



Quarterly Newsletter

Fall 2019

Stories from the Programs

Community and Teamwork



A Pantry Story

As Pantry Director Tim was taking a well-earned vacation in Europe, our new Pantry associate Stacey did an amazing job of keeping things running smoothly in his absence. Not that she needed it, but help was coming from an unexpected quarter. Pantry clients of all ages, genders, and ethnicities rushed to help her with putting up the umbrellas, carrying things, bringing tables in or out, and folding tablecloths. "We are always here to help," said one gentleman, "don't be afraid to ask."

Such a lovely reminder of what a strong community we have here at Friends In Deed, where the dividing lines between client, volunteer, staff member, and donor are frequently and joyfully blurred.

Hope's Story

Hope became homeless after losing her job when she uncovered fraud at her place of work. Within nine months, she says, everything she owned "disappeared." Always having had a stable lifestyle she did not know how to cope with life on the streets. She moved to California to stay at her daughter's, but the landlord would only let her stay for 30 days. After that, she lived in her car.

She hit a particularly low point when she hadn't been able to shower for two weeks - she smelled, and she knew it. So much so, she felt embarrassed to be near a kind stranger who started talking to her.



Fortunately Hope got over her embarrassment and listened, because the kind stranger was telling her about Friends In Deed. Hope googled us, and made her way to The Women's Room. When she got there she said her "eyes popped open." There were washers and dryers! A shower! And Jane, our Women's Room Associate, who Hope says is "the sweetest lady I ever met."

Hope was introduced to the Street Outreach team, who started helping her look for a place to live. It was not easy - there were a lot of challenges to overcome. But Hope is now housed, and highly confident of soon resuming her career in accounting.



Linda's Story, Part III

In the last two newsletters we have talked about Linda, a Women's Room client on the slow recovery from years of trauma. The bad news is that Linda's landlord is selling the building in which she lives (a horribly common story at the moment) and she is struggling to

find anywhere to live that she can afford.

However, this is an example of how the tight-knit and teamwork-oriented ethos of Friends In Deed comes into play. Even as Marlene, Denisse, and Jane in The Women's Room are providing listening ears and shoulders to cry on, the Street Outreach Team have swung into action to try and find Linda a place in a local housing facility. Linda has also made use of our monthly free legal clinic (co-hosted by Mental Health Advocacy Services, Inc). We are so glad to be able to provide such a multi-faceted program of support for our clients!

It is through your generosity that we are able to provide these programs and other services

DONATE



For Your Calendar!

24th November: Operation Gobbler - Thanksgiving for Food Pantry clients (signups during pantry hours 22, 23, 24, 29, 30 & 31 Oct).

15th December: Christmas for the Kids - for children of Food Pantry clients. 12-3pm (signups during pantry hours 22, 23, 24, 29, 30 & 31 Oct).

We are able to put on these events as a result of your generosity. Thank you!



The Holidays in The Women's Room

The Women's Room are seeking donations of holiday gifts for their guests - if anyone would like to donate 50 hand lotions, body sprays, or similar products please contact Marlene at 626 797 2402 ext 104 or twr@friendsindeedpas.org



The Women's Room Art Show

September 21 - December 1, 2019

An exhibit of artwork created by guests of The Women's Room, which serves San Gabriel Valley women who are alone and homeless, or at risk of homelessness. The Women's Room is a program of Friends in Deed, an interfaith collaborative dedicated to meeting the needs of great Pasadena's most vulnerable residents.



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Volunteer Spotlight

They Don't Do It for the Thanks!

Barbara

When Barbara Myers first heard about the



Friends In Deed program The Women's Room, she said to herself that TWR would be the first place she volunteered as soon as she retired. Fortunately for us she kept her word, and she has been providing lunches for TWR since 2010! She says she wanted to do something that involved women, she likes to eat, she loves to feed people, and she enjoys the camaraderie of sharing a meal, so The Women's Room was a perfect fit.

Barbara finds a lot to appreciate at TWR. She likes to listen to and engage with ladies as they talk about their journeys, she likes seeing them express themselves in art, and she enjoys working with the other volunteers (whom she says are "amazing"). One thing that she loves especially is seeing TWR clients come upstairs after their showers, looking so much more rested, relaxed, and joyful than they did before.

Barbara says she is very touched when these ladies who have so little nevertheless never forget to say thank you - although no thanks, she says, are needed - it is always a pleasure.

Susan

Growing up with a father who was a pastor, Susan got involved with feeding hungry people at a young age. It's something that has stuck with her ever since - she has moved around the country a lot, but everywhere she's lived she has always found a food bank or a meals-on-wheels organization to volunteer with.

When Susan moved to Pasadena, Friends In Deed were lucky enough to catch her eye, and she now volunteers with us. She likes the immediate impact of providing food, and she likes the fact that the Food Pantry keeps her busy in a meaningful way.



Having volunteered in so many programs over such a long period, Susan brings with her a sense of the bigger picture. She says one of the things she is noticing is that more and more grocery stores are donating food that they might otherwise throw away to food banks. She appreciates this trend of making good use of the resources available to us. She also says she was surprised at the number of people using the Pantry in a seemingly affluent area like Pasadena.

One of the things that Susan enjoys most about working in the Pantry is the clients she meets. She says the courtesy and gratitude of many of the Pantry clients means a lot to her - though, of course, that's not why she does it!



In Memoriam - Lorraine Cain

A resident of Altadena, Lorraine passed away in April 2018 at the age of 59. She was an attorney for Los Angeles County in the Department of Children and Family Services and a strong advocate for the most vulnerable members of society.

Lorraine's deeply held values were reflected in the legacy gift she left to Friends In Deed. We are very grateful for her generosity.

Sustain Us for the Next 125 Years!



Friends in Deed has been helping our most vulnerable neighbors for 125 YEARS! We are looking forward to continuing and expanding our services as we strive to alleviate the effects of poverty and homelessness. You can help make that possible by joining our **Legacy Society** at Friends in Deed, and earmarking some of your assets for us. [Click here](#) for more information and a variety of options for giving. Help sustain us for the next 125 years!

To find out more or to schedule an informal meeting, please contact Rabbi Grater at director@friendsindeedpas.org or 626-797-2402 ext 202.

PROGRAMS

The Women's Room (TWR) Daytime shelter for homeless and at-risk women

The Food Pantry - Dignified grocery shopping experience for 300+ households weekly

The Bad Weather Shelter (BWS) Weather-activated shelter offers a hot meal and warm cot for up to 140 guests

Homeless Prevention Program (HPP) Short- and medium-term rental support to prevent eviction

Street Outreach - Team of workers on the streets engaging with our neighbors experiencing

STAFF

Rabbi Joshua Levine Grater, Executive Director
Marty Campolo, Director of Finance and Grants
Marlene Martinez, Program Director (TWR)
Tim Nistler, Program Director (Pantry)
William Shelby, Program Director (BWS, Street Outreach), Housing Locator
Debbie Turner, Program Manager (HPP)
Jane Armbruster, Program Associate (TWR)
Stacey Cutshaw, Program Associate (Pantry)
Denisse Mirkin, Case Manager (TWR)
Rev. Donna Byrns, Community Liaison
Najwa Payton Jones, Street Outreach Specialist
Scott Desjardins, Street Outreach Worker
Helen Angove, Operations Manager
Doug Haught, Security & Grounds
Coty Dietel, Food Pantry Aide

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