



APRIL 2023 NEWSLETTER





Warm Welcome to our NEW President

Director Liz Ekenstedt

From President / Director Ekenstedt : "I'm excited and optimistic for HART's growth in Folsom as I benefit from the wisdom, commitment and hard work of HART's Board and all the volunteers who serve the homeless in Folsom. It's an absolute honor to join the mission!"

Also joining our team on the Board

Director Lilli Duval and Director Eric Gifford



From Director Duval: "I am honored to serve as a formal part of the efforts that take place at the HART of Folsom. I hope to bring my knowledge of the current events surrounding the topic of housing and homelessness in our County and to be an active participant in continuing the successes of HART of Folsom."

From Director Gifford: "I'm excited to be working with our community to serve those most in need. I'm grateful to be a part of the HART of Folsom family and look forward to meeting more of our community members."

The newly appointed directors will be contributing their gifts in fundraising and community connections. We look forward to working with them and what they will support going into the future.

Welcome Directors Ekenstedt, Duval, and Gifford!

MISSION ACCOMPLISHED - 2023 IN THE BOOKS



It was wonderful to provide shelter and care to so many during this wet winter. Both HART Volunteers and host volunteers were amazing – taking the weather of wind and rain in stride. Our intake spot at Lower Rodeo Park, was at times, fondly referred to as “Lower Rodeo Lake”. Thank you Parks and Rec, for getting the flying awning back up and anchored!

The shelter itself moved through seven different locations. We had 11 host groups who took superb care of everyone during the evenings and overnights. Showers, dinner, laundry, game time, breakfasts to-go, fellowship – all of it feeding hearts and souls. And we had fantastic food weekly from Sutter Street Taqueria, Visconti's, That Dam Place, and Chick-Fil-A. It's always somewhat magical when we spend 11 weeks together – friendships are formed and guests become friends. Some of our guests began and pursued sobriety, looked for and began jobs, and took steps towards better shelter and a changed life.



HART mentoring, Powerhouse Ministry, Jake's Journey Home and Dignity Health were all great partners in connecting with people during the evening. It's always amazing to me when I think of how many kind volunteers are involved in caring for our friends every week: 84 HART shifts; 50 host shifts; 15 behind-the-scenes folks. Each one is crucial to providing the safe, calm environment that is so important at the shelter. One guest, after his first shelter night, said it was the best night's sleep he had in a long time. Another guest, after several nights at the shelter, said that he was starting to relax after always feeling on alert. If you were involved in the shelter in any capacity, those are the kinds of impacts you make. Thank you!



SAVE THE DATE - MAY 4th

HART will be participating in the 2023 Big Day of Giving drive

Won't you come along side of us from April 20th (early giving) - May 4th (Last day to give)

[Big Day of Giving April 20th - May 4th](#)



HART loves to share stories about people who YOU help.

Watch this video with Monique, one of our Transitional Housing Program graduates. [Monique's Story](#)

Email from a transitional housing program participant: "The help that HART provided me was monumental. I have an apartment, I move in next month, but truly thank you from my heart!"

Highlight Must Read: [Sacramento News and Review](#)



Shout out to Denise Gregorini who successfully ran a fundraiser last month selling Aunt Betty's Home Made English Toffee!

Kudos to you Denise and to those who contributed to the sales of the toffee which went directly to HART of Folsom. We look forward to doing it again!

Kind regards,
Your Team at HART OF FOLSOM

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