

Samaritan House News

Homeless Shelter For Women and Their Children



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A 'Light'er Perspective

As the holiday season nears, we tend to reflect over the previous year; counting our blessings and viewing the trials with hindsight. For us, 2017 held multiple surgeries and recoveries among our small staff, the loss of loved ones and friends, unexpected building challenges, and the experiences of heartbreaking and disheartening client stories that most only read about. And still, we consider our own lives as a whole and we realize how very lucky we are. We have family and friends and we plan events and give thanks for the warmth of our homes and for the food we will prepare and share with those we love; the simple things.

With faith, hope, love, encouragement, and taking the time to process and reflect, we find perspective. Burdens become blessings. Sometimes in life, we feel like we are continually treading water with no shore in sight. This is a hard place to be and a very dangerous one to stay in. It can be extremely dark. I'm certain some of you have experienced this so you can understand at least in some way, what it might feel like to add homelessness to the hurts and challenges of life – especially at the holidays. There have been times when we are talking to someone who is feeling very sad and/or unwanted, that we are able to point out how people who don't even know them, care enough to donate food, blankets and yes, even toilet paper to make their life easier. In a sense we are saying, "If you change the way you look at things, the things you look at will change." It isn't always easy. A tool we often use around here to put negativity in its place is lovingly called "The Alphabet." It's simple. You start with 'A' and name something you are grateful for; moving on to 'B', 'C', and so forth until you are able to gain a 'lighter' perspective. I once had a resident excitedly pull me aside the day after sharing this tool with her to let me know that she got all the way through the alphabet and halfway around again, but she got there!

As we have expressed many times, you, our friends in the community, make our work possible! You are such a huge part of our 'light'er perspective. You have blessed us with love, hope, and encouragement through your support spiritually, financially, and with your time. Countless hours were spent remodeling and refurbishing our bedrooms, bathrooms, and grounds; special meals were prepared, crafts guided for both children and adults alike, prayer support and educational groups held, and our pantries and storage rooms filled with the many items needed to support our residents throughout the year.

So, as we end this year, we would like to wish you all a meaningful, joy filled Holiday and know that we at Samaritan House love you just as you have loved us. God Bless!

Awareness Week

Hunger and Homelessness Awareness Week is an annual event, held the week before Thanksgiving. This is a time when people come together across the country to draw attention to the problems of hunger and homelessness. No one should have to worry about whether they will have food on their plate or a roof over their head. But, the reality is that hunger and homelessness are widespread problems that affect far too many. Countless people, right here in the United States, are living in poverty; forced to choose between even the most basic needs such as buying food, paying rent, or going to the doctor.

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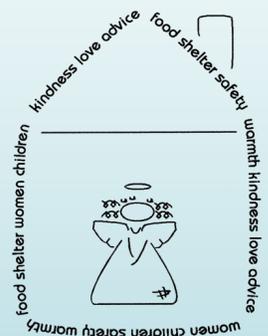
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"It was difficult for me to understand why they allowed their situations to escalate so far out of control. "

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(419) 222-HOME (4663)

samaritanhouselima.org



Transformations

By Chris Kirkendall

This past August we marked thirty years of serving homeless women and their children throughout Lima and surrounding counties. Many of you celebrated our anniversary with us and are familiar with the remodeling we have been doing since the Fall of 2015. For those of you who aren't as familiar with Samaritan House, or it has been a while since we have heard from you, here is a brief little summary. The 38-room building that houses our shelter was constructed in the 1880's to serve as the convent for St. Rose Catholic Church. In the 1940's, a house located on North West Street was moved a city block and attached to the rear of the original brick structure. For three decades we have maintained it the best we could. It is such a marvelous old building. It literally exudes character; every room has a story and we love every one of them. But we also had to recognize the importance of maintaining the integrity of this grand old building that is over 130 years old.

We relaunched our Adopt-A-Room project. During phase-one of the project, individuals, groups, churches and businesses adopted the seventeen residents' rooms. This project was a big undertaking but, with the help of many volunteers, the last room was completed in December of 2016 and we could not be more grateful for all the work that was done.

In 2017, we moved on to phase-two which involved fully renovating three bathrooms and the forth will be finished soon. Much has been accomplished in the past couple years because of generous donations and volunteer time from you, our friends and supporters.

As we look forward to 2018, we would like to continue the Adopt-A-Room program and address the common spaces of the shelter, e.g., living room, toy room, kitchen, etc. Future projects include flooring, plaster repair, painting and refinishing woodwork. Please let us know if you would like to be a part of these projects by giving us a call at (419) 222-4663 or by emailing us at sam-houselima@embarqmail.com. If you have not toured the shelter or, it has been a while, we invite you to schedule a visit. We would also like to encourage those who have adopted spaces in the past, to schedule a time to check up on your rooms.

The Adopt-A-Room project has not only changed the physical appearance, but also the energy and feeling in the house. While the rooms were being refurbished, many prayers were said for the residents as well as the staff and we can feel the difference! We really cherish the partnerships that were formed during this time. The transformation of the shelter reminds me of the transformation that occurs with many of our clients. They

come in worn, beat down, dealing with unfortunate circumstances and have the opportunity to restore their dignity, and independence with the ability to hold their head high; proud of their accomplishments.



Before Adoption



After Adoption

TOGETHER WE CAN AND DO MAKE A DIFFERENCE! WILL YOU HELP?

Please find my tax-deductible contribution enclosed for the following donation:

\$25 _____ \$50 _____ \$100 _____ \$250 _____ Other \$ _____

Name _____

Address _____

City/State/Zip _____

I am requesting a separate receipt for my gift.

Please note any person being recognized for a birthday, memorial, etc., along with their address. A separate acknowledgment will be sent to the recipient excluding the dollar amount.

With your support, over the past year alone, 14,991 meals have been served and 4,997 shelter units (one person, one night) have been provided to over 214 women and children.

The women and children of Lima's Samaritan House thank you!

Mail to: 328 West McKibben St. Lima Ohio 45801



Lima's Samaritan House

Why We Do What We Do

By: Marilyn Cipollone

Every so often, I am reminded of my early days at Samaritan House; when I was new to the field: the six years I was the case manager. At some point while working on my degree, I decided that I liked Carl Rogers' Person-Centered Approach of dealing with others, and was determined to treat every client with *unconditional positive regard* and always be *empathetic* and *understanding*.

It didn't take long for me to realize that there were times when what I was hearing horrified me. I needed to train myself in not allowing my expressions to betray my true emotions. Many of the women told stories of abuse and neglect. Their lives were truly unmanageable. It was difficult for me to understand why they allowed their situations to escalate so far out of control. Some were worse than others, even causing me to question my decision to work in the human service field. One particular woman, Judy (not her real name), street smart and shrewd, tested my patience over-and-over again. She forced me to develop a strategy that remains with me to this day.

I so dreaded the times I had to work with Judy, that I would pretend to myself that she was my favorite, *ever* client. I was role-playing and I played the part well. Gradually, her behavior actually began to change. I was seeing results. It was so exciting! I looked forward to our sessions! At the same time, I was trying to convince myself how special she was, I was convincing her that I sincerely cared about her. The exaggerated empathy and positive regard that began as role-play became genuine.

Unfortunately, Judy's addiction to drugs was more powerful than anything I could say or do. The streets won her back. She spent years living on the edge and finally ended up in prison. I thought of her many times and how in a roundabout way she helped me realize everyone, no matter how low they may have sunk, has a right to feel that they matter.

Then one day, out of nowhere, a clean and sober Judy stopped at the shelter to see me. After awhile, she asked for a copy of our 'Wish List.' She left with the list and returned with two fifty-dollar bills, saying it would be easier if I just used the money to buy some of the things we needed. I was truly touched.

When she left, she gave me a hug and said, "I never forgot that you believed in me and that you treated me with respect and dignity even when I didn't think I deserved either." Then she thanked me, gave me her phone number, offered to volunteer if we ever needed her, and left...

This is why I do what I do.

Awareness Week

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Wish List

Grocery Items: Boxed Meals & Mixes, Breakfast Bars, Butter, Cheese, **Coffee Creamer**, Cooking Oil, Eggs, Frozen Meat, Hamburger/Ground Sausage, Kid sized/snack sized fruit cups, Kids Snacks, Lunch Meat, Powdered Milk, **Regular Coffee, Sugar**

Office Supplies: **Copy Paper**, Dry Erase Markers & Erasers, Paper Clips-Large, **Postage Stamps**, Post-It Notes, Scotch Tape, **Thank-You Cards**

Household Items: All Purpose Cleaner (409, Kaboom, Etc.), **Baby Wipes**, Bathroom Cleaner, Extendable Swiffer Duster Wand and Refills, **Floor Cleaner**, **Furniture Polish**, **Gallon-Sized Storage Bags**, Food Storage Containers, **Large/XL & Kitchen Trash Bags**, **Laundry Baskets**, High Efficiency Laundry Detergent,

Oxi Powder, Paper Towels, **Spray Disinfectant**, Spray and Wash, **Toilet Bowl Cleaner**, **Toilet Paper**

Miscellaneous: 10 Pack Bus Passes (for client transportation), Bars of Soap, Bras 36DD, 38D, 38DD, **Conditioner**, Cold Medicine, Denture Cream, Full Length Mirrors (5), Insulated Lunch Totes, Kid's Lightweight PJ's, Liquid Hand Soap, Tooth Paste, Underwear-Ladies size 5/6

Wal-Mart/Meijer/Chiefs/Save Lot/ Ruler Foods/ Aldi's Gift Cards

Bold Items=Most Needed

Please see our website at SamaritanHouseLima.org For the most up to date list and links for some specific items that we have found to work best at the shelter.



Hunger & Homelessness Awareness Display at Trinity Park
Plates and houses were displayed to represent meals served and nights spent in shelters.

Locally, Our Daily Bread soup kitchen served 325 meals, and 90 people resided in four local shelters (Samaritan House, Family Promise, Crossroads and Lima Rescue Home) in a period of one week. These numbers do not count for other feeding sites and/or private shelters in our area.

For the first time since 2012, data shows an increase in total homelessness; a 4% increase in sheltered homelessness and a massive 40% increase in unsheltered homelessness.

Ways you can help:

- Volunteer at your area food bank or shelter.
- Donate to support local programs monetarily or with food or other needed items.
- Raise awareness about hunger and homelessness through your church, service club or community event.



Samaritan House

Samaritan House
328 W. McKibben St.
Lima, OH 45801
samaritanhouselima.org
Address Service Requested

NON-PROFIT
US POSTAGE PAID
LIMA, OHIO
PERMIT # 236



Mission Statement

Restoring personal dignity and independence to homeless women and their children by providing shelter, hope and guidance.

Vision Statement

Lima's Samaritan House, Inc. will be recognized as the community leader in providing quality service to homeless women and their children with integrity through empowerment, education, financial stability and networking.



Holiday Volunteers

December has always been such a busy time at the shelter. Along with meeting the needs of our residents and helping to make them feel at home for the holidays, we also receive a large portion of our total in-kind donations for the year. We can use your help. There are several volunteer opportunities available.

- Decorating for Christmas
- Sorting and putting away donations
- Leading a craft
- Decorating cookies with the residents
- Help with Adopt-A-Room

If you have never visited our shelter, we would welcome you to contact us and set up a time to tour. Please check out our website at SamaritanHouseLima.org for all the current volunteer opportunities. We couldn't do it without you!