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Keith Caldwell: giving back what HVAF gave him

In 2005, Army veteran Keith Caldwell found himself homeless. He was dealing with addiction and lost everything. Moving from Crawfordsville to Indianapolis, Keith first went to Wheeler Mission, where he was sent to HVAF to get into one of the transitional supportive houses.

For two years, Keith lived in an HVAF house, and attended school. After working in Columbus for a little bit, the job didn't pan out and he moved back into one of HVAF's houses. After three months, he moved to Anderson and started using again.

In 2012, Keith attempted suicide twice. After calling HVAF again, he was accepted into REST, a former addiction recovery program that took place at HVAF Headquarters.

"The REST program was good for me because one it was structured, good accountability," Keith said. "It gave me the tools and the initiative and the desire to do that. It made me mentally stronger than what I had been in a long time."

Since then, Keith moved into Lincoln Apartments, a complex that serves veterans in the Indianapolis area, and continues to live there today, with never missing a rent payment.

Keith (far right) participated in REST for eight months, where he gained the tools to stay sober.

Although he doesn't currently use our services, Keith is a regular volunteer in our food, clothing and hygiene pantries. Keith comes to HVAF Headquarters several days each week to help, working mainly in the clothing pantry and answering the phone at the front desk when needed.

Keith said through participating and volunteering at HVAF, it has taught him what success means.

"Success isn't just money in my pocket or getting high today," Keith said. "Success is being established, giving back, that's why I come back here every week."

If it wasn't for HVAF's services, Keith said he might not be alive today. Because of HVAF saving his life, he wants to give back the time that was given to him.

"They gave me hope, they gave me life," Keith said. "So now I transfer that back to the veterans that come in, seeing the same way I looked in them and try to help steer them in that direction, that there is hope and purpose in life."



Be on the lookout for a video on Keith's story— coming to our YouTube and social media channels very soon!

Emmy Hildebrand receives her Black Belt



Last December, Emmy Hildebrand, HVAF's Vice President of Strategic Initiatives and Public Policy, received her Black Belt... her **Lean Six Sigma Black Belt**, that is.

Lean Six Sigma is a methodology that combines two process improvement methods to decrease organizational costs and increase efficiency. The two methods are:

1. **Lean**— finding any wasted time/steps,
2. **Six Sigma**— reducing the variations that sometimes cause mistakes.

Emmy Hildebrand (right) earned her Lean Six Sigma Black Belt certification in December 2017.

For 10 months, Emmy took courses through Purdue University; first earning her Green Belt and then earning her Black Belt last December.

Emmy said it is important for her to be certified because taking the courses helped her learn tools and techniques that she can use to serve the veterans and HVAF.

In order to earn her Black Belt, Emmy studied HVAF's clothing pantry. Through surveying veterans and staff, and understanding every step in the process, HVAF decided to move forward with the models they have in place now.

"They are more focused on our veterans and help us more efficiently use our donations to provide what our veterans need and want," Emmy said.

Emmy said she will continue to use the knowledge she gained from these courses to serve HVAF's veterans.

"I'm looking forward to identifying the next project we can undertake at HVAF that will help us better serve veterans and also operate more efficiently," Emmy said.

HVAF's food, clothing and hygiene pantries are open every Tuesday and Thursday from 11:30 a.m. to 2:30 p.m. at HVAF.

Dunkin' on the competition: Help HVAF win Brackets for Good!



HVAF has been selected from more than 2,128 charitable organizations across the country to compete in **Brackets For Good 2018!**

Indianapolis-based Brackets For Good pairs with corporate and nonprofit sponsors to host online bracket-style fundraising tournaments in philanthropic communities around the United States.

Dollars from donors translate to points, giving participants the opportunity to advance each week. Competing nonprofits keep donations received during tournament play, no matter how many rounds they advance. The winning organization in each tournament receives **an additional \$10,000!**

Starting **Friday, March 2 at 8 p.m.**, HVAF will rally supporters to advance in an online single-elimination bracket-style fundraising tournament with a grand prize of \$10,000!



We are PUMPED to be participating in Brackets for Good this year!

With your donation to HVAF, we can continue our mission in helping our veterans. Your contributions will help us to get homeless veterans off of the streets, into a home and reach their full potential. Will you help us to continue serving our veterans?

To get in the game and help HVAF win Brackets For Good Indianapolis 2018, visit <http://indianapolis.bfg.org/matchup/hvaf-of-indiana> and score points by making donations!

Thank you for the LOVE!

You can make sure our veterans are loved every day of the year. Call 317-951-0688 to find out how you can help.



Sunnycrest Church donated 50 mats, handcrafted from plastic bags!

Salesforce helped us organize and clean



Sand Creek Elem. School sent in Valentines



American Legion Auxiliary served lunch during outreach.

D.A.R. delivered handmade Valentines from elementary students



Hall Render, Killian, Heath and Lyman presented us with a check



Connect with us!

Like us on Facebook

Follow us on twitter

We are also on Instagram! Follow us @HVAFofIndiana



HVAF Needs:

- ~Cereal
 - ~Rice
 - ~Granola bars
 - ~Oatmeal
 - ~Snack items
 - ~Jelly
 - ~Crackers
 - ~Spaghetti & sauce
 - ~Cookies
 - ~Shave cream & body wash
- Drop off your donations to HVAF Headquarters today!