



Sacred Heart Shelter

232 Warren Avenue North Seattle, WA 98109

Program of Catholic Community Services



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Heart•Beat

News From the Sacred Heart Shelter



Newsletter March 2011

Success Stories — Lonnie

Lonnie had been living in the streets before finding the warmth and safety of Sacred Heart Shelter. "Living on the streets was hard", Lonnie explained. "It was stressful to be on the street, especially being an older woman with health problems, I was always nervous." She explained, "At times I felt like I could no longer go on this way, I felt like I wanted to die." One cold night in November, Lonnie used what little money she had to get a good night sleep in a motel room. The next morning she made a call to Sacred Heart Shelter and was excited to learn that they had a bed for her. "I immediately liked Sacred Heart Shelter, I felt so relieved and grateful to be safe, have a proper meal to take my with my medications and most of all, I was treated like a human being, people didn't look down on me. The staff was friendly and helpful, I was so happy to be there".

After a few days of rest Lonnie met with the case manager Eve McCarthy and started working on housing applications and proper health care. Lonnie suffered from various health problems and had recently suffered a heart attack. While at

Sacred Heart she was able to see medical specialists, as well as get new eye glasses and help with some very painful dental problems.

Lonnie is now in her new apartment. "She worked hard to get her own apartment" case manager Eve McCarthy said. Lonnie always showed up for her appointments, was proactive and utilized all the services available to her. Lonnie continues to see her doctors and will soon be having a surgery that will greatly improve her overall health. She is getting settled into her new place and is anxious to get it all decorated with furniture and more. Lonnie is very grateful to everybody that helped her along her journey to health, safety and a place to call home.



Lonnie in her new kitchen



40 Seasonal Soups Cookbook

- | | | |
|-----------------------|-----------------|------------------------|
| • Canlis | • Voila Bistrot | • Brazino |
| • Ponti Seafood Grill | • Tilth | • Olivar Restaurant |
| • Le Pichet | • Union | • Matt's in the Market |
| • Macrina Bakery | • Le Pichet | • Lark |
| • Kaspars | • A&J Meats | • Taste |

40 Seasonal Soups is a cookbook of wonderful, seasonal soup recipes. The Seattle area's best chefs and restaurants, from local gems to those that are nationally renowned, contributed all of these delicious recipes. This user- friendly cookbook celebrates soup as the ultimate comfort food. Extremely versatile, soup can start, finish or headline any meal--and can range from luxuriously decadent to fundamentally basic, easily modified to fit any budget.

✂ Great Gift Idea!

COOK BOOK ORDER FORM

Yes! Please send me _____copy(s)
of 40 Seasonal Soups Cookbook

\$20

☐ Enclosed is a check for \$_____ Plus \$3.00 shipping per book

Name _____

Address _____

Phone Number _____

232 Warren Avenue North Seattle, WA 98109 • 206-285-7489

St. Patrick's Day Breakfast

St Bridget Church will be hosting a breakfast to benefit the Sacred Heart Shelter on St. Patrick's day, Thursday, March 17. All are welcome to attend this wonderful breakfast event celebrating the commitment and generosity of the St. Bridget congregation.



This is a great opportunity to learn more about SHS and the programs we offer. For more information about this event or to RSVP please contact Angie Michelle at (206) 285-7489.

Breakfast benefiting
Sacred Heart Shelter
Thursday, March 17, 2011
7:30-8:45 a.m.

St. Bridget Church
4900 Northeast 50th Street
Seattle, WA 98105

Please RSVP (206) 285-7489 or email
angiemi@ccsww.org

(There is no charge for this breakfast)

Donate Today!

Your tax deductible financial donations enable us to provide a safe, warm place for a homeless woman or family. Your gift of \$25 or more will greatly contribute to the safety and security of homeless families and women.

On-Line Donations:

Save a Stamp! To make an immediate and secure online donation:

<http://www.ccsww.org/site/shshelter>

Planned Gifts, Stock & Other Donations:

Sacred Heart Shelter also welcomes bequests and memorial gifts, as well as other types of support. Please contact Gillian Parke,

Program Director, at (206) 285-7489 to discuss a wide variety of ways to give.

Join us for a Tour!

Are you interested in knowing more about Sacred Heart Shelter? Call Angie Michelle at (206) 285-7489 to schedule a tour of the house and learn about volunteer opportunities for you or your family.

Cash & Check Donations:

The good old fashioned way! You can send a check donation via US Mail to or hand deliver to the following address:

Sacred Heart Shelter
232 Warren Avenue North
Seattle, WA 98109

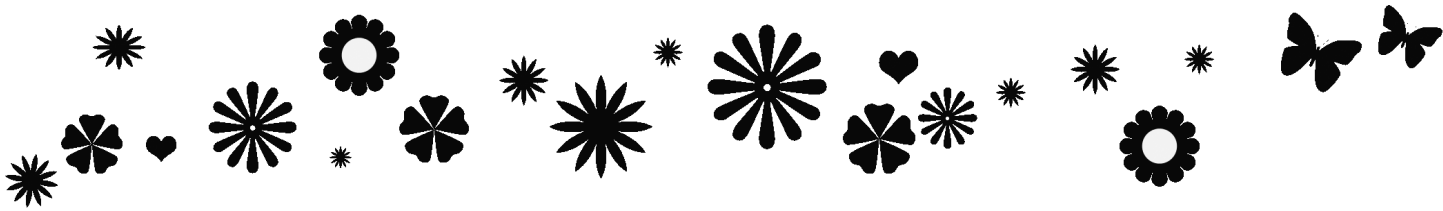
Thank You to All our Volunteers, Staff and Board Members

SHS Fundraising Board

Bradley Allan- Providence Health
Trudy DeSilets- SHS Chairperson
Danielle Green- SHS Volunteer Coordinator
Patrick Higgins- Community Member
Susie Jarvis- Community Member
Colin Klein- Microsoft
Elizabeth Kruse- Community Member
Angie Michelle- SHS Fund Developer
Jim Odom- Odom Corporation
Jim O'Neil- RBC Wealth Management
Gillian Parke- SHS Program Director
Walter Terry- Community Member

Contact our Staff at 206-285-7489 or Email! Us!

Gillian Parke-Program Director gillianp@ccsww.org
Angie Michelle-Fund Developer angimi@ccsww.org
Elissa Knight-Shelter Coordinator elissak@ccsww.org
Eve McCarthy-Case Manager evem@ccsww.org
Danielle Green-Resource Coordinator danielleg@ccsww.org
Kristina Grotts-Jesuit Volunteer Corps. NW kristinag@ccsww.org
Mimi Bayeh-Direct Service Advocate
Taffey Murray-Direct Service Advocate
Victor Velez-Direct Service Advocate
Jo Wolf-Direct Service Advocate



March Wish List and Volunteer Opportunities

Urgent Needs..

- **Paper Products, paper towels, toilet paper, facial tissues, Q Tips, female hygiene products**
- **Umbrellas**
- **Hand and power tools , hammer, drill nails screws, etc.**

For the Kids...

- Backpacks for school
- Play Doh
- Play Doh accessories
- Coloring books
- Crayons & colored pencils
- Diapers and pull-ups
- Construction paper
- Glue, scissors, glitter

For the Kitchen

- Cereal size bowls
- Rice Cooker
- New kitchen knives
- Measuring cups and spoons
- Large Teflon frying pan
- Sponges and dish towels
- Large serving bowls
- Crock Pot

Daily Stuff

- New twin size sheet sets
- Cleaning supplies
- Hygiene supplies
- New shower curtains
- Alarm clocks
- Bath, hand & wash clothes

For the Office...

- General office supplies
- Scissors
- Calculators
- Staplers
- Envelopes

Volunteer with us!

- Dinner cooks
- Children's program
- Office volunteers