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 gratitude 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]

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**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.org

**September 25**
**Jazz on the Green**
Castle Green
6-9pm
For more information, click here
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 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

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

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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 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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