

New Creation

New Creation Home Ministries

Summer 2006

NOTE FROM THE EXECUTIVE DIRECTOR

I have been reflecting quite a bit recently on the Scripture Micah 6:8 (*He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God*) and realizing what a real theme that is for NCHM.

The core values of New Creation Home Ministries mission are to provide opportunity and resources to young mothers who might not have access to them, (justice.), to show compassion in situations where judgment would be easier, (mercy) and to walk with humility, knowing that while we can pray passionately for God's will to be done in the lives of young mothers and provide as many support and resources as possible, we can't control the outcomes. We can only humbly walk with God, listening to and trusting Him for the hard things in our own lives and in the lives of young mothers and children we serve.

On the one hand, this is a hard message; a message that reminds us that our call in ministry to teen mothers is to be about the things that God is about: justice, mercy and humility. We aren't to be about prosperity or cultural relevance, but to offer equal opportunity to basic resources, compassion and real relationship with God. That feels for me most often like an impossible task,

especially given the culture we live in today. On the other hand, it is such a simple message—one that surpasses all of the other things we try to do to live what we think is a good life. It reminds me that there is power in the small moments and small victories New Creation sees every day in the lives of young mothers and their children.

This newsletter is full of those moments. Read about our new pilot program that allows our residents to exercise at a women's only gym 3 times a week. Or read Graciela's story, as she reflects on the blessing of her new baby and the safety she feels in living at New Creation Home. And, read about the countless volunteers and donors that support the work of NCHM. Without your support and partnership, none of these moments would be possible. May God richly bless you for your generous support! Happy Summer!

Katie Fantin
Executive Director

PS: NCHM is taking more intentional steps to support teen fathers who are connected to NCHM. I look forward to sharing more of that with you as we begin to implement support services for teen dads. If you'd like to be involved in that, do contact us!

SAVE THE DATE!

NCHM Annual Fall Roundup

Saturday, September 16, 2006

6:00 PM—8:30 PM

At a horse stable in Cupertino.

Come on down for a BBQ, live and silent auction, and lots of fun!

Inside this

Program Update: Exercise with Curves	2
Volunteer Spotlight: Sharon	2
Graciela's Story	3
Special Thanks/Volunteer Opportunities	4

NCHM Program Update

NCHM Partners with Curves to Promote Healthy Lifestyles for Moms

Lisa Moody, NCHM's program coordinator, has worked to create a new program with Curves out of her passion to help NCHM moms become healthy both in mind and in body.

Curves is a franchise fitness club that offers 30-minute fitness, strength training, weight-loss guidance, and a comfortable environment designed especially for women.

The idea to approach Curves had its seeds in NCHM's Tuesday night parenting classes for health and nutrition. During this class, it became clear to Lisa that mothers needed help finding a way to exercise to maintain a healthy lifestyle. Lisa first responded to this need by offering exercise classes on Wednesdays as part of the Healthy Living programs, which provides childcare for the mothers and originally followed a hip hop exercise regimen from a fitness DVD.

She then decided to seek the help of Sherry, owner of the local Curves Fitness Club, and found an enthusiastic partner. Sherry offered NCHM a lower initial membership price to help NCHM

create a program for our teen mothers to exercise at the Curves in East Palo Alto.

The program is open to all 6 moms living at New Creation Home and the Lighthouse, and all have decided to enroll in the program. The program will last for 3 months and will cost \$99 total per person. Each mom is required to attend a minimum of twice a week and can go more times if desired.

The exercise program is currently being evaluated to extend beyond the summer, and we are hopeful that it will. Case Manager Melissa Liotti, who often attends with the

girls, said that the Curves-NCHM program provided "a holistic approach to the Body, Spirit and Mind."



Moms attending Curves program, clockwise from left, Shaniece, Joanna, Melissa (case manager), and Chela

Volunteer Spotlight: Sharon

Sharon Poppenberg has volunteered in various capacities with New Creation for the past two years. In an interview, she offers thoughtful reflections about her volunteer experience.

What do you do as a volunteer at New Creation Home?

I have been volunteering at New Creation Home for the past couple of years as a home supervisor. It's great! Basically I just go and hang out with the girls and play with their children. More recently, I have become a "mentor" for one of the girls. I like to think of being a mentor as more like just being a good friend—someone who is there to offer advice when needed and asked, but mostly just to listen and offer support. I try to be the best example for her that I can be.

What is your favorite thing about volunteering at New Creation Home?

I enjoy all aspects of volunteering at NCH. Spending time with the girls and their children is truly a joy. After a long day at work, it is great to come to NCH and be greeted with smiles. It makes you forget all the stresses of your day and just be caught up in the moment.

What can be challenging about being a volunteer?

I would say the most challenging thing for me is finding the time to volunteer as often as I would like. Things get very busy at times and NCH may not see me for a few weeks, however they are always willing to accommodate my schedule and accept me back at any time.

What have you learned from your volunteering experiences?

These girls have been through so much in their short lives. More than most go through in their whole

(Continued on page 3)

lifetime. They have taught me about strength. I admire them so much for the choice that they have made to leave the lives they were living behind and come to NCH in order to give themselves and their children the foundation to build a better life. It takes a very strong person to make that kind of decision.

What do you do when you are not at New Creation Home?

Most of my time is spent working. When I am not working, I try to spend the rest of my time with family and friends enjoying life and all that it has to offer.

What would you say to others who might be considering volunteering but feel they don't have time or the skills needed to hang out with teen

moms and kids?

There are so many different ways that you can volunteer for NCH. If you have a desire, most likely, there is something that you can do that would be comfortable for you and would fit the needs of NCH. I would have to say that everyone is busy in their own right, and most likely that won't change. So you just have to make a decision to make the time. If you have a love for children and a desire to reach out to the girls at NCH, the skills will come naturally. It is a great help to them, and you in turn will be blessed.

If you're interested in volunteering with NCHM, please contact Lisa at 650-329-1603 or email info@newcreationhome.org.

Graciela's Story

Graciela is one of the moms living at New Creation Home. She has been with NCH for the past three months and recently gave birth to baby Julianna, her first child. Chela, as she is known by her friends and family, heard about New Creation from a friend who had recently applied for the residential program at NCH.

At first, she had misgivings about the program, but as her pregnancy progressed, personal and financial pressures increased, and she decided that she needed help. She struggled to pay the rent, bills, and expenses for the baby. She dropped out of school to work and earn enough money to meet her financial obligations.

New Creation provided her with a place to live rent-free. NCH also inspired her to continue to further her education and work towards an Associate Degree.

When asked how her life has changed since becoming a mother, Chela explained that the biggest change was having to be a lot more responsible. She must now plan her days and activities well in advance, always keeping in mind that "my baby

comes first." No matter what she is doing, she drops everything when she hears Julianna cry, and she is always the one to make Julie's bottle at 3 AM, when she wants food.

Chela acknowledges that other young ladies have boyfriends and family to depend on 24/7 for help with the baby's care, but she also recognizes that at NCH she has learned to be responsible and independent, and to set higher goals for herself.

Chela is currently studying to be a medical assistant and eventually hopes to work in a medical office. Even after her degree, she plans to continue taking classes to gain more knowledge, experience, and place herself in a position to get a better paying job.

In addition to providing a residence and life skills mentoring, NCH also offers a weekly parenting class and bible study class open to the entire community. Chela enjoys and takes comforts from the prayer sessions during Bible study. She has also learned very practical and useful information from the parenting



Graciela with her baby

classes—including how to obtain affordable daycare for her child. Chela has referred numerous friends to the parenting class, and these friends have also learned how to tap into services for themselves and their children.

In short, Chela's experience at NCH has been happily rewarding. She recommends New Creation to any young mom, saying "It's a great opportunity for you to change your life. The people here are friendly, and they really care for you—it's like family."

Special Thanks

- Palo Alto Christian Reformed Church
- William and Lauren Younger
- World Outreach Missions
- The Atkinson Foundation
- Abundant Life Christian Fellowship
- Vineyard Christian Fellowship of the Peninsula
- Madsen Family Foundation
- Peninsula Bible Church
- Menlo Park Presbyterian

Volunteer Opportunities

- **Hang out** at New Creation Home and get to know moms and their kids as a home supervisor. Week-night and weekend times are available.
- **Cook dinner** for moms and their kids for a Tuesday night parenting/life skills class. Cook enough for 15 moms and 25 kids and drop off in East Palo Alto at 5:15 PM on that Tuesday evening.
- **Provide childcare** from **6:15 to 7:45 PM** on **Tuesday** during a Parenting/Life Skills class, or from **6:30 to 8:00 PM** on **Wednesday** during small group Bible study.

For additional information, call (650) 329-1603 or email volunteer@newcreationhome.org.

VISIT OUR WEBSITE!

WWW.NEWCREATIONHOME.ORG

NCHM Wish List

- ◆ Diapers for children of all ages—especially sizes 4-6 and newborn diapers
- ◆ Baby wipes (unscented)
- ◆ Bulk grocery items (toilet paper, paper towels, cooking oil, laundry detergent, dishwasher detergent, dish soap, Ziploc bags, etc.)
- ◆ Paper products (paper plates, cups, napkins, kitchen garbage bags)
- ◆ Batteries (AA, D)
- ◆ Office supplies (copy paper, pens, CD-RW's, etc.)
- ◆ Cars in good, running condition for moms in program
- ◆ Baby items (swings, walkers, etc.)

THE MISSION OF NCHM

New Creation Home Ministries provides safe, Christian residential and community programs for teen mothers and their children that focus on academic, spiritual, parenting, vocational, life skill, and social development.

NEW CREATION HOME MINISTRIES STAFF

Katie Fantin, Executive Director
Melissa Liotti, Case Manager
Marie Turks, New Creation Home Resident Manager
Charlene Calip, Lighthouse Resident Manager
Lisa Moody, Part Time Program Coordinator

NCHM BOARD OF DIRECTORS

Dan Van Elderen, Board Chair
Darren Su, Treasurer
Pamela Chesavage Ed Wong
Catherine Fastert Tiffany McGhee
Pattie Quarels Sharon Sheehan
Jennifer Yuan Leslie Zeisler

CONTACT US

New Creation Home Ministries
422 Hibiscus Court
East Palo Alto, CA 94303
(650) 321-3109
Email: info@newcreationhome.org