



Upper Room Recovery Community

1st Quarter 2023 Newsletter

Growing in 2023!

With 2022 in our rearview, 2023 is looking to be nothing but full of success. It is easy to be pulled in a lot of directions, but the Upper Room is focused on growing the mission! Our mission is to provide safe and stable transitional housing to adults in recovery from addiction to drugs and alcohol and to assist them in moving toward a productive and independent life. Best and most successful results from setting an end goal and following a plan that we can follow. How do you feel you may help us reach our goal to impact as many folks looking to better their lives in our community as possible?

Updates

Community grants allow the Upper Room to help residents further their recovery by offering them a safe residence while they attend much needed treatment. In addition to housing, the Upper Room is currently receiving grants to provide programming.

We are partnering with 1st Source Bank to provide a financial program that allows for residents to attend sessions at the Upper Room to learn about planning for their financial future, including banking accounts, loans, credit reports, and all things financial. We are so lucky to have 1st Source as a partner and look forward to many more collaborations!

Also, we have the pleasure of providing the Healthy Eating Active Lifestyle program to our residents. This program is also a result of a grant. We have become community partners with Beacon Health and Foundation along with Cultivate Food Rescue. We simply cannot wait to be able to share this program again!





MATCH ENDS SOON!

Make your 2023 tax deductible gift now!



DOUBLE THE IMPACT!

We live in a dynamic world – where unforeseen events, changes in the world of addiction, demographics, and more – continues to shape our atmosphere, from individuals to our community.

What are the changes we have seen in the last quarter, year, 5 years? What can we do now?

We seek these answers and look towards the future.

Since pandemic lows, more of our residents are participating in substance use and mental health treatment, attending social support meetings, are employed, and are reuniting with family and friends. We are proud of our residents for striving toward their goals!



The Upper Room believes that building core values, such as respect, accountability, hope, compassion, and collaboration, we can raise the effectiveness of our mission and increase the success of our residents.

One thing the Upper Room can address is our resident living environment.

In 2022, the Upper Room was approved for a special \$55,000 matching grant from the Community Foundation of St. Joseph County. We are excited to announce we have started a campaign to raise the funds to match this grant. Our goal is to provide the men with an improved and renovated community room and kitchen, just as the women received when they opened. The kitchen and dining area for our men has seen better days, and we hope you will consider donating toward this effort!

In the effort to raise these funds by October 2023, we can offer personal sponsorships, including individual donations, and corporate sponsorships, which may allow for fundraiser and program acknowledgements and dedications. Your gift will be matched!



Activities are made possible, in part, with support from the Community Foundation of St. Joseph.



United Way of St. Joseph County



We must vote for hope, vote for life, vote for a brighter future for all of our loved ones. – Ed Markey

"Life is so much better. I had no idea the sweet life I could have." – Resident



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