



## Quarterly Newsletter

Summer 2019

*A Message from the Executive Director*

# Redouble our efforts and carry on!



Our nation recently celebrated the 50-year-old first moon landing – an incredible feat and a proud moment in our history. Seventy-five years before that, Friends In Deed was born and the mission of serving those less fortunate in our community began its 125-year journey.

As we celebrate this impressive anniversary, let's redouble our efforts in order to serve Pasadena even more effectively in the next 125 years. We'll continue helping people - people like Joseph, who is now housed after losing his job; like Ellie who, after 15 years on the street, is now living in her own apartment; and like the Ming family, who are able to get healthy food for their children that they couldn't normally afford. This is what we do, each and every day, with the help of numerous volunteers and financial supporters.

The Bible says "the poor you will always have with you," but it doesn't say "the homeless you will always have with you." We will work for as long as it takes, but let's hope that it won't be another 125 years before we no longer find human beings living on the streets. Will you work with us toward that goal? Can we count you in as we "do together what we cannot do alone?"

Hopefully,

Rabbi Joshua Levine Grater  
Executive Director

*Stories from the Programs*

# Safety and stability for our clients





## Sam's Story

After Sam's mom passed away when he was 13, he traveled hundreds of miles to live with his dad who, simultaneously, got hurt in a workplace accident and was fired while recovering.

Sam's dad had enough saved to get by for a while, but eventually the savings began to run out. Despite living on nothing but peanut butter sandwiches for weeks to save money, they were being faced with eviction. By the time Sam and his dad found out about Friends In Deed they were terrified, deeply embarrassed, and desperate.

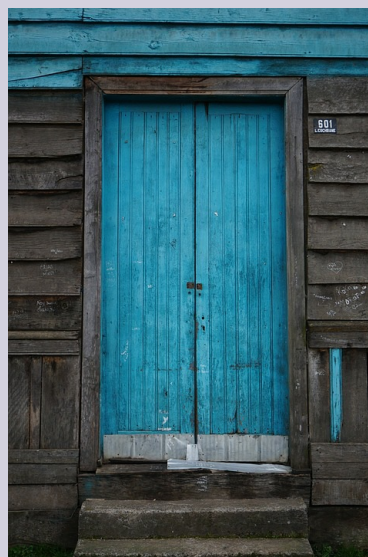
But Friends In Deed welcomed the opportunity to help them keep their home through our Homelessness Prevention Program. And although they still really like peanut butter, the Food Pantry has helped them add a lot more variety to their diets! The best news though, is that Sam's dad has a new job and Sam has the stability and comfort he so desperately needs after losing his mom and making a big move.

## The joy of having a door

Tim, the Food Pantry Director, writes: "Joy and gratefulness sometimes come in ways we can't quite fathom. I just experienced this while speaking with a mid-30s man who came into our pantry for food.

It was his first visit in a number of years. I asked him where he lived. He paused for a second and then said 'I have a door.' He had been homeless. I must have looked perplexed because he continued 'I have a refrigerator, a microwave, and a place to put my things.' From the rest of what he told me, his home wasn't what most of us would consider a home. But he could sleep sheltered from the elements, didn't have to worry about his things being stolen, and no longer had to carry his belongings with him wherever he went.

He was ecstatic and you could see it radiating from him as he spoke. As he got up to leave, he told me that he was getting prepared for a job fair next week that he had heard about. The same enthusiasm and joy were in that statement too."



## Linda's Story, Part II

In the last newsletter we told you about Linda, a Women's Room client who is slowly recovering from years of abuse. Her confidence has now grown to the extent that she is able to confide not just in Jane (TWR Associate), but also in our TWR case manager, Denisse. Her grief for her husband is still extremely strong, but Denisse is working with her on this, and Linda is also seeing a therapist. With the patient, consistent, long-term help of the TWR staff, Linda is really beginning to open up and heal.



Linda expresses herself by writing heartfelt cards to the staff who help her. Jane received one some months ago; now Denisse has one too, proudly displayed on her bookcase.

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

DONATE



## You're invited!

August 22  
End of Summer  
Celebration Barbecue  
5.30-7.30pm FID House  
RSVP 626 797 2402 ext 201 or  
[office@friendsindeedpas.or](mailto:office@friendsindeedpas.or)

[g](#)

September 25  
Jazz on the Green  
Castle Green  
6-9pm  
[For more information, click  
here](#)





JOIN  
**FRIENDS  
IN  
DEED** \* FOR **Jazz  
on the Green**

*Save  
the Date*

**WEDNESDAY  
SEPTEMBER 25, 2019**

6 pm to 9 pm  
**CASTLE GREEN**  
99 South Raymond Ave.  
Pasadena, CA

**Entertainment,  
Silent Auction,  
Fabulous Restaurants,  
& Wine Tasting**

**HONORING**

- MISHELE MYERS
- NOTHING BUNDT CAKES  
Pasadena
- PASADENA COVENANT CHURCH  
AND
- BILL & CLAIRE BOGAARD  
Lifetime Achievement Award

CELEBRATING  
**125**  
YEARS OF SERVICE  
\*Doing together  
what we cannot do alone

For Sponsorship, Tickets, & Tribute Journal Information Contact  
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### *Volunteer Spotlight*

## Providing the basics - and some luxuries!

### Ellen

Never underestimate the power of a manicure to make someone feel good!

Ellen has been volunteering in The Women's Room since 2012. She first started doing manicures as a hobby, but then discovered the joy of doing them for the ladies in The Women's Room. Now, every month, Ellen can be found at Friends In Deed House, giving her ladies elegant, brightly colored, glossy nails.





But there's another, more profound, aspect to what she does. Often, while she is working on their nails, her ladies start to talk about their lives. Ellen says she gives "an ear to listen, not to judge or anything of that nature," but just to listen.

The TWR ladies talk about how "marvelous" it feels to get their nails done, how it "feels awesome" to have clean, trimmed nails, how they "enjoy it so much." But Ellen talks about the joy of giving, saying it's better to give than to receive. She loves it when someone gives her a hug, tells her she's "never had a manicure before," and leaves with a smile on her face.

## Cynthia

After Cynthia retired she looked for a volunteering opportunity in which she could help people. She was thinking about finding a food pantry to help in, but when she checked our website she saw The Women's Room needed volunteers to help with laundry and showers.



There's nothing more basic, Cynthia says, than helping someone to be clean and to have clean clothes. The client feels better at once. "It's very satisfying," she told me.

What moves Cynthia about the women in The Women's Room is their strength and resilience – and how grateful they are for the help we give.



## Kay

Kay got involved in Friends In Deed through her church. At first it was through one-off projects like shelf stacking in the pantry, but she decided she wanted more regular involvement and now helps in The Women's Room once a month. One of the things she appreciates about this is the way in which Marlene enabled her to tailor her commitment to the time she has available.

Kay feels we "all need to stay in touch with people who are experiencing challenging times." She feels that working in The Women's Room makes her more aware and more understanding, and she talks about how courageous, smart, and determined the guests can be. One in particular sticks in her mind - a very young woman, recovering from abuse, who was working nights at Dodger Stadium and still managing to make it to The Women's Room during the day, and who was determined to move on to a better job in the future.

[Click here to find out how to volunteer at Friends In Deed](#)



## *Meet a Board Member*

# Bringing passion and focus



Social justice has always been a passion of FID board member Jackie Knowles, dating back to her 20-year career as editor and writer for the Pasadena Star-News. After retiring she began focusing on women's issues.

When the Women's Issues Committee at All Saints Church was contemplating a daytime center for women who are homeless, Pat O'Reilly, then executive director of FID, said to Jackie, "Why don't you come over to see if our space would work." That was July 2007. The Women's Room opened in September the

same year!

Jackie has been involved with Friends In Deed ever since. She brings with her a passion for and focus on The Women's Room, a general knowledge of the Pasadena community, and an ability to think outside the box.

One event that still resonates with Jackie from her time as a board member is the 10th anniversary party for The Women's Room. The spirit and outpouring of support were memorable, not only to Jackie, but to everyone there. That room — filled with more than 300 people — was overflowing with love and joy.



### Have you thought of supporting Friends In Deed through a Charitable Gift Annuity (CGA)?

A Charitable Gift Annuity enables you to allocate some of your assets to Friends In Deed during your lifetime and obtain a secure, fixed income for yourself, a loved one, or another person. Friends In Deed is partnering with the Pasadena Community Foundation to make this option available to our valued supporters. Email

[office@friendsindeedpas.org](mailto:office@friendsindeedpas.org) for more information.



## *A Message from the Board President*

# Summer heat



I hope everyone is enjoying their summer! I can remember, as a child, I looked forward to going to camp at my elementary school - and if I was lucky my parents would send me to summer camp in the mountains.

But, while we all enjoy time with our friends and family this summer, please keep your thoughts with our most vulnerable neighbors as they cope with the heat. Every little thing you can do to support helps.

Thanks for all you do!

Richard S. Cheung, D.C.  
Board President

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### PROGRAMS

The Women's Room (TWR) Daytime shelter for homeless and at-risk women  
The Food Pantry - Dignified grocery shopping experience for 350+ 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 homelessness and connecting them to services

### 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, Director (BWS), Housing Locator  
Jane Ambruster, 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 Hought, Security & Grounds  
Coty Dietel, Food Pantry Aide

### BOARD

Richard Cheung, Board President  
Kathy Simpson, Vice Chair  
Bret Schaefer, Treasurer  
Stacy Santeramo, Secretary  
Pamela Marx, Immediate Past President  
Rev. George Hines  
Jackie Knowles  
Bishop Beverly Shamana  
Debby Singer  
Ed Vidimos  
Sonya Perry  
Tim Howett  
Barbara Dangerfield  
Jonathan Webster  
Ervin Galvan

### CIRCLE OF FRIENDS

Dorothy Christ  
Laurence Eggers  
Glenda Hale  
Jackie Knowles  
Celia Leaver  
Shirley and Robert Manning  
Ben and Mishele Myers  
Donald and Gloria Pitzer

Margaret Leong  
Debra and Ernie Mansfield  
Luz and Brian O'Neil  
Deborah and Jack Singer  
Alan and Lin Vlachich  
Mark and Sandy Esensten  
Michael and Mary Ann Bernath  
Erica Fishman



Stacy Santeramo  
Richard Cheung  
Ron and Sue Dietel  
Woody and Sofia Hain  
Kathy Simpson  
John and Sarah Kobara

LEGACY SOCIETY  
Connie Holguin  
Celia Leaver  
Estate of Lorraine Cain

