



The Lodge - January 2024 Progress

2024 | Winter NEWSLETTER



Little League volunteer & guest at Ice Cream at the Park



A Word from Abbi Executive Director of Barren Heights

Last year—the last of our teenage years—was a year to remember! We were amazed and encouraged by the participation of our guests, volunteers, donors, and business/organizational partners—not to mention the generosity we experienced as an organization. We celebrated and saw God move again and again. We are **BEYOND** thankful for this community!

In 2023 we hosted a total of 59 retreats and community events! It's hard to wrap our heads around, but we were only able to do it because we have the most incredible volunteers! So many experienced and new volunteer families served at Barren Heights in 2023 including a youth group from Ohio, multiple churches from Shelbyville to Elizabethtown, and even a little league team. You could say our volunteers really knocked it out of the park! **teehee**

Because of our community's willingness to serve and give, we met and **EXCEEDED** all our 2023 goals. We:

- increased events - hosted 39 inclusive, in-person community events
- increased retreats - hosted 17 summer family retreats and 3 specialty retreats
- increased the safety and usability of the Retreat Center by resurfacing the playground
- partnered with 16 different organizations
- broke ground on a new multipurpose building



Construction progress on The Lodge, January 2024



BH Staff & Volunteers at 2023 Adult VBS

2024 is the 20th year of operation for Barren Heights. So what's in store for 2024? Our focus for this year will be to continue to increase programs during the day for caregivers, siblings, and children living with disabilities in our community—especially during the summer. Additionally, we will strategically focus on creating partnerships in areas like Owensboro, Bowling Green, Shelbyville, and Nashville. We hope to branch into these new areas through events and resources with the support of these potential partnerships.

We are extremely excited about retaining many of our new volunteer families from 2023 and are looking to continue our recruitment efforts. **If you have considered volunteering, now is the time! If you know a family that would be great hosts, spread the word.** Our volunteer schedule and application is now live at barrenheights.org/retreat-calendar. Last but not least, we will launch a capital campaign to finish and furnish **The Lodge**—our multipurpose building project that began construction in 2023! We can't wait for everything that is in store for this new year.

God is good, and we know that His love is constant in all things. We rest in knowing that His plan for you, me, and Barren Heights is always there and always moving forward! God bless, and we hope to see you at an event or retreat this year! ■



Volunteer This Year!

A new year at Barren Heights means an abundant amount of **volunteer opportunities!** We are a volunteer-driven organization that relies heavily on the amazing volunteer support we receive from individuals and families. Want to serve on a week night for a couple hours? We have an opportunity for that! Want to take a weekend mission trip with the whole family? We have soooooo many opportunities for you to check out. So grab your calendars, pull up your browser, and complete the volunteer application so we can get you plugged in! *If you are interested in serving at our Community Center or at one of our Community Events, please reach out directly to our Programming Coordinator Kelly at kelly@barrenheights.org.*

Opportunities

New Volunteer Training
Thursday, April 25th

Retreat Center Work Day
Saturday, April 20th

Summer Retreat
Volunteer Applications





Women's Snack Group

Tuesday, March 5th | BH Retreat Center

We're going to get cozy, snacky, and beat the winter blues through community and prayer. Snack Group meets on the first or second

Tuesday of each month at 10 a.m. Warm beverages, snacks, and coloring pages will be supplied, or bring a project from home!



Men's Bracket Challenge

Begins March 17th | Online

Are you a pro at creating NCAA basketball tournament brackets each year? BH men are invited to test their skills and join us for this fun, online

bracket challenge. Prizes are available for both first and last place brackets, so no expertise required!



Mom's Night Out

Thursday, April 11th | DSL

Mom's Night Out is back with a fabulous lineup of totally relaxing and totally pampered activities plus a delicious meal. It's time for you to take

a break, so join us for a night of pampering! Registration for Mom's Night Out opens Wednesday, February 28th.

Time for Frosty Fun!

UPCOMING EVENTS

Our 2024 schedule is getting pretty exciting, so watch for details on these upcoming events on our website.

Trivia Date Night
Retreat Center Work Day
Women's Picnic
Ice Cream at the Park
Summer Date Night
Parent Appreciation Month
Men's Cornhole Tourny
Annual Benefit Dinner
HoliDate Night
Christmas Party

Find Us Online At:

facebook.com/barrenheights.org
instagram.com/barrenheights
barrenheights.org

Sign up for any of the events above by visiting
barrenheights.org/events



Keys to Progress® Veteran Car Giveaway with the Johnson Family



Fun face paint at our 2023 Ice cream at the Park



Friendly kiddo competition at one of our 2023 Retreat Weekends

2023 Annual Report

Celebrate a year well spent!

Each January we celebrate the previous year's accomplishments and look forward to the year ahead in our [Annual Report](#). In 2023, we hosted 19 weekend retreats, 39 community events, and served 368 families of children with disabilities! Those numbers represent tangible experiences and real families that we were able to impact simply through hosting opportunities for connection where families could feel loved, accepted, welcomed, and safe. This year's Annual Report—which is loaded with statistics, financials, photos, and goals—is now available on our website. We invite you to take a look, and celebrate with us!



[Click to Read Our](#)
2023

**Annual
Report**



Update on The Lodge

If you haven't heard, we are building a brand new multipurpose building at our Retreat Center that we are calling The Lodge! We broke ground in August 2023 and expect to be housing our volunteer families by the beginning of our 2024 Retreat Season. By the end of summer, we hope to have the entire facility finished, furnished, and ready for our families to enjoy!

What is The Lodge?

The Lodge is a MUCH-needed multipurpose building at our Retreat Center in Scottsville, KY. In short, this new building will provide additional living quarters for volunteers (no more bunkhouses!), a calming sensory room, an indoor playroom, and a large open space for indoor activities and lounging. But of course, having this extra space means so much more than that! This building will allow us to keep the fun going even when the weather is keeping us inside. The Lodge will also open up opportunities for us to host more activities year-round at our Retreat Center—possibly even the ability to extend our Family Retreat Season.

How Can Help Finish The Lodge?

We have been so blessed to receive grant money and donations to help get us this far in the construction process, but we are not to the finish line just yet! We still have to fully furnish the volunteer quarters and lounge space with all the comforts of home as well as outfit our calming sensory room and playroom. Later this spring we will launch a capital campaign, including an opportunity to make your mark on The Lodge by purchasing bricks and pavers. If you just can't wait to support this wonderful new building, you can give now at barrenheights.org/news/lodge-update.



2023 Christmas Season Recap



Christmas was a busy and rewarding time for Barren Heights! We hosted our Sensory-Safe Christmas Party on December 2nd with great success, teaming up with our hosting partner, Ecotech, and Frankie's Family who provided stuffed animals for each child to take home. We had face painting, cookie decorating, crafts, and of course, visits with the big guy himself—Santa Claus!

In addition to our Christmas party, the Christmas Gift Shop returned for its second year. We gave away bikes, games, personal care items, toys galore, and fun sensory stocking stuffers to families of children with disabilities. After hosting five shopping days in our Community Center in early December, we helped a total of 54 families (157 children) and gave away over 1,400 Christmas gifts! HUGE thanks go to Frankie's Family, Simpsonville Baptist Church, New Day Ministries, Inc., New Life Church, and Southeast Christian Church for making the Christmas Gift Shop possible.

Lastly, our staff prayed over our community and their requests on December 18th. What an honor it was to read the burdens and celebrations that our community shared with us and then to bring them to the Lord in prayer! We continually pray for our community throughout the year, so if you would like to share requests with us, you can do so at barrenheights.org/prayer.



Three cheers!
*Let's hear it for these
 generous organizations!*

In **2023**, we received a total of **\$77,700** from foundations and charitable organizations! These funds were given to Barren Heights to help fund weekend retreats, community events, volunteer trainings, new sports and play equipment, and large projects like our playground resurfacing. We are so grateful to all of the organizations that believe in the mission and vision of Barren Heights and support us through financial grants. In each quarterly newsletter, we like to give shout outs and huge THANK YOUS to the organizations that have given. The following list is just the most recent grants we have received, but you can find a [complete listing of our 2023 grant supporters on our website](#).

Grant Supporters

November 2023–January 2024

Costco

The Janice Gardner Foundation

Lester E. Yeager Charitable Trust

Frey Family Foundation

LG&E & KU Foundation

Carson-Myre Charitable Foundation

Could you give us a Boost?

While we can do so much through the generous grants we receive, we can do **EVEN MORE** when monthly donors partner with Barren Heights and provide sustained support throughout the year. Would you consider coming alongside Barren Heights and becoming what we call a "Barren Heights Booster"? Not only will you help us serve special needs families, you'll get to join our Booster community which includes periodic gatherings, exclusive monthly communications, and perks just for our Boosters. **Will you join us?**

Barren Heights qualifies for tax exempt status under section 501-c-3 of the Internal Revenue Code. Contributions are tax deductible under section 170. EIN:32-0121355



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