

# HeartBeat

The Newsletter of Sacred Heart Shelter



**June 2010**

**Sacred Heart Shelter**  
**232 Warren Ave North**  
**Seattle, WA 98109**  
(206) 285-7489

## Summer Wish List Top 5!

1. Metro Bus Tickets
2. (10) 16" Oscillating Fans
3. (3) Bed Guard Rails
4. New Welcome Doormat
5. Pack and Play— Portable Play Pin

## We always need...

- Twin Size Comforters
- Hand Towels
- Wash Clothes
- Twin Sheet Sets
- Alarm Clocks
- Backpacks
- Dishwasher Detergent
- Cleaning Supplies
- Hygiene Supplies
- Liquid Hand Soap

## Sacred Heart Shelter Annual "Invest in People" Golf Tournament — Cancelled

We regret to inform you that the 2010 "Invest in People" Golf Tournament and Auction has been cancelled. It will come as no surprise to you that our economy continues to struggle. Thus, the financial commitment from our major sponsors did not come in at the levels we needed this year to underwrite this event. The "Invest in People" Golf Tournament has been our major fundraiser for many years. Last year's tournament raised approximately \$45,000 – almost 10% of our annual operating budget. This deficit combined with decreasing individual and grant donations will severely impact the shelter and we may be forced to cut back services and reduce staff.

**Please consider giving to the shelter EMERGENCY FUND by the end of our fiscal year on June 30, 2010 to avoid these cut backs. Thank you!**



## Summer Reading Program *by Kirsten Soto, MSW intern*

We are kicking off our Summer Reading Program for the kids at SHS! Participating kids will be reading up to 15 books over the course of the summer. Our goal is for kids to develop a passion for reading and share this interest with friends and family. SHS needs to replenish our library for the summer and is seeking book donations for every age and reading level, but especially for our older readers -- age 8 and up. Please donate quality, new or gently used books and share your favorite children's stories with our kids! Thank you!



## Family Reunification Room at SHS *by Elissa Knight, Shelter Coordinator*

Over the past couple of years our staff has seen an increase in calls from homeless parents who are seeking to be re-united with their children through CPS (Child Protective Services), as well as pregnant women who need a place to stay after giving birth. There are only a few emergency shelter beds in Seattle that can assist with these situations. We have the unique opportunity to offer a safe space for homeless parents to prepare for the arrival of their children or first baby. Sacred Heart has informally been doing this for a while, occasionally switching a single woman from the single's room to a family room when CPS reunified her family or she gave birth. We are happy to announce that we now have a space set aside for these unique situations! Referrals are starting to come in and our first family to use this space – a couple who stayed here for several weeks and then brought home a brand new baby – successfully transitioned from Sacred Heart to permanent housing!





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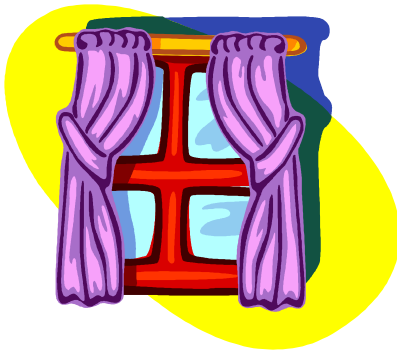
*A Program of Catholic Community Services of  
King County*



## Spruce up for Summer—Our windows need help!

Summer is here and it's time to open up the windows and let the fresh air fill the room! SHS needs a window makeover! Many of our windows are, broken, breaking, missing screens, and are in need of new blinds and cleaning. Please consider giving a donation to our Spruce Up For Summer window fund!

Thank you!



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## Emergency Kits Updated

By Blake D

The focus of Boy Scouts is to be prepared, so I decided to base my Eagle project on emergency preparedness. I met with our local fire department and learned that people in transition are most in need of emergency supplies. So, I called some local shelters and eventually met Danielle, the shelter volunteer coordinator, who said she would love to have their shelter's emergency supplies updated.

Fundraising was made possible with the help of Rotary, and I was able to purchase supplies from the staff at PrepareSmart ([www.PrepareSmart.com](http://www.PrepareSmart.com)), an online preparedness retail supplier based in Redmond. They were instrumental in making my dollars stretch further. The result of this effort is six family kits and seven individual kits, as well as several first aid kits and an emergency radio.

