



Weekly Message

Dear Friend,

As I begin my seventh year at Friends In Deed, I have come to understand that the people we work with don't always have happy endings; or at least not immediate ones, as the struggle to stay housed, healthy, and safe can be a difficult one. This story is a prime example.

A decade ago, the 97-year-old woman for whom Grace provides caregiving services had been able to pay Grace to look after her. However, she ran out of money, and Grace was unable to get another job. In the meantime, Grace continued to help her client for free, because she felt she couldn't just abandon her.

Grace was forced to rely on family for housing, but that brings its own problems. She began living in her car. Fortunately, she is able to shower and do laundry at her former client's home, and Grace is often told she "doesn't look homeless." "But what," says Grace, "does homelessness look like?"

A resourceful woman, Grace has made her living situation work. She has managed to find a safe place to park cheaply, where not only the presence of her car is tolerated, but the security guards keep an eye out for her and have given her their number to call if she's in danger. She has no money for gas, so she keeps her car where it is and walks or takes buses where she needs to go. She has joined forces with two other women in a similar situation to hers, and they look out for each other and keep each other safe. Grace says they know how to budget their limited resources and their food stamps, and they get by.

In the meantime, however, Grace's health issues are getting worse. Sleeping in a car without being able to elevate her legs is causing serious problems for her circulation. She uses motel vouchers when we have them available as she continues her search for permanent housing.

Grace is grateful that her mental health is still intact, and she has a

strong faith. She has hope for the future - she wants to find another job, and she looks forward to being able to receive social security. If she can combine that with a job that gives her as many hours a week as she's allowed to work, she thinks she will finally be able to make ends meet.

On a different note, after three winters without it, we are opening the Bad Weather Shelter again this Monday! The operations will be very similar to those of the previous 36 years, and we continue to be supported by the city of Pasadena, but we have a new location and a new director. We are grateful to now be partnering with Trinity Lutheran Church as the venue host, and to welcome Laura Van Alstine as the new director. Laura has been part of the shelter staff and volunteer team for almost 20 years and will bring her passion and faith to leading the staff in this new season. And, while this is a new partnership with Trinity, the congregation has long been a force for good in our community, operating one of the oldest food pantries in Pasadena - and it has recently also been hosting a Safe Parking program. Big thanks to Pastor Richter and her church council for the support and encouragement to help make this happen.



Laura as a BWS volunteer.

Lastly, as we observe MLK weekend, I encourage you to spend some time with his writings or watch his speeches online. I could share any number of quotes on what he says about homelessness, poverty and societal ills; we know many of them already. Rather, perhaps, read or listen - then meditate on his efforts to effect change, and see where you can be a living testimony to his legacy of justice, righteousness, and freedom for all. And if you are so moved, [consider making a donation](#) to Friends In Deed as we continue to serve our community in the same spirit.

Blessings and have a lovely weekend,
Rabbi Joshua



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**MARTIN LUTHER
KING, JR. DAY**

We can only operate with your help!

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Forever Friends Legacy Society

Get Social



Welcome, Laura!

We are thrilled to welcome Laura Van Alstine as the Director of the Bad Weather Shelter! She has previously been involved with the BWS for over 20 years, the first few years as a volunteer, and then on staff for the



remainder of the time. Laura's "day" job over the past 30 years is in advertising. This industry has allowed her the means to raise her children as a single mom, but her passion has always been with helping people...[Read more.](#)



St. Barnabas Church

Thank you to John Williams and St. Barnabas Episcopal Church for their donation of seven \$25 Ralph's gift cards. Moments after his arrival, our Housing Navigator Olivia quickly allocated one to a family in need, providing essential support for their journey to new housing. Thank you, St. Barnabas Church, for your kindness and immediate impact on our community ☐
...[Read more.](#)



Pasadena Commission on the Status of Women meeting

Director of The Women's Room Lindsey presented on TWR at the Pasadena Commission on the Status of Women meeting last week. She shared about the program's commitment to empowering women facing homelessness through daily activities and essential services. Thank you to the Commission for including FID in their first meeting of the year...[Read more.](#)

Volunteers Needed for the 2024 Bad Weather Shelter Season

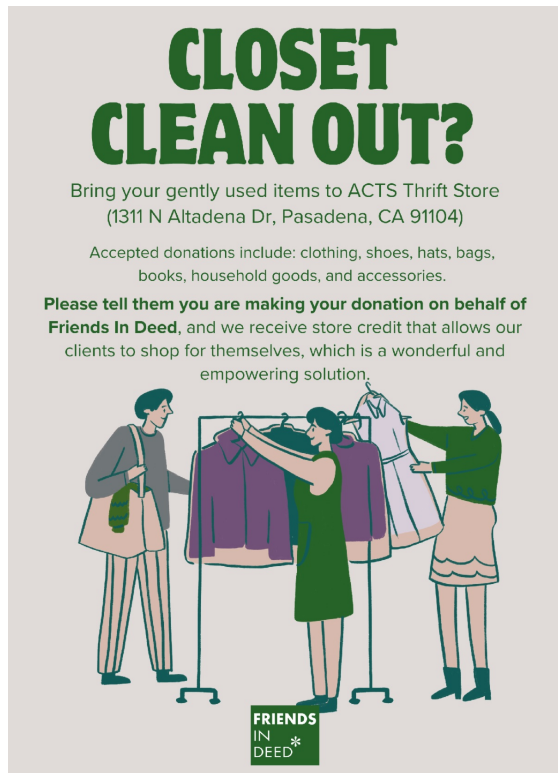
We are proud to be able to operate the Bad Weather Shelter once again this season. With generous funding from the City of Pasadena, and thanks to our new partnership with Trinity Lutheran Church, we have a new location that can accommodate up to 50 individuals on cold or rainy nights. Please consider contacting Laura Van Alstine, Director of the Bad Weather Shelter, at laurav@friendsindeedpas.org or 626-797-2402 x120 to sign up for volunteer opportunities this year.



ACTS Thrift Store Partnership

If you wish to donate non-grocery items, bring your gently used items to ACTS Thrift Store (1311 N Altadena Dr, Pasadena, CA 91104).

Accepted donations include: clothing, shoes, hats, bags, books, household goods, and accessories. **Please tell them you are making your donation on behalf of Friends In Deed**, and we will receive store credit that allows our clients to shop for themselves, which is a wonderful and empowering solution.



Bad Weather Shelter

Beginning January 15th, Pasadena residents experiencing unsheltered homelessness can visit Trinity Lutheran Church (997 E. Walnut Street, Pasadena CA 91106) every Monday and on weather-activated nights. Enrollment is between 7 and

9pm. The shelter will operate on cold or rainy nights - when the weather is forecast to be 40 degrees or below, or there is more than 40% chance of rain or wind. The shelter will provide a hot meal, cot to sleep on, restrooms, and additional access to case management and other services as needed.



FRIENDS IN DEED in partnership with the
TRINITY LUTHERAN CHURCH and the CITY OF PASADENA provides



EVERY MONDAY & ON WEATHER-ACTIVATED* NIGHTS

January 15th through April 30th, 2024 | Lineup starts at 7:00 pm
Trinity Lutheran Church | 997 E. Walnut Street, Pasadena CA 91106
(shelter is located in the back of the church on Locust Street)

BAD WEATHER SHELTER OFFERINGS:

Hot Meal
Blanket and Cot
Restrooms

Mondays:
Nurse Visits
Wellness Checks

Limited to 50 Adult Guests
Weather-Activated*
8:00 pm - 8:00 am

*Weather Activation Criteria can be found at bit.ly/paswinter

PLEASE CALL 888.915.8111 TO FIND OUT IF THE SHELTER IS OPEN ON WEATHER-ACTIVATED NIGHTS.



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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