while encouraging clients to choose a balanced diet.

29,122 individuals served
10,071 families served
403,572 items distributed

FOREVER
servicing



2016 Client Services Report

24,710 Thrift Store - items distributed* in 2016



42,232
Total individuals served in 2016

29,114 total individuals served in 2015

403,572
Total food items distributed in 2016

376,692 total food items distributed in 2015

15,872
Total human service hours in 2016

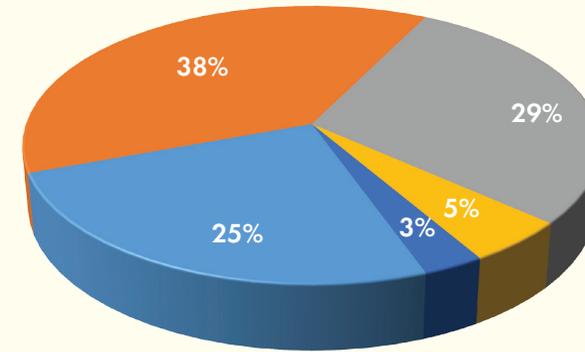
15,834 total human service hours in 2015

\$6,000
Thrift Store - Good Neighbor House Bucks distributed* in 2016

*The Thrift Store model was new in 2016, so there is not comparable data from the previous year.

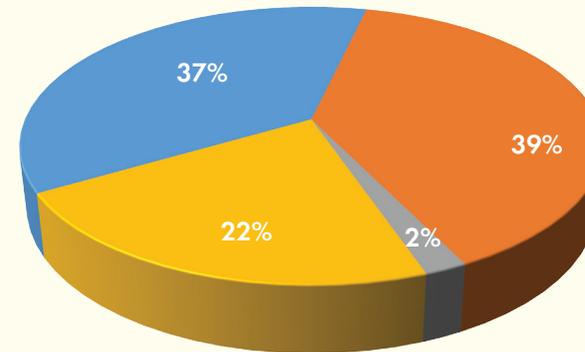
2016 Financials

Revenues



- Foundations/Corp/Fundraising/Grants
- Churches and Individuals
- Earned Revenue
- United Way & Combined Federal Campaign
- Capital Campaign Donations

Expenses



- Program
- General
- Fundraising
- Operating



Volunteers

Much of what we accomplish for the Dayton community is because of our compassionate volunteers. They provide vital services to our neighbors by dedicating their time to our mission.

1,103 people volunteered
15,872 human service hours
11,168 volunteer hours
\$269,595 donated through volunteer service
 (\$24.14 is the national value of a volunteer hour)

Want to volunteer?

Call us at (937) 224-3003 extension 108 or contact our volunteer coordinator at Marcia.Ehlers@goodneighborhouse.org

Supporting Our Neighbors

Our neighbors are often impacted by a sudden loss of insurance or services. Good Neighbor House is responding to our community's incredible need as it continues to grow. Often, families and children are missing the most basic of needs like food, clothing, and shelter.

Whether you can volunteer your time, give money, or donate essential items, we are grateful for your support as we work together to be good neighbors. We are honored and humbled when you chose to support our mission to connect neighbors in need to services they require but often cannot access or afford.



Make a Donation

Monetary gifts are the fastest way to ensure Good Neighbor House continues to provide the community with valuable services. You can donate online at www.goodneighborhouse.org or send a check in the mail. You can also visit our website or call us to learn more about how to donate items and volunteer.



Good Neighbor House

627 East First Street
Dayton, Ohio 45402
(937) 224-3003
www.goodneighborhouse.org

Things to Note:

- Donations to Good Neighbor House are tax deductible.
- Our Combined Federal Campaign number is 74684.
- Our United Way employee donation number is 0145.



*Thanks for being a
good neighbor!*

Good Neighbor House
627 East First Street
Dayton, Ohio 45402

(937) 224-3003

www.goodneighborhouse.org

Join our story on social media!

 **Good Neighbor House**

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Hours

Monday-Thursday: 9 a.m.-4 p.m.

Friday: 9 a.m.-1 p.m.