

HeartBeat

The Newsletter of Sacred Heart Shelter



July 2010

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

Summer Wish List Top 5!

1. Metro Bus Tickets!!!
2. (5) 16" Oscillating Fans
3. (1) Bed Guard Rails
4. New Welcome Doormat
5. Infant Walker

We always need...

- Twin Size Comforters
- Hand Towels
- Wash Clothes
- Twin Sheet Sets
- Alarm Clocks
- Dishwasher Detergent
- Cleaning Supplies
- Hygiene Supplies
- Liquid Hand Soap
- Trash Bags
- Colored paper for crafts

Summer Volunteers Needed!!

Be a role model for children! Join a team of volunteers to work with children in a structured setting. Help create a fun, safe environment for children to build healthy relationships and explore ideas and feelings about themselves and others through play and activities:

Volunteer in the Children's Program: The nightly Children's Program is a big part of life at SHS, giving our children some quality playtime and giving the parents a break. Volunteer for just one night every week and help us keep this program going. Shifts are available Sunday-Thursday 7:00-8:30 p.m.

Be a Tutor: Even though school is out for the summer, you can still help a child to learn. If you're interested in tutoring in anything from math to guitar for toddlers or teens, join the tutoring program for kids at Sacred Heart!



Lead a Summer Activity: Do you like crafts? Make Play-doh? Enjoy jump rope? Whatever your talent, come on in and lead a Summer Activity for the kids at SHS!

Sacred Heart Shelter Participates in Project Cool!

At Sacred Heart, we want our families to have access to the kind of resources that can make the difference in quality of life—like enough school supplies and new school clothing for our children. Each year, Project Cool puts together good quality, brand-new backpacks full of school supplies and vouchers for brand-new school shoes for distribution to homeless children.



This year Sacred Heart is taking on collecting **Crayola colored markers, pencil sharpeners, and pink erasers**. SHS's part of the supply drive will run from May through July: Project Cool begins putting together the backpacks in the last week of July and hands them out in August. Last year Project Cool served almost 2000 homeless children in the Seattle area. That's a lot of backpacks—and a lot of colored markers! If you have time, please consider helping SHS and Project Cool to serve as many or more children in 2010. Every box of markers makes a difference. Help us to send these children to their first day of school feeling confident and ready. Supplies can be dropped off at Sacred Heart through the end of July or you can call us at 206.284.7489.



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*A Program of Catholic Community Services of
King County*



Spruce up for Summer—Our windows still 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!



Urban Soup (Formally called Soupline) Scheduled for Friday October 8th!

Sacred Heart Shelter's Annual Downtown Urban Soup event (formerly called Soupline) will be held at the Plymouth Congregational Church on the corner of 6th and University in downtown Seattle. The event will be held Friday, October 8th and begins at 11am to 2pm and will be filled with lively music from the Duwamish Mountain Band as well as delicious soups, breads and desserts from some of the best restaurants in Seattle!

The price for admission is \$15 and all proceeds go directly to the women, families and children we serve here at Sacred Heart Shelter who experience homelessness in the greater Seattle area. Be a part of something that makes a real difference in the lives of those in need and have a great time doing it. Remember to mark your calendars for October 8th, 2010 for this fantastic and yummy event!. If you are unable to attend the event, remember that you can also donate online at <http://www.ccsww.org/shshelter>.

