



# The Father McKenna

C E N T E R • I N C






## Slow Miracles... Making a Difference

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[www.fathermckennacenter.org](http://www.fathermckennacenter.org)  
**CFC Charity# 32524**

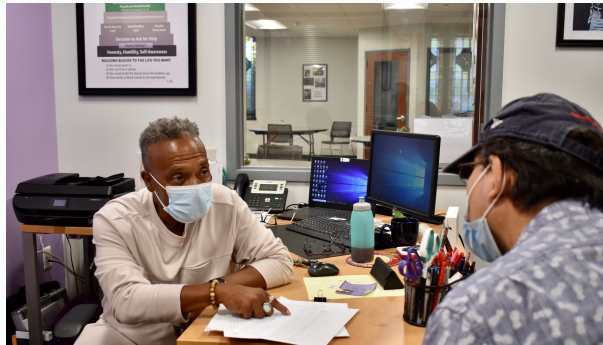
### Stay in Touch

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- Fred Henry Zimmerman
- Kimberly Cox, *President*

## Case Management: A Pathway to a Better Life



Each time that Cortez McDaniel or Michael Broughton sits with one of our guests for the first time, they see the potential of each man. However, it is only with the eyes of experience that they can see that potential.

Our Case Managers see with the eyes of experience and deep care for the realities of the lives of the men who come to The Father McKenna Center.

The Case Management process is one that is built on trust. Cortez has spent years building credibility among the men we serve, and Michael has quickly learned what it takes to convince the men that they are deeply cared for.

Once trust is established, either Cortez or Michael is able to work with each man to design a path for moving up the My Better Life Pyramid (see page 3). With an individually customized plan, the process allows each man to spend his energy on taking one step after another to achieve his dreams.

As Cortez says, "Trust starts when they feel the depth of our love, know the height of our expectations, and see the level of our commitment."

## The 5th Annual Walk4McKenna - Join us!

**When:** Saturday, September 25th at 8 am

**Where:** The Center - or wherever you are! The walk will be hybrid – with a livestream on Facebook to bring us all together.

Scan the QR code or go to the website for more details!  
<https://bit.ly/McKennaWalk2021>



Supporting  
 The McKenna Man Project



## Guest Spotlight - Larry Fullmore: *I Found a Beacon of Hope*

Larry Fullmore is one of the most cheerful and positive guests we have had at the Center. But it was not always like this for him. A bout of depression caused Larry to lose his moorings, his connection with family and even himself. He knew he needed counseling to reclaim his life and take better care of himself and his family. One night at a shelter, he learned about The Father McKenna Center. "Coming to the Center gave me hope, first of all," Larry says. "Cortez' message about staying motivated truly kept me going. But the most important thing I learned from Cortez was to be honest and truthful with myself and with everyone else. This has helped me in my life and I've tried to pass this along to my daughters."



Cortez remembers working with Larry: "From the beginning I could see he wanted to be a better father and provide for his children, but his issues were tough to overcome. What made the difference was his resilience. He bounced back after every setback and was able to take another step forward. This is how he became successful and stable."

Larry now has his own apartment and his school age daughters are able to stay with him. He is a McKenna Man and exemplifies those characteristics: honesty, humility and self-awareness. He encourages other men to come to the Center, saying, "This is such a great program. If people would take advantage of what the Center offers, they can change their lives dramatically."

## Welcome Full Time Volunteers!

Each year, our team is supplemented and enriched by Full-Time Volunteers (FTVs) who join us through two direct service programs: The Jesuit Volunteer Corps (JVC) and Franciscan Mission Service (FMS). We are hosting three FTVs this year - you'll get to know them in the months ahead.

**Lauren** (FMS - right in picture) first committed to mission service in high school. Those week-long commitments have now become a year! She has been struck by the urban location of The Center and the contrasts within the immediate neighborhood.

**Alex** (JVC - center in picture) is from Omaha, Nebraska. His brother also served through the Jesuit Volunteer Corps so he had exposure to the program. Alex wanted to perform direct service and challenge himself to act on his ideals in person. His first impression of The Center is the range of backgrounds that come together to support our guests. He observed the Jesuit charism at work - combining intellectual rigor as well as practical help.



**Chris** (FMS - left in picture) knows he wants to pursue a career in social work and is combining his passion for service with those goals. He is finding our work amazing! He feels welcomed, and is now part of bringing that welcome to the people we serve. He sees this year of service as a direct manifestation of his faith.

# My Better Life Pyramid

Every man who comes to The Center is introduced to the My Better Life Pyramid. Developed by Cortez McDaniel, Director of Services, The Pyramid is a guidepost for a man's journey from homelessness to a stable and productive life.

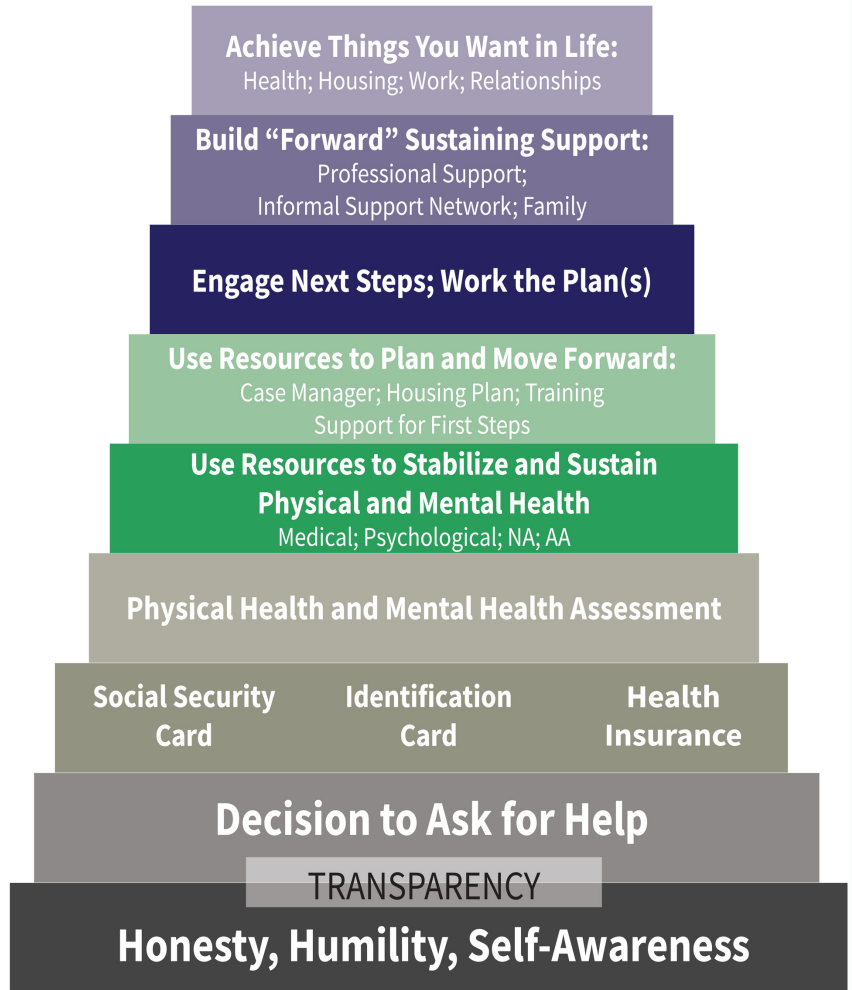
For many who come to The Center, the first two steps can take many months. They may be in denial or blame others for their circumstances. Once a man is able to take an objective approach to the realities of his life, and is humble enough to ask for assistance along the road, our Case Management team is able to companion him along the path.

Steps 3, 4, and 5 are where we can refer a man to quality service providers with resources for the stability to build a solid life.

Steps 6 - 9 are individualized as a man reconnects with family, friends and seeks employment to support his renewed life.

The Pyramid works because it rises out of the lived experiences of many people. It balances predictability with individual attention. The Pyramid captures The Father McKenna Center's ethos of low barriers to entry and high expectations.

## MY BETTER LIFE PYRAMID



## BUILDING BLOCKS TO THE LIFE YOU WANT

- 1) You must want it;
- 2) You can't do it alone;
- 3) You must build the blocks from the bottom up;
- 4) Once built, a block needs to be maintained.

## Current Needs: Our Wish List

The Father McKenna Center relies on the generous support of the community. To make a donation, please call FMC (202-842-1112) to alert us that you are coming. We will help you bring your contribution into the Center. Thank you!

For more information, please visit our website: [www.fathermckennacenter.org](http://www.fathermckennacenter.org)

### Food Items

- Canned Baked Beans (18 oz. or smaller)
- Maple Syrup (16 oz. or smaller)
- Canned Chicken or Tuna (5 oz or smaller)
- Jelly (in plastic containers)

### Clothing

Our need is for casual clothing. With cooler weather upon us, we need:

- Sweatshirts / Sweaters
- Winter Coats
- Socks (particularly white)

If you have suits and sports coats to donate, please call Strive DC at 202-484-1264



From the desk of

## Kimberly Cox, FMC President



September is here at last! I don't know about you, but I am ready for a change. Each year I look forward to the fall – but especially this year after the oppressive heat and stormy weather. This summer has been particularly hard on our guests. Torrential downpours and high winds make life miserable if you are out on the streets. One of our guests, Jamalda, puts it this way, "I sleep on the steps of a church because it is safe there, but it is exposed to all the elements. That's why I have to come here to get new clothes, because if it rains, all my stuff gets soaking wet."

This year I am especially aware of the change that fall brings – crisp, cool air, the crunch of leaves underfoot, seeing streets and neighborhoods burst into color as the leaves change. For me, September is a much better time than January to start a new year. Maybe it was all those years of going to school – new classes, new teachers, a new bookbag. It still feels like an opportunity for a fresh start.

Fall brings specific changes to The Center as well. We have bid a fond farewell to our full-time volunteers (FTVs) from last year, and in late August we welcomed a new trio of young people. You will have met Alex, Chris, and Lauren in this Newsletter. We are blessed to have them join the team. They bring fresh energy, enthusiasm, and curiosity to our work. They are indeed a breath of fresh air. In addition to the FTVs, new students from Gonzaga and Stone Ridge will join us as regular volunteers. Yes, there is a lot of change.

Change is naturally on my mind with my upcoming retirement from The Center in January. After seven years, this will be a big change for both my family and The Center. I think Eckhart Tolle captured my feelings about this when he wrote, "Some changes look negative on the surface but you soon realize that space is being created ... for something new to emerge." I believe this change in leadership is an opportunity for something wonderful to emerge. The Board of Directors has undertaken a rigorous search process that is well designed and I believe they will find a new President who can take The Center to an even higher level of service and impact in our community.

I am confident that this will be a smooth transition. "Why are you confident?" you might ask. Because The Center is in the business of change! Consider our Day Program where we work with men who are struggling to end their homelessness. We ask them to look closely and humbly at their lives and take steps to change their way of living in order to overcome obstacles that keep them unhoused. This change is hard work. And The Center has great success with the My Better Life Pyramid – a step-by-step approach to changing a person's life. The Center provides for encounters between volunteers or staff and our Day Program guests or Food Pantry patrons. Both parties are changed by these encounters. Hearts and minds are transformed at The Center when people realize it's no longer "us" and "them," it's just "us."

At its heart, The Father McKenna Center is all about change! We hold up a compassionate commitment to transformation, and we understand the necessity of change for growth. With trust in our team, the legacy of Father Horace McKenna, and the grace of God, how can we not be confident?

Thank you all,

A handwritten signature in blue ink that reads "Kim".

### Save the Date: Lessons and Carols

**When:** 7 pm, Thursday, December 9th, 2021

**Where:** St. Aloysius Church

Featuring the McKenna Singers

