



A *Light* IN THE DARKNESS

“The people who walked in darkness have seen a great light.
They lived in a land of shadows, but now light is shining on them.”

– Isaiah 9:2



Good Neighbor House is empowering healthier communities by fostering the physical, emotional, and spiritual wellbeing of our neighbors.



SHINING A BRIGHT *Light*



I write to you today with so much gratitude. In the past few years, I have seen Good Neighbor House take on a whole new meaning in the community, and it has been a blessing to be a part of the process.

Community partners have seen the value of empowering healthier communities, and we were able to secure grants that help keep our programs fulfilling the needs of our neighbors. Programs like Special Dietary Needs, where we teach our neighbors how to manage their chronic disease through a holistic approach of education, medical support, and increased access to nutritious foods.

The Special Dietary Needs Program is only one element of a flourishing environment – medical clinic, dental clinic, eye clinic, wellness classes, and food pantry all saw increased needs. Good Neighbor House’s ability to answer these needs is only possible thanks to the good works of our supporters, donors, volunteers, community partners, and neighbors. Their work is a direct blessing from our Lord; it is far easier to accomplish meaningful goals with people who see the value of the work that they do.

I ask for your continued support and prayers for many more successful years of empowering healthier communities, and for the opportunity to grow in the ways that only Christ can guide us through. There is a great understanding on the importance of education here at Good Neighbor House, and there is no greater gift than to be a student of His.

Thank you so much,



Michelle L. Collier
Chief Operating Officer
Good Neighbor House



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Isabel

Good Neighbor House has been like a safe haven for me. When I first came here, I was obese and depressed. I was unemployed and I felt so lonely because, other than my church, I couldn't find a community anywhere.

Now, after more than a year of coming to these classes, benefitting from the food pantry and the thrift store, I can say that I am much better! I have lost thirty pounds and am no longer obese. I came back from the brink of diabetes and no longer have high cholesterol. Best of all, I know I have somewhere to go when I need a friend and that makes every day brighter. I am healthier than I have ever been thanks to the nutrition classes which have transformed the way I eat. I have made so many friends here and I love attending just to see them and their smiling faces.

I have bought winter coats for myself and my grandkids for two winters, not with money, but with time. Time, that I have spent learning valuable things to make this new era in my life happy and healthy.

“I am healthier than I have ever been thanks to the nutrition classes which have transformed the way I eat.”

If it weren't for Good Neighbor House and their help, I don't know how I would have come out of that depression without neglecting myself and my family irreparably. Good Neighbor House has helped me in the ways that matter, and I am so grateful to know that there are people who are not turning their backs on those of us who need the help the most.

Human Services / Client Services

Food Pantry | Wellness Classes | Thrift Store

41,503 Total individuals served

879 Total Human Service volunteers

(15% increase from 2017)

12,591 Total Human Service volunteers hours

\$53,660 Total GNH Bucks distributed for the Thrift Store

395,155 Total food items distributed in Food Pantry



Health Services

Medical | Dental | Vision

2,761 Total clinic visits

(15% increase from 2017)

260 Total clinic volunteers

(26% increase from 2017)

1074 Total clinic volunteer hours





Junica

In the year 2018, I was in need of some food. My daughter, LaToya, brought me to Good Neighbor House. One of the reception ladies asked me what I needed, so I told her the pantry. As the conversation went on, she asked if I knew about all the other programs they offered. One of the programs they mentioned was a diabetic program. My daughter said, “Mom, try it.” So, the receptionist gave me an application to fill out because the class was filling up fast.

I didn’t know what to expect. The day I first joined in was the exercise class, and I thought, “Oh, I can’t do this!” However, everyone there reassured me I was going to be ok. I worried I was going to be let-down once again. But when I returned for the next class, everyone was still happy, friendly, and excited.

God knew where I needed to be. I have built friendships with many of them and our exercise teacher is very understanding and encourages us that we can do it and to just give it a try!

Good Neighbor House is my outlet. I go there about 4 days a week. I love it. My husband would say, “Will you be home for lunch?” and my response is, “Nope, see you at 7!” If it had not been for Good Neighbor House making me take a look at myself, I wouldn’t have made time to take care of my health.

I have learned that all the health problems I have are due to past lifestyle choices. I thank and praise God for getting me on the right path to health and wellness, breaking me free of those chains. Thank you, Jesus!

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When I miss Bible study at church, I have a back-up spiritual Bible class at Good Neighbor House. Cooking Demo class gives me a healthy variety of cooking food. I am not an artist by any means, but my father, sister, and son are. However, I now have 4 paintings that I am very proud of because of the painting classes that GNH offers. I love that class, and it tends to relax me.

What I love about Good Neighbor House is the programs they offer. These programs help us physically, mentally, and spiritually to become stronger; from being a better leader, to showing compassion for others, as well as praying for one another. And guess what else? We can buy things with Good Neighbor House Bucks! So, we can dress to impress and it also allows us to get clothes for others.

Special Dietary Needs Program

237 Total visits

(15% increase from 2017)

53 Total volunteers

(26% increase from 2017)

171 Total volunteer hours

35 Participants every month

77 lbs Total weight loss



Coming out from the land of shadows...

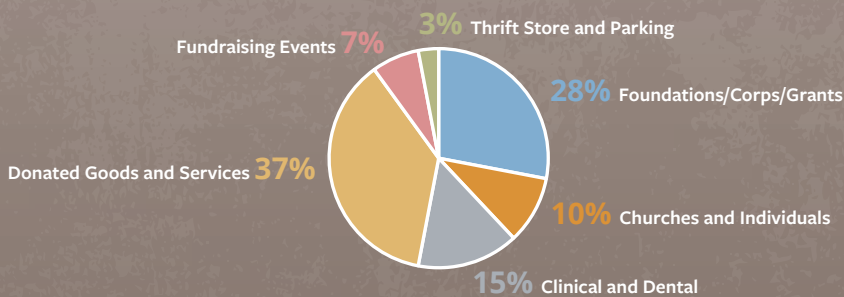
Our **Special Dietary Needs Program** (SDNP) is a holistic approach to helping community members battling chronic diseases, specifically diabetes, renal disease, and hypertension. This multi-faceted, monthly program fuses medical care, exercise, and healthy eating.

This program includes:

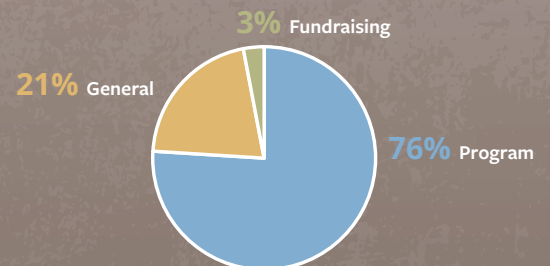
- Monitoring of A1Cs, blood pressure, blood glucose, weight and BMI levels by medical clinic professionals
- Mandatory attendance of an exercise class, a nutrition class, and a class on their specific disease all offered in Good Neighbor House's classroom
- A Good Neighbor House Registered Dietician volunteer provides nutrition counseling
- Upon meeting the previous criteria, participants are given a \$70 Kroger gift card to purchase approved, nutritious groceries

Many of our neighbors are unaware or don't have access to the information that can help them manage their illness. Many also live in a food desert – an area lacking fresh produce and other nutritionally dense food items. We provide SDNP participants the opportunity to take back control of their health by empowering them with knowledge, tools, access to healthy foods, and non-reliance on medication.

2018 Revenues



2018 Expenses





Help us continue to shine a light!

All across the Miami Valley, Good Neighbor House provides the vital Health and Human services that our neighbors at risk truly need to survive and thrive. YOU can help us fulfill our mission by giving your gifts of “treasures and time” that are so desperately needed.

DONATE YOUR TREASURES

Now, more than ever, **monetary** donations are critical to sustain our work.
▶ *Make your tax-deductible contribution today at www.GoodNeighborHouse.org.*

Donations of **clothing** and **food** food items are always welcome to keep our neighbors warm and well fed.
▶ *Visit our website for drop-off information.*

DONATE YOUR TIME

As always, our caring **volunteers** empower us to be the hands and feet of Christ, neighbors helping neighbors, strengthening our community and our world. Won't you be a Good Neighbor House volunteer?
▶ *Call (937) 224-3003 ext 108 or email Assistant Director of Human Services at Marcia.Ehlers@goodneighborhouse.org*

GOOD NEIGHBOR HOUSE

MISSION

Good Neighbor House is empowering healthier communities by fostering the physical, emotional, and spiritual well-being of our neighbors.

VISION

To be known for service, chosen for excellence, standing in partnership with our neighbors, providers, and funders, improving the quality of life in the communities we serve.

VALUES


- Trustworthy
- Innovative
- Inclusive
- Caring
- Competent
- Collaborative



627 East First Street
Dayton, Ohio 45402

(937) 224-3003

www.goodneighborhouse.org

 Good Neighbor House
 @GoodNeighborHouse

Hours

Monday-Thursday: 9 a.m. - 6 p.m.
Friday: 9 a.m. - 1 p.m.