Dear Supporters,

From the very beginning, Harmony, Hope & Healing has been a story of community. We share a collective desire to carry forward healing in all forms. Because of you, we have brought the healing power of music to thousands of people recovering from homelessness, incarceration, addiction, and isolation.

For this, I thank you. Thank you for deciding to join this incredible community. Thank you for being our partner in healing. This work cannot be done without each of you.

Each of you has been a champion for our cause. Whether you have supported our mission with your time, expertise, or monetary donations—you have made it possible for us to expand our reach. We are immensely grateful for the unique and generous ways you have chosen to support us.

This last year has shown me the true power of community. As the world and our community change—we move, breathe, and adapt with them. Despite difficulties brought our way by the COVID-19 pandemic, the strong support of our community and the resilience of our HHH team and participants made this past year one of success for our organization on many fronts.

First and foremost, our goal is to create a space for individuals and families healing from trauma and isolation to make music, build a supportive community, and reconnect to their resilience.

The changes this past year have allowed us to look at our services in new ways and examine how we can serve our participants even more effectively. As a result, we have explored fresh ideas and adopted innovative approaches to help participants heal.

With our team members and many people in the communities we serve receiving their COVID-19 vaccinations, we are beginning to return to in-person programming. It is great to see our participants in person and feel the energy of our community.

The coming year promises to be an exciting one for HHH. In addition to our existing programs, we are introducing a new effort – professional development workshops for organizations focused on self-care and the power of play. Participants will learn tools for using their voice, managing emotions and leveraging emotional intelligence. These programs will help provide funding for our work as we help victims of addiction, incarceration, homelessness and isolation use the healing power of music to overcome the obstacles in their lives.

Thank you for your continued support. I am grateful for your vital contributions to our community and am excited for the next stage of our healing journey. We made it through the last year stronger and are ready to move forward with increased momentum, a revitalized strategy, strong team members, valued supporters and cherished participants.

In gratitude,

Amanda Longe-Asque
Sophie Wingland
Co-Executive Directors
198 Total Classes
134 Virtual Classes
100 hrs of Facilitator Training
75 hrs of Digital Citizenship

During a tornado warning, HHH staff had to shelter in the basement. We wrote a song about getting through the storm!
What’s a cherished memory you have from a HHH class? Working on the remix of the song [Andra Day’s Rise Up]. She was especially happy to do it because the class chose the song that she nominated to be the song to remix together. It made her very proud and motivated her further to wake up every Tuesday and come to class. She looked forward to coming to class and working on it with everyone.

During a typical weekly class, how do you feel before, during and after? Iliana admitted that she’s not normally a morning person. Before the group she’d be a bit grouchy and not willing to deal with people, but as the group went on she said she’d begin to feel uplifted, motivated, and empowered as a result of the energy and positive vibe of the group. She said after the group that energy would carry over into the rest of the day. She’d be happy and energized for the entire day afterwards.

How have you used what you’ve learned in class to bring about a positive change in yourself and your community? She said that she was able to give her mom an example of how music can change someone’s emotional state by playing some of her mother’s favorite music during a time when her mother was feeling down, and it worked wonderfully. She said that she learned it for herself in our groups, and was happy to share it with her mother. She said that Harmony, Hope & Healing taught her to use the music to feel good and she hasn’t stopped since.

Skills learned in an HHH class

**Stress Management**
"Listening to music calms me down"
"I use meditation and music to feel better on a daily basis"
"Music is a coping tool to deal with stress"

**Emotional Literacy**
"[This class] helps me get in contact with my feelings"
"I like the old saying ‘music soothes the savage beast’, so I’m definitely a beast, and coming to the class really helps me out a lot and really makes my day."

**Sense of Community**
"[The songwriting curriculum]...makes me more open to tell my own story"
"You’re creating something together at the same time and that makes a difference."
"...in terms of HHH, I think of companionship, and the ability to support each other"

Percent of pilot program participants who agreed or strongly agreed

85% I feel more comfortable sharing my experiences in a group setting

77% I felt connected to other members of the group during the songwriting activities

77% The songwriting activities were engaging

69% I feel more comfortable participating in creative activities
A Note from the Director of Programming

2020 was an intense year for everyone, and our organization was no exception. With singing as a group deemed one of the most dangerous activities by the CDC, Harmony, Hope & Healing had to get creative with our programming! But, our resilience paid off tenfold. The need to pivot to new ways of presenting our programs actually helped us reach more participants in some areas. For example, upon moving our program for seniors from Vincennes Senior Center in Englewood, to a conference-call format, we nearly doubled the number of participants. In the case of our children’s program, the virtual class format has helped us open up the skills we teach them, for example, using virtual classroom aids to help with reading and emotion management at Primo Center.

In our search for the best bridge back to holding normal classes, our staff also created a digital citizenship program – providing tools to help organizations and participants connect with us. The most urgent component of this was our digital literacy initiative, helping our community members and partners navigate Zoom, new technology, and creating new pathways to connect with one another online. By offering a two-pronged approach of access to technology and training on how to navigate it all, we have reached new participants, and given our community partners a leg up in an increasingly digital world.

This year, we are excited to highlight both Eritrea Haile (HHH Facilitator) and Dana Benn (Program Director, Primo Center), putting front and center the stories that inspire us everyday. Enjoy!

- Alex Sullivan, Director of Programming
Hear From A Facilitator

**What’s a cherished memory you have from a HHH class?** I really cherish my most recent class at Above & Beyond. The participants shared how they felt safe during class to share! They expressed how they have been seeking it for such a long time, and grateful they have it now!

**During a typical weekly class, how do you feel before, during and after?** Before a weekly class I feel excited and grateful to be there. During class I am always inspired by what the participants and facilitators share. After class I always feel more hopeful and motivated to continue to focus on my individual growth, because I witness others doing it everyday.

**How have you used what you’ve learned in class to bring about a positive change in yourself and your community?** Working together to create the lesson plan every week has inspired me to be more organized in other areas of my life. I am co-creating a journal guide to go along with a workshop for individuals mainly from the Eritrean community I’m a part of. We want to offer tools to support mental wellness.

Eritrea Haile Harmony, Hope & Healing Facilitator

Hear From A Partner

**How long have you been working with HHH?** Since 2017!

**What’s your favorite HHH memory? / What’s your favorite thing about working with HHH?** Primo Center’s favorite HHH memory was during the Christmas Holidays. The families were able to choose their favorite Christmas song and then the group sang the songs together.

**What is your clients’ most valuable takeaway from HHH classes?** The families learn a different way to engage and bond with their child/children through song.

**Do you see a change in the clients after a session (10 weeks) of HHH classes?** Yes, we have seen changes in the mothers and children after participating in the HHH sessions. We have observed the children singing songs they have learned well after class is over. One particular event that stands out was a child teaching the songs to her older siblings, mimicking the Harmony, Hope & Healing session.
A Year In REVIEW

July 2020
New Co-Executive Directors!

August
3 Americorps VISTA members

September
Began Research Study on HHH programming and training

October
“Healing” virtual event introducing the Marge Nykaza Founder’s Fund

November
Virtual Performances by music students at Roosevelt College for St. Leonard’s residents

December
Virtual Homeless Persons Memorial

January 2021
Hired new Director of Programming (Alex Sullivan)

February & March
Kick off of Digital Citizenship Initiative w/trainings for all active partners

April
Began songwriting pilot at Lawndale Christian Health Center

May
Virtual HeartBeat

June
Amanda got a double lung transplant!

JOIN US FOR
HOPEFEST
A VIRTUAL CELEBRATION HONORING HHH FOUNDER
MARGE NYKAZA
Sunday, October 3, 2021 4:00 pm CDT

Visit HarmonyHopeandHealing.org/Hope to reserve your tickets now!
**Facilitators**

Marcia Berry  
Zahra Baker  
Eritrea Halle  
Angie Holman  
Ron Yokely  
Jolie Murray  
Javy Rodriguez  
Kathy Pittman

**Grantees**

Augustine Stewardship Fund  
Chicago Foundation for Women  
City of Chicago  
Dominican Sisters of Springfield  
Helen Brach Foundation  
Institute of the Blessed Virgin Mary Sisters  
John Joseph Sigstein Foundation  
Mockingbird Foundation  
Sisters of St. Dominic  
Sisters of the Precious Blood  
The Chaddick Foundation  
The Owens Foundation  
The Pick Foundation  
The Pierce Family Foundation  
The Sisters of Mercy

**HHH Board Members**

Co-Presidents:  
Sandy Kraimer (2021)  
Vice President, Business Development, Spring Marketplace  
Kate Ogonek, (2020)  
Director of Development, The Partnership for the Homeless

Secretary:  
Maggie Ruddy, (2020)  
Global Product Manager, NeuroLeadership Institute

Treasurer:  
Thomas Fineis, (2020)  
Director, Deloitte Consulting, retired

Board Members:  
Crystall Boone, (2020)  
Recovery Coach, Haymarket Center  
Sharon Carlson, (2015)  
Actor, Singer, On Camera WTTW  
Adjunct Professor of Voice, Columbia College Chicago  
Ed D’Onofrio, (2016)  
Industry Executive, TransUnion  
Angela Hicks, (2004)  
Executive Director, Margaret’s Village  
Stan Jaworski, (2019)  
Principa, Cavanaugh Consulting Group  
Katie Pratt, (2020)  
Marketing Associate, Morningstar  
Tom Rautenberg, (2011)  
Visual Designer, Lazy Boy Furniture

Board Member Emeritus:  
Cathleen M. Cahill, RSM  
Retired Faculty, St. Xavier University  
Founding Board President/Advisor

**HHH 2020 Staff**

Amanda Longe-Asque  
Sophie Wingland  
Alex Sullivan  
Frankie Boyko  
Michael Rivera  
Co-Executive Director  
Co-Executive Director  
Director of Programming  
Grant Writer & ViSTA Manager  
Research Coordinator

**Sponsors**

Ann Murphy  
Chicago Botanic Gardens  
Chicago Lightworks  
Chick-Fil-A Chicago  
Dave & Debbie Pack  
Lou Malnatis  
Napoli Restaurant  
Pescadero Restaurant  
Stan & Mary Jaworski  
The D’Onofrio Family Fund  
The Fitzgerald Family Fund  
Titan Securities  
Tom Rautenberg & Maria Belmonte-Rautenberg  
Veterinary PR  
Virginia Mann Group

**Partners**

Above and Beyond Family Recovery Center  
DuPage Pads  
Ignatian Spirituality Project  
Vincennes Senior Center  
St. Leonard’s Ministries - Grace House and St. Leonard’s House  
Believe Shelter  
Primo Center for Women and Children  
Chicago HOPES for Kids (4)  
Better Tomorrows  
The Learning Center  
Lawndale Christian Health Center  
SisterHouse

* denotes new partner