

We all hope the hot days of summer are behind us. Thank you to the City of Folsom for providing a respite center at our Library for those who needed some relief. Thank you also to our donors for providing a hotel room for a transitional housing client when their (our) AC went out!. Hampton Inn is our partner and gives HART of Folsom a wonderful rate. When you need a room – be sure to call them.

**Next General Meeting: Oct. 20 at 6:30 pm**  
**Oak Hills Church, 100 Blue Ravine Rd, Family Auditorium**

Quick Dish has invited us back for a second fundraiser. They will again cook a special dish: Feijoada with white rice, collard greens, orange, pork rinds and their farofa. All the proceeds are donated to HART! If you missed the last opportunity (or fell in love with this dish) you need to come to Quick Dish, 322 E. Bidwell St. on Sunday, Oct. 2 from 11 am to 8 pm. You can eat in or take out. Their phone # is 916-293-9374. This special dish is typical Brazilian fare but sandwiches and pizza are also available if the kids like those. See you there!



**Mark Your Calendars**

Another upcoming event is our 2<sup>nd</sup> Annual Walk With HART. Please put it on your calendar for Sat. Nov 5<sup>th</sup>, Cummings Family Park, 8am to noon. We are also looking for volunteers to help us set up and staff the check points along the trail. Last year we did 2 hour shifts and that allowed everyone that wanted to walk and volunteer. Food, fun, dogs, children, exercise, make sure you join us. More details coming soon.



**New 988 Mental Health Services Hotline**

An important reminder: September is National Suicide Prevention Awareness month, named to spread hope and information that can be vital for those who are suffering in silence. Ariel Roblin, president and general manager of KCRA 3 and My58 wrote an editorial that I will quote here in its entirety:

“Suicide is currently the second leading cause of death for people between the ages of 10 and 34. A recent poll found nearly half of Californians who have ever sought professional help for mental health did so for the first time during the pandemic. On July 16, getting help became even easier when the new 988 Mental Health Services Hotline debuted. And you can now text as well, a feature that wasn’t offered before and can be the difference between life and death. The hotline has a proven track record. A survey by the FCC showed those who called the suicide prevention number were “significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls.” Seventy-six percent of the caller felt their call made the difference and contributed “a lot” to their decision not to end their life. The old number will continue to be available for those who still use it...but if you are in crisis or now someone that is, 988 can really help. Don’t wait. Call or text right now.” <https://www.kcra.com/article/ariel-roblin-988-mental-health-services-hotline-makes-it-easier-to-get-needed-help/41141696>

**Our younger supporters-**Judi picked up the check from the Cadette Girl Scout Troop 1216, leader Karen Hamilton. This troop invited her to speak with them last fall. They are middle school students and wanted to learn more about Folsom’s unhoused residents, understanding the problems the unhoused have and how they can assist. They decided to give HART of Folsom some of their cookie sale proceeds. They also eagerly listened and asked questions so that they could be aware of potential unhoused students, how to be respectful, helpful and also be safe. Our next generation is amazing.

