



Weekly Message

The initial weekly email sent out mistakenly did not cite the websites where the information and statistics about veterans' homelessness and suicide were taken from. We apologize for the omission. Here are the two organizations that provided the information:

<https://stopsoldiersuicide.org/vet-stats>

<https://nchv.org/veteran-homelessness/>

Dear Friend,

"Although flawless counts are impossible to come by – the transient nature of homeless populations presents a major difficulty – the U.S. Department of Housing and Urban Development (HUD) estimates that 40,056 veterans are unhoused on any given night. Over the course of a year, approximately twice that many experience homelessness. Only 7% of the general population can claim veteran status, but nearly 13% of the homeless adult population is made up of veterans." (source: National Coalition for Homeless Veterans)

In 2020, there were 6,146 veteran suicides, which averages more than 16 veterans dying by suicide every day. Additionally, in the two decades between 2001 and 2020, the prevalence of mental health or substance use disorder among participants using the Veterans Health Administration rose from 27.9% to 41.9%. In Pasadena, in 2023, the Homeless Count showed an increase of veterans experiencing homelessness from 7% to 11%.

Obviously, there is a huge problem with reentry into society for our men and women who serve in the military, as suicide is the number two cause of death amongst veterans under the age of 45. It is so hard, and tragic, to digest that after putting their lives on the line for years, veterans who make it home face some of the highest rates of poverty, mental illness, PTSD, homelessness, and suicide. And we know that this isn't a new issue, as it has been growing since the Vietnam War era.

At Friends In Deed, while we don't have a special focus on veterans,

we are always on the lookout for them on our streets, and we are grateful that several of the new units at The Salvation Army's Diane and John Mullin **Hope Center** are reserved for veterans.

So, on this Veterans Day weekend, please think about all this, thank a veteran, and perhaps make a donation to one of the many nonprofits that are working hard to support our men and women in uniform after they return from their service. And, thank you to all the veterans in our community.

Blessings and have a lovely weekend,
Rabbi Joshua



We can only operate with your help!

Donate today

Forever Friends Legacy Society

New Podcast Episode



2023-15 It's Not Just a Job, it's a Spiritual Calling: Interview with TWR's Jane Armbruster

After a bit of a hiatus, we are thrilled to post a brand new podcast episode. After sharing some updates and highlights from the past few weeks, Rabbi Joshua has a wonderful conversation with Jane Armbruster, The Women's Room Program Manager and Case Counselor. Jane shares deeply about her life story, which includes being a professional vocalist and stage performer, struggles with addiction and finding recovery, and how she made it to Friends In Deed. [Listen now.](#)

Get Social



Board and Leadership Staff Retreat

Behind-the-scenes from this past weekend at our strategic planning retreat with FID Board and leadership staff. This dedicated group engaged in meaningful discussions and strategized how to most effectively serve our community. A special thanks to Julie from Leadership Savvy for helping facilitate...[Read more.](#)

Bold Journey Magazine

We're excited to share a recent conversation with our Executive Director featured in the Bold Journey Magazine. Rabbi Joshua discusses the profound role faith plays in his mission and commitment to community service. [Click here](#) to learn more about his inspiring journey and the valuable lessons he has

gained in leadership.



Peregrinos De Emaus

A heartfelt thank you to Jacob Villalobos and Peregrinos De Emaus for selecting Friends In Deed as re-grant recipients! Your support fuels our mission, and allows us to bring compassion and connection to The Women's Room community...[Read more.](#)



News and Events

State of FID Address

We hope you will join us for our annual State of FID Address to learn the latest on all our programs and ask questions directly to FID leadership. All Friends In Deed supporters are invited to [attend online.](#)

State of FID Address

11

MONTH

15

DAY

23

YEAR

5:00pm

Available for viewing on Zoom

Operation Gobbler

We're looking forward to partnering with the Pasadena Jaycees for the annual Operation Gobbler food drive! This project supports approximately 300 Pasadena-area families in need. If you are interested in donating turkeys or other Thanksgiving food, email [Tim](mailto:Tim@pasadenajaycees.org) or call 626.797.6072.

More information available [here](https://pasadenajaycees.org/opgobbler).



Pasadena Jaycees
OPERATION Gobbler
FOOD DRIVE

The Pasadena Jaycees, in partnership with Friends in Deed food bank, will provide approximately 350 local families in need with food for Thanksgiving meals, including a turkey, pies and more. Suggested donation amounts are below, but any amount makes a difference!

SPONSOR A FAMILY'S THANKSGIVING!

\$30: NO SMALL SWEET POTATOES
<i>Supports 1 family</i>
\$120: PUMPKIN PIE IN THE SKY
<i>Supports 4 families</i>
\$300: BIG TURKEY
<i>Supports 10 families</i>

HOW TO DONATE

Paypal paypal.me/ pasadenajaycees	Venmo @jaycee-treasurer	Check Pasadena Jaycees 474 W. Walnut St Pasadena, CA 91103
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or visit pasadenajaycees.org/opgobbler

 @PASADENAJAYCEES
PASADENAJAYCEES.ORG

Christmas Tree Sale

The holidays will be here before we know it! Saint Mark's Episcopal Church is holding a Christmas tree fundraiser to benefit Friends In Deed again this year. ☐ [Place your tree order today](#) (or by November 13th at the latest!) and have it delivered locally or pick it up yourself on December 2nd.



2023 Saint Mark's Episcopal Church Christmas Tree Sale
Order by 12 pm Monday November 13 for a December 2 pick up
www.SaintMarksChristmasTrees.org

All proceeds support Friends in Deed
Meeting the needs of Pasadena's most vulnerable residents

																																				
Douglas Fir	Noble Fir	Nordmann Fir																																		
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Sales:
Order online by 12 PM Monday, November 13

Pick Up:
Saturday December 2
8 AM to 11 AM
Saint Mark's Parking Lot
1014 East Altadena Drive
Altadena, CA 91001

For more information contact:
Tom Horner
tom@catalinaislandcamps.com
626-379-8533

Donate a Tree to a Local Family
Saint Mark's Episcopal Church and the Pasadena Police Activities League deliver 5' to 6' Douglas Fir trees to local families that cannot afford a tree this season.
\$70 per tree

Local Delivery Available to
Altadena, Pasadena, Sierra Madre
Delivery will take place
Saturday December 2 between 8:30am and 12pm
Donation \$25

Buy online at
www.SaintMarksChristmasTrees.org

LAST DAY TO ORDER 12 pm Monday November 13

Rose Bowl Aquatics Center Food Drive

Thanks to our friends at the Rose Bowl Aquatics Center who are once again collecting food donations for our Food Pantry! You can drop off food pantry items to the RBAC's front desk between now and November 21st!



Vroman's Bookstore Food Drive

Vroman's Bookstore is once again collecting non-perishable/shelf-stable foods and various toiletries for Friends In Deed! Be sure to bring these donations to either the Colorado Boulevard or Hastings Ranch locations between November 11th-19th. Each store will have a large collection box at the entrance for donation drop-offs.





Friends In Deed is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion. We embrace and celebrate the spectrum of our employees', volunteers', and clients' ages, color, ability or disability, ethnicity, family or marital status, gender identity or expression, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, neurodiversity, and other characteristics that make our employees, volunteers, and clients unique.

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Friends In Deed | 444 E. Washington Blvd., Pasadena, CA 91104

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