The Community Action House Board of Directors held a strategic planning retreat on April 29th at the Haworth Center on the campus of Hope College.

“Stu Jones, owner of Complement HR, facilitated our STRATEGIC PLANNING SESSION. It was a wonderful opportunity for us to look to the future and plan for the next 3 to 5 years.”

CAROL STROOP, CAH BOARD PRESIDENT

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Providing Hope • Empowering People • Building Community since 1969

The Holland/Zeeland Area CROP Walk 2014 was a great success! Thank you to staff members Maggi Rivera and Deb Ralya for representing CAH and raising almost $500!
Join us in the Garden!

WE HAVE THE UNIQUE PRIVILEGE OF TAKING PART IN AMAZING, LIFE-CHANGING EXPERIENCES ON A DAILY BASIS.

Volunteering

WITH US IS A TANGIBLE WAY FOR YOU TO SUPPORT COMMUNITY ACTION HOUSE AND JOIN US IN THE INCREDIBLE WORK WE DO ON A DAILY BASIS!

The 2014 Holland Community Garden Volunteer Schedule is available at communityactionhouse.org. For more information on the schedule, call (616) 399-5117 or (616) 403-2235 or email bandservening@yahoo.com

EPIC Corner

Congratulations to EPIC Participants!

On Monday, April 28, EPIC participants completed the 8-week Empowerment Skills curriculum, the first leg of their journey toward graduation in the fall.

There are many definitions of empowerment. The EPIC Empowerment Skills curriculum is based on these two:

1. Empowerment is a journey you take during which you develop the positive self-belief and internal power to act successfully on your own behalf in your personal and professional life.

2. Empowerment is a set of skills you learn to assist you in managing your thoughts, feelings, behaviors, attitudes, and relationships in order to achieve your personal and professional goals.

During the first class, participants were introduced to the first two empowerment skills essential for successful living, working, and achieving:

1. Self-awareness activates internal power.
   - A truly powerful person knows him or herself. They are aware of their strengths and weaknesses, thoughts and feelings, and habits and patterns.
   - A truly powerful person is curious about themselves and is always learning something new about themselves.

2. Self-management strengthens internal power.
   - A truly powerful person is able to change their thoughts, regulate their emotions, alter their behaviors, and shift their patterns and habits, if necessary, to reach their dreams and goals.

Participants were given a “Self-Awareness Journal” (SAJ) to note what they learned about themselves throughout the program. And they were introduced to a variety of self-management tools to practice throughout the 9-month EPIC program.

As we unpacked our thoughts, feelings, habits, and attitudes, we were encouraged by many inspirational stories, including these words from Christopher Reeve’s book Nothing Is Impossible: “What I do in my wheelchair is based on powers we all have inside us—the ability to endure, to love, to carry on, and to make the best of what we have. You don’t have to be a ‘Superman’ to endure, love, and succeed.”

In September, EPIC will facilitate an Open Enrollment Empowerment Skills class. Space is limited, so please contact Patricia or Gwen at 616.392.2368 if you would like further information regarding this upcoming class.

Be Learning Driven

By Teresa Sal, Cave Manager

In the recent Community Action House (CAH) Annual Report, Mark Tucker introduced the seven principles of the book The Nonprofit: For-Profit Thinking for Nonprofit Success by Steve Rothschild. These principles are the filter that CAH now uses to evaluate its partnerships, programs, and services.

We will focus on one principle in each upcoming print newsletter to familiarize you with the seven principles and the initiatives they inspire within the agency. This month we are starting with the seventh principle: Be Learning Driven. According to Steve Rothschild, being learning driven can be described as follows:

Heavenly House construction happening at the Holland Community Garden. We’re very excited about this capital addition.

Great organizations aren’t distinguished by getting it right the first time. Few, if any, do this. Rather, they are learning driven.

That means you start your venture with a working model that makes sense based on your best thinking. Then you experiment, evaluate, adjust, experiment again, evaluate again, adjust again, and so on, until you achieve your outcomes. It takes a willingness to continuously gather intelligence about the environment in which you operate and regularly question your assumptions and practices. A learning-driven approach is an ongoing part of the strategy of great organizations.

In 2013, CAH created a committee of staff and board members to read and study Steve Rothschild’s book in more detail. This led to the formal research and evaluation necessary to launch CAH’s EPIC Empowerment Institute and to develop programming that would empower people in the community to achieve a more prosperous life.

Are you a CAH volunteer? We want to hear your story! Share it at www.facebook.com/CommunityActionHouse or contact Gwen directly at grobles@communityactionhouse.org.