



## COUNTDOWN FOR BIG DAY OF GIVING 2023!

We're down to the last day of this year's Big Day of Giving.

This is one of the most important fundraisers for HART of Folsom.

Please make a gift and share this link:

[bigdayofgiving.org/organization/HARTofFolsom](https://bigdayofgiving.org/organization/HARTofFolsom)

with your community, so we can serve those in need!

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### What's New

What happens when we all get together? Guests (74 of them), volunteers (100 HART volunteers plus many hosts) and generous community partners over 77 winter nights in Folsom? A Winter Shelter filled with friends!

This year's shelter was a blessing to all, and HART of Folsom is very grateful to all who made it happen. Guests were well cared for and connected to resources to offer them a hand up.

Thank you all!



If you'd like more information about the Folsom Winter Shelter or you might be interested in joining our shelter leadership team, please send an email to [bevsiess@HartofFolsom.org](mailto:bevsiess@HartofFolsom.org)

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## WINTER SHELTER VOLUNTEER GATHERING

Thank you to our hosts, The Church of Jesus Christ Latter-Day Saints, and all who helped! On April 23, the HART volunteers and host leads gathered for fellowship and a review of the 2023 season. These flowers donated for the event by Trader Joe's were a reminder of the beauty that exists when we all come together to serve our unhoused Folsom neighbors. May our compassion continue to bloom!

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## LIZ EKENSTEDT UPCLOSE

### New President Interview

#### 1. How did you first get involved with HART of Folsom?

My involvement with HART of Folsom began as a volunteer for the Winter Shelter. I was so impressed with all of the services offered to folks without homes in the winter season. The shelter provided safe beds, showers, laundry services, clothing, hearty dinners, breakfast, and lunch to go. The volunteers I worked with were fully committed with generous hearts. We had the opportunity to get to know some of the guests and were moved by their endurance and ability to face each new day without a home of their own.

#### 2. As you begin your term as president, speaking in broad strokes, what are your thoughts on where you'd like to see HART of Folsom in three years?

As the president, I'm excited to continue the excellent work of the board. HART is in the process of expanding its mentoring program and transitional housing available in Folsom. Three years from now, I envision highly effective transitional housing in place serving our unsheltered neighbors, and continued implementation of a strategic plan that supports HART of Folsom's long term goals.

#### 3. Efforts to support people experiencing homelessness can be both incredibly rewarding and incredibly challenging. What helps you keep a positive approach, both for yourself and for the other volunteers in the organization?

Where do you find the reward in this work? The work of HART is a work of kindness, compassion, and hope. The work itself is where I find my positivity. It's the heart of the volunteers and the community in Folsom that lift me and support my efforts. There is so much concern and care for

those in our city that live without the comforts of a safe home. Helping our unsheltered neighbors is the ongoing reward.

**4. Partnerships and collaborations with other nonprofit organizations and community leaders can strengthen efforts to address challenges. What are your thoughts on partnership and collaboration opportunities in the region?**

Presently, HART of Folsom has partnerships with many faith based communities and participates in an alliance with Folsom City Hall and other nonprofit organizations in Folsom. So far, our collective efforts have made a significant difference for the unsheltered in our community. The opportunities to expand our partnerships and collaborations are bountiful. HART of Folsom is actively inviting more faith communities, civic leaders, and businesses to join our efforts. We are an inclusive non-profit and seek all who care about those experiencing homelessness to join us.

**5. What closing thoughts would you like to convey to HART of Folsom's supporters, donors and volunteers?**

HART of Folsom is on the move! We're strategically planning for further success in the community to realize our mission of helping people find independence and self sufficiency. Our fully dedicated board is collaborative, inclusive and open to all productive, solution oriented partners who desire to reduce the population of those experiencing homelessness in Folsom. We're so grateful to our steadfast supporters, donors and volunteers!

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**2024 WINTER SHELTER PREPARATION - VOLUNTEERS NEEDED**

Are you interested in being a part of the planning team for 2024 Winter Shelter?

Please contact Bev Siess at [bevsieess@HartofFolsom.org](mailto:bevsieess@HartofFolsom.org)

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**A successful Client's story:**

HART helps all that are experiencing homelessness. There can be a generalization that the people whom HART helps are in some form of drug abuse or mental health difficulties. And while HART is willing to help people at those times, that is not all of our clients.

Last year a young man called HART seeking some housing help. He was in an academic program that came to an end and they told him he had a short time to find other accommodations.

HART has a three stage process for interviewing and acceptance decisions. We want to be very diligent about the clients that are accepted to HART's program. The HART Mentoring Program is about Life Change. If you want to end your personal homelessness there has to be some level of personal responsibility and change.

Over the next week or so after he called, HART interviewed him, made the decision to accept him, got him a mentor and he moved into the HART trailers. He was working part time and had a car, these are the two most important factors to longer term success. He started working with his Mentor, his main issue was a large debt he had from some past business ventures. They created a budget and a plan for the debt holder.

A key area of HART's Mentoring process is for a client to engage with a Mentor who becomes a

positive person in his life by building a relationship. Most of the clients do not have positive, helpful people in their lives when they come to HART.

Using the debt plan and working with him in other life goals, he was able to restart his life with housing, and a better and higher paying job. He was able to move out about six months after joining the Mentoring Program. He was very motivated to get help with housing and life skills and do this with Mentors that were willing to help him down this path. Life is a team sport. For the HART program, the celebration is not when you move in, it is when you move out...

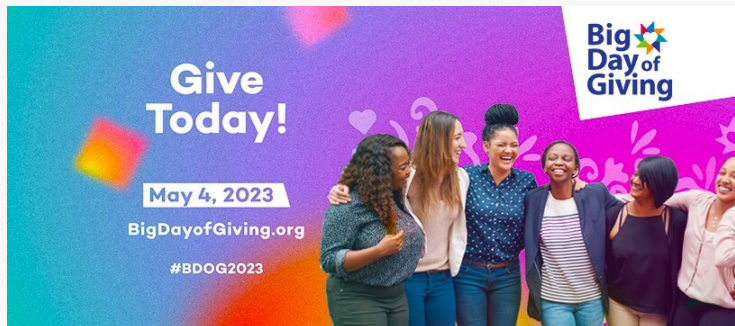
**Please look at your availability and see how you may be able to join in the HART efforts.**

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## VOLUNTEER JOB OPENINGS

Newsletter Manager Needed

- 1) Help with collection of newsletter articles from the board members and our support team.
- 2) Manager will utilize the MadMimi platform to organize and send the newsletter out monthly.



**Ready, set, GO!!**

**Big Day of Giving is finally here!**

[Give Now](#)

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Kind regards,  
Your Team at HART OF FOLSOM

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