

What's New at MIHN Spring 2017



Welcome to the first edition of our newsletter! We will be publishing this four times a year to keep MIHN supporters updated on our projects, wish lists, and success stories! This edition focuses on some of the great things going on at the shelter to foster stress reduction in creative ways!



TheraPAWS



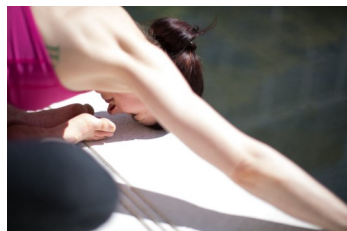
Mr. Wuffles

Fitchburg based TheraPAWS has been to the shelter to give both adults and children the opportunity to experience the calming nature of animals. They have brought cats, dogs, and even a miniature horse!

Yoga Comes to MIHN

Our shelter is continuing on the path of stress reduction and fostering a trauma sensitive community by bringing a yoga practice to our guests!

Did you know that there have been scientific studies done about how yoga can improve stress? A study done at St. Elizabeth's Medical Center in Brighton, MA, found that in a study of 35 participants, 25 of them "noted a



significant decrease in stress and/or anxiety symptoms when a yoga regimen was implemented." (Alternative Medicine Review, March 2012)



Please Join Us!

Saturday, May 20, 2017
9:00am ~ 10:30am

\$10/person or \$20/family
Doyle Field Walking Path
Priest Street Leominster
Win Prizes!

Help Support Local Homeless Families

2nd Annual Fundraising Walk

OUR MISSION

The mission of the Montachusett Interfaith Hospitality Network (MIHN) is to provide shelter, meals and comprehensive assistance to homeless families with children and to increase community involvement in direct services and advocacy.

BOARD OF DIRECTORS

Adam Weber, President
Heather Cline, Treasurer
Patricia Read, Secretary
Eileen O'Leary
Neal Anderson
Genifer Anderson
Wayne Nickel
Ann Walsh
Kerry Flathers
Miatta Green
Patti Ellis
Jennifer Gendreau



@MIHNLEOMINSTER



DONATE TO MIHN!

PROJECT APPLES



Project Apples, a Leominster based organization that focuses on literacy enhancement services and play groups, visits MIHN every month to do activities with both kids and parents. They read books to the children, do science projects and arts and crafts activities, and run game nights. The kids love it when they stop by and this service is free to MIHN!

Yard Improvements

We have a major project going on outside! We are expanding our parking - tearing up old blacktop and repaving the entire driveway. Additionally, we are adding a second playground, doing edging and brought 2 dump truck loads of stone into the picnic area in back and re-loaded and hydro seeded the entire back yard. This will make it a fantastic space for our families to use in this warmer weather!



PLAYROOM UPDATE!



After months of renovation and gathering generous donations, the playroom is finally ready for the kids! This space has gone from a porch to a bright, sunny room that our families can spend time in. We here at MIHN know how important play is to a child's development, so we are thrilled that this project is now complete! Thank you to everyone who helped support this initiative!

MIHN

758 Main Street
Leominster, MA 01453

Dr. Jon Hogue
Executive Director
978-466-1704 ext. 13
jhogue.mihn@verizon.net

Tabitha Cardona
Operations Manager
978-466-1704 ext. 12
mihn@verizon.net

Sarah Pinkerton
Case Manager
978-466-1704 ext. 11
spinkerton.mihn@verizon.net