



United Methodist  
Community House

# TRANSFORMING TOGETHER

*2020 Community Impact Report*



Think for a moment about a challenge you weren't sure you could overcome. Maybe what comes to mind is something like public speaking or a difficult project. Perhaps it's something more profound, like a health crisis or losing a job. No matter what, we bet you can remember that groundless feeling when you realized what was ahead of you, and the resolve you felt as you tackled the situation head-on.

And while you might not feel grateful for the challenge itself, you probably wouldn't trade the lessons you learned or the strength you gained for anything. Maybe, like us, the challenge that came to mind was a cold March day in 2020 when you realized life was about to look different than you ever imagined.

When the shelter in place order began and we closed the doors to our facility, we weren't sure what to expect. But we never lost sight of what was most important: being there for our clients.

**With faith and hope, we adapted. And with your support, we provided remote services to children, families, youth, and seniors throughout the entire closure.**

We provided emergency supplies and virtual support to our child development center member families. We hosted virtual after-school activities and academic assistance to students in the Grand Rapids Public Schools 21st Century program. And we made sure our older adult clients had meal delivery, wellness visits, safe transportation, and more.

We learned that with our partners—all of you—we can be innovative and nimble. We can turn challenge into opportunity. We can envision a future that is better than the “normal” we left behind—and together, we can bring that future to life.

For now, our programs are a hybrid of virtual and in-person programming. We've limited childcare and older adult group programs to about 50% of previous numbers to allow for social distancing, and after school youth programs are a mix of virtual and in-person. We're continuing to do as much as we can to provide remote support for those who can't be physically with us.

**We're excited to get back to full capacity, but we have no plans to get back to “normal.” This year is all about growth and transformation at UMCH. We're introducing new pilot initiatives in our child development center like family engagement and drop-in care, we're launching a new Fresh Market, and we're building new partnerships to expand our health and wellness support for older adults.**

There is a lot to look forward to—and we're just getting started.

Thank you for being our partners in transformation!



*Eric Williams*  
**Eric Williams,**  
Chief Executive Officer



*Carla Moore*  
**Carla Moore,**  
Chief Operations Officer



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## 2020-2021 BOARD OF DIRECTORS

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*Increasing everyone's  
ability to succeed in a  
diverse community.*

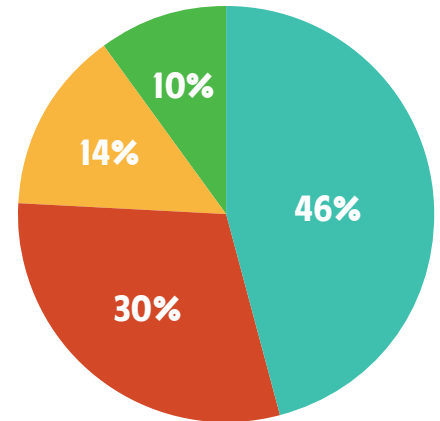
# 2020 FINANCIALS

## REVENUE & SUPPORT

- Donations, sponsorships, grants: \$1,368,446
- Government contracts: \$890,932
- Program revenue: \$403,424
- Other revenue: \$284,540

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**Total Revenue:** \$2,947,342

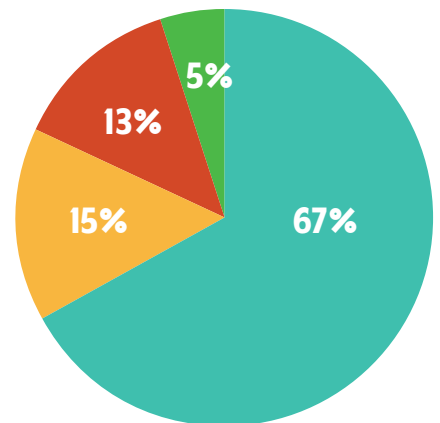


## EXPENSES

- Programs: \$1,837,029
- Facilities/operations: \$421,328
- Administration: \$372,348
- Fundraising: \$131,311

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**Total Expenses:** \$2,762,016




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**Net Revenue\*:** \$185,326

\* As a nonprofit organization, positive net revenue is invested directly back into our programs.

*The final audited financial report for UMCH in 2020 is pending at the time of printing.  
To view our latest audited financial statements in full, visit [umchousegr.org/financials](http://umchousegr.org/financials).*

# 2020 NUMBERS

## 3 PROGRAM PILLARS:



### CHILDREN

Childcare, early childhood education

**171** children served

**16,751** meals provided

**80%** of children performing at or above the national average for developmental markers



### YOUTH

After-school engagement and support, summer day camp

**9** 21st Century sites with Grand Rapids Public Schools

**273** students in after-school programming

**56%** all virtual

**44%** hybrid virtual/in person



### OLDER ADULTS

Outreach and assistance, transportation, meals, wellness services

**120** received outreach & assistance

**1,208** rides provided

**457** meals provided

**4** Senior Center activities  
*Walking Club, Bingo, Health screenings, Commodities assistance*

**PLUS 1 NEW PILLAR!** The Fresh Market at UMCH (see page 6)

**COVID-19  
RESPONSE  
TIMELINE**



**3 MONTHS**  
of all **IN-PERSON**  
programming

**3 MONTHS**  
of all **VIRTUAL**  
programming

**6 MONTHS**  
of **ADAPTED/HYBRID**  
programming

# MINDFULNESS AT EVERY AGE

“Breathe in and smell the pizza, then breathe out and cool it off.”

If you visit the Child Development Center at UMCH, don’t be surprised if you hear this refrain once or twice. But that doesn’t mean it’s lunchtime! “Pizza breathing” is just one of the mindfulness skills that teachers are putting into practice in our classrooms.

*Self-regulating emotions and behaviors can be challenging for a young child, especially if they have had difficult experiences early in life. But our students are at a perfect age to begin learning socio-emotional skills and empathy for others. That’s why all UMCH teachers participate in training about mindfulness, yoga, meditation, and other trauma-informed skills.*

All our preschool students know about pizza breathing. In a difficult moment, a teacher might remind them to “smell the pizza”—take a big, deep breath in, and “cool it off”—blow a slow, calming breath out. Each student has a paper slice of pizza that they keep. When they need it, their favorite hand-drawn toppings remind them to breathe until they feel calm again.

These skills aren’t often taught in formal education settings, but research demonstrates their importance. Schools that implement mindfulness skills in the classroom see a significant decrease in disciplinary actions and suspensions. Children learning these skills early in life makes a big difference in their academic future.

And because they’re very young, they have the mental flexibility to apply these skills throughout their lives and even teach coping skills to their peers.

“When you celebrate those moments and teach them those skills, you can see their eyes and their hearts light up with pride,” said Family Engagement Specialist, Mackenzie Vilmont. “They’re so excited that they have the tools and know what to do. And even when they don’t, they know the adults around them can help them through.”

We think that sounds even better than pizza.



# THEY WERE THERE

The COVID-19 pandemic affected everything we do at UMCH, but it had the most drastic impact on our older adult clients. Many have participated in UMCH programs for years and the center has become like a second home.

Geneva remembers that feeling well. “It just felt pleasant. We’d come here, they’d have coffee for us every morning and breakfast,” she recalls. “It was homely. Made you feel welcome. People felt more at home here than anywhere else, I think.”

*Geneva told us that finding UMCH two years ago felt like finding a purpose. She had somewhere to go every day where she could be active, connect with friends, and not feel lonely.*

So when we had to close our facility and switch to remote programming for months, Geneva and her peers felt that loss in a big way. But she said the sense of community stayed with them.

“If you needed to go different places, they would take you shopping or to doctor’s appointments. They would help you do things so you weren’t just sitting at home not doing anything,” she remembers. “Everybody was trying to help everybody.”

After months of remote programming, we’ve been able to safely host some programs in person again like outdoor walking club and bingo. Geneva said returning to the center felt like coming home to be with her family.

But still, she’s eager to spend her days here again—sipping coffee, enjoying healthy meals with friends, staying active, having fun.

Even though daily life feels different for now, having this second home and second family means a lot to her. She described her favorite thing about UMCH quite simply:

*“All I did was ask,” she said. “And they were there.”*





**ANNOUNCEMENT**



# FRESH MARKET OPENS

April 1st was opening day for the new Fresh Market at UMCH, and we want you to be part of it.

Right now, 1 in every 4 families with children in Kent County struggles with food insecurity. And even if they have enough to eat, it can be difficult or impossible for lower-income families in the core neighborhoods of Grand Rapids to find fresh, healthy food they can afford.

This means that families don't have access to the food that can help keep them healthy. Because our mission is all about helping children, youth, adults, and families to succeed in a diverse community, we knew we needed to find a solution.

*The Fresh Market at UMCH supports local farmers and local families by selling fresh, locally grown produce and other healthy foods from our new market storefront at 900 Division Avenue. Market prices follow a sliding scale, so it will always be affordable for everyone.*

The best part is that the Fresh Market at UMCH is open to all members of the public. Shopping at the Fresh Market is just like shopping at your favorite grocery store, with one important difference: every time you shop at the Fresh Market, your purchase helps make healthy food affordable for more families in Grand Rapids.

There are lots of ways to support the Fresh Market. The easiest way is to purchase a la carte produce or a pre-selected seasonal produce box. You can shop in person, or order online for curbside pickup or delivery. You can also roll up your sleeves and volunteer at the market or make a financial contribution.

Any one of these options (or all three) will help make the first year of the Fresh Market a success. Even better, your support will bolster local farmers, local families, and a better food system for everyone.

Visit [thefreshmarketatumch.com](http://thefreshmarketatumch.com) to learn more and sign up for market updates.

# TRANSFORM WITH US HERE'S HOW

We need you! Each year, people like you help hundreds of community members of all ages transform their lives at UMCH. And right now, hundreds more are beginning their own stories of transformation. Will you join us and help them bring their story to life?

## HERE'S HOW YOU CAN GET INVOLVED:



### DONATE

Make a monthly or one-time financial contribution.

[umchousegr.org/donate](https://umchousegr.org/donate)



### VOLUNTEER

Share your time and talents.

[umchousegr.org/volunteer](https://umchousegr.org/volunteer)



### WISH LIST

Donate items for use in our programs.

[umchousegr.org/wishlist](https://umchousegr.org/wishlist)



United Methodist  
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*United Methodist Community House increases the ability of children, youth, adults and families to succeed in a diverse community.*

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