

HARTs Together Newsletter

April 2021

HART of Folsom Winter Shelter Perseveres

(Volunteers at Folsom Winter Shelter)

When nearly all other overnight shelter programs closed because of the spread of COVID-19, Hart of Folsom pushed forward with the Folsom Winter Shelter while following COVID health and safety guidelines. HART of Folsom successfully facilitated the shelter from January 3rd to March 27th. Over the course of 12 weeks, they provided shelter, meals, hospitality, and mentor services for 49 unhoused neighbors with the support of over 100 volunteers each week and meals provided by five local restaurants.

HART of Folsom President, Judi Alexander, described the Folsom Winter Shelter as building a “family type atmosphere” among the guests and volunteers, “where even in these tough times so many are faithful”.

Judi shared a story about a particular guest who had been dangerously hopeless and unable to see his wife and child. After being welcomed into the shelter, this guest received much needed hospitality, mentorship as well as new clothes and the opportunity to clean himself up. Following some time at the shelter, he was able to find a job and rekindle his relationship with his wife and daughter. His story was one of many truly life-affirming stories that the Folsom Winter Shelter made a possibility.

(Guest's arriving at the shelter)

Carmichael HART's In-progress Transitional House

TRANSITIONAL HOUSE FOR MEN

With the success of Charlotte House Carmichael HART chose to look for an opportunity to expand their Transitional Housing portfolio as soon as possible. Fortunately, Carmichael Presbyterian donated a house to HART that needed some work, but met all of their needs to be turned into a program. The specifics are still in the works as they search for funding and partners. However, Carmichael HART expects to model the program off of Charlotte House. They further plan to partner with Sacramento Self-Help Housing to provide case management services and will work with the Carmichael Navigator. The Navigator will help to identify the program participants and create a mentoring team to provide support and resources when necessary. A majority of their unhoused community members are men. According to the 2019 Sacramento County Point-In-Time Count, 63% of the unhoused identify as men, while 38% identify as women. In line with their mission to provide necessary and inclusive housing services to all of the community's most vulnerable, Carmichael HART is excited to announce the opening of our second transitional house, a Transitional House for men.

Above is another photo of our new Transitional House for Men. Carmichael HART welcomes support from the community! If 120 people pledge \$20.00 per month, their program will be fully funded. If you would like to donate please click the below

[Donation](#)

Housing for Homeless College Students

Across the state, thousands of students will start school this Spring without

housing. Many will sleep in their cars or on the street. We're looking to change that. We've partnered with [Sacramento State](#) to provide housing to unhouse Sac State Students. Email info@sacselfhelp.org for more info.

Sacramento Bike Kitchen Donates New Locks for the Unhoused

(Photo of Mike and Glenn at Sac Bike Kitchen with new bike locks for unhoused neighbors)

Last month, we featured an article about Midtown HART's recent partnership with Junia Babylon and Art Northrup and their donation of dozens of bicycles for unhoused guests at the Midtown Respite Center.

After an initial round of bicycles were given away, several folks experiencing homelessness voiced concerns about their bikes being stolen. Midtown HART reached out on a whim to Sacramento Bike Kitchen with an inquiry about where to buy affordable locks. Shannon from Sacramento Bike Kitchen responded immediately and within days they had proposed, ordered and donated boxes full of brand new u-locks. Midtown HART's Respite guests are now able to secure their new wheels with ease and have expressed overwhelming gratitude at the added sense of security their new locks provide.

Sacramento Bike Kitchen is a nonprofit, volunteer-powered, cooperative bicycle shop. As they state on their website: "We want to improve bicycling in Sacramento by making bicycle maintenance, repair, and training more widely available to everyone, regardless of skill level. To this end, we provide the space, tools, and staff necessary to help our patrons learn how to perform any bicycle repair need they may have, all in exchange for a minimal cash donation. Besides running the bike shop, we also try to offer maintenance and safety courses and community outreach projects."

Visit Sacramento Bike Kitchen's website at www.sacbikekitchen.org

If you would like to make a donation to Sacramento Bike Kitchen
or if you want more information contact: info@sacbikekitchen.org

The Midtown HART Respite Center is open every Tuesday at St. John's Lutheran Church (1701 L Street) and every Friday at Trinity Cathedral (2620 Capitol Avenue) from 9:30am to 12:30pm.

Follow Midtown HART at

Facebook: <https://www.facebook.com/MidtownHART/>

and Instagram: @Sac Midtown HART.

If you would like to donate or volunteer at the Respite Center,
contact Nick at nicholuspeterson@gmail.com

Citrus Heights HART's Youth Committee continues to operate the successful Underground Clothing Connection store for students and their families of the San Juan Unified School District. They have been open for 12 weeks providing fashionable clothing for families most in need in the school district and while reducing the typical stigma associated with clothing closets. The Underground Clothing Connection has not only brought members of the community together to support students and their families but has also increasingly involved school staff. With the continued support of the community, they look forward to continue providing this unique and incredibly essential program for the duration of the school year.

If you would like to get involved

contact Kaylon McBride at kaylonmcbride@gmail.com.

Recently, the longest serving president of any HART, Kathilynn Carpenter, has passed the torch to Irene Hronicsek, the former vice-president. Kathilynn will remain on the board.

Unhoused MYTH of the Month (#4)

Myth: Homeless people are violent and dangerous.

Fact: "Most of the homeless are not a serious or dangerous threat to society. They are more victims than perpetrators. The homeless are primarily victims of structural forces and governmental policies that subject them to all forms of abuse, neglect, and dehumanization. And while many homeless persons resign themselves to indignities and degradations, other struggle valiantly against the crime of homelessness, against their own criminalization, and against the crimes of others who prey on society's most vulnerable members." Homeless women, teens, and children especially are often the victims of such crimes as physical and sexual assault, robberies, rape, and even murder. Being safe is the paramount concern for those who are homeless.

Facts:

- Across most examined communities, homeless deaths have substantially increased over the past five to ten years.
- 36.1% of the deaths of homeless people were violent deaths
- Blunt force head injuries accounting for 54% of the violent deaths
- Using a national life expectancy average of 75 years old, homeless lives in Sacramento are cut short by an average of 33% or about 30 years for homeless women and 23 years for homeless men.

Quote:

Rev, Jean Kim. The Myths and Facts of Homelessness. 2013.