



June 26, 2021



**Night
Without
a Bed**

“Homeless Hero” 2021 Participant Packet

Family Promise of Shenandoah County
PO Box 733, Woodstock, VA 22664
Phone: 540-459-4599
Email: dianepence@shenandoahfamilypromise.org
Website: www.shenandoahfamilypromise.org

LET YOUR IMAGINATION SOAR!!





Table of Contents

Corporate Sponsors	4
Why Participate in Night Without a Bed?	5
Quick Facts About Night Without a Bed	6
Homelessness in America	7
Quick Facts About FPSC & Homelessness	8
Sample Schedule for Night Without a Bed	11
Welcome to Night Without a Bed	12
Activities:	13
The Truth About Homelessness	14
I'm Hungry . . . What's for Dinner	19
Book – <i>A Shelter in Our Car</i>	23
Community Resources	24
Musical Homes	26
Making "Smart" Choices	31
Media Resources	34
Steps to Fundraising	35
Sponsorship Information	36
Night Without a Bed Sponsors	38

Corporate Sponsors



Barber D.M.E. Supply Group
We Pride Ourselves On Taking Care Of You - "Body & Soul"



Why Participate in Night Without a Bed?

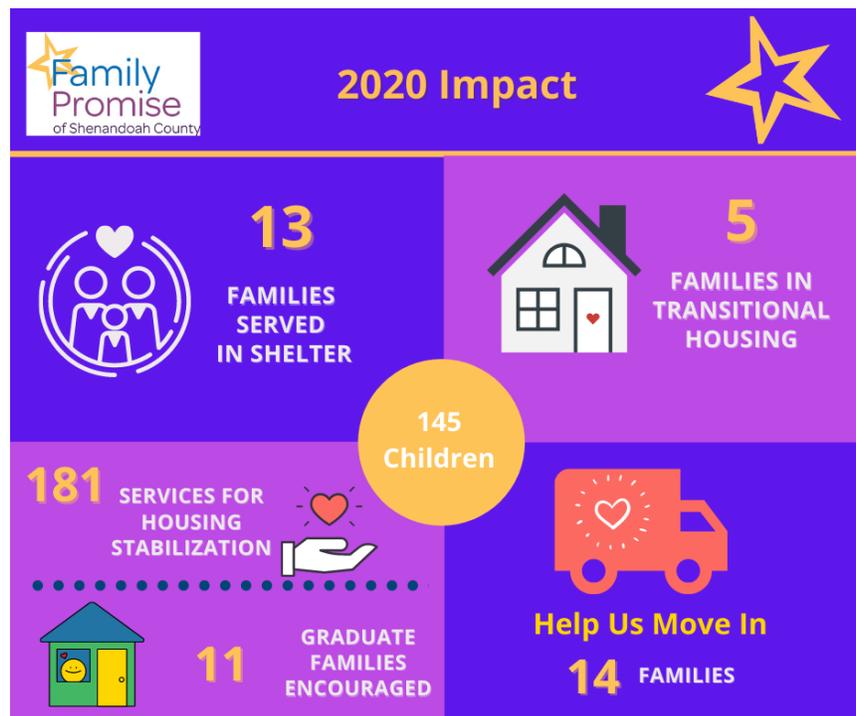
Night Without a Bed makes a meaningful impact. You will help raise awareness about family homelessness in Shenandoah County – and raise money to support children and their families facing homelessness.

Family Promise of Shenandoah County opened its doors in February 2016 and is the 200th affiliate of Family Promise based in Summit, NJ. We are celebrating FIVE YEARS OF SERVICE to our community this year.

We are excited to report our programs for assistance have evolved and expanded and currently include the following:

- **Prevention** – Keeping families housed
- **Diversions** – Finding alternatives to shelter
- **Shelter** – Providing short-term motel stays; transitional housing
- **Loaves & Compassion** – **Helping Other People Eat** – emergency food pantry

Groups can safely support FPSC this year while practicing social distancing outdoors during Night Without a Bed. Families and individuals can have a meaningful experience right at home!



QUICK FACTS ABOUT NIGHT WITHOUT A BED

WHO: Groups made up of individuals, families, churches, businesses, and community groups (following social distancing guidelines) who want to support Family Promise of Shenandoah County and bring awareness to homelessness in our community.

WHAT: Night Without a Bed is sponsored by Family Promise of Shenandoah County. Participants sleep outside safely in tents, boxes, makeshift shelters, cars or inside on a couch and raise donations for doing so. They are also invited to share in our virtual presentations the night of their sleep out.

WHEN: Saturday, June 26, 2021 OR you can pick your own date between June 19 and July 17, 2021.

WHERE: Wherever you can safely sleep out at your home . . . in your backyard, driveway or in your car. Church groups may use their parking lot. If inside is more your speed, try doubling up inside with no bed of your own, as many families experience when they live with family and friends.

HOW: Check out the resources in this participant packet and on our website: www.shenandoahfamilypromise.org.



Thanks for Being a Homeless Hero!

If you have further questions, contact:

Diane Pence
540-459-4599

dianepence@shenandoahfamilypromise.org

Homelessness in America

“What basic things do all human beings need to survive? We need love, food, clothing, education, and – very, very importantly—we need a safe place to live, a place to shelter us from rain, snow, sun and wind, a place where we can grow and blossom. But many children in this country do not have such a place.

According to the National Alliance to End Homelessness, about 3 million people in the United States don’t have homes at some time during the year. Close to half of these people are families with children. Some of them live on the street, some in shelters, in campgrounds, or with other family members or friends. And some, like the mother and daughter in this story, live in their cars.

Some people are homeless because they are ill or can’t find work, and so can’t afford a place to live. Many people who work hard every day find housing costs are more than they can afford. But whatever the reason, homelessness can be remedied. How can you help? Research the problem in your community and share what you learn with other people; find out about organizations that work with persons without homes and ask what you can do to help; work with your school to organize a clothing drive...Each one of us can be part of the solution to this very serious problem.”

Source: Monica Gunning, author of *A Shelter in Our Car*



QUICK FACTS ABOUT FPSC & HOMELESSNESS

- ★ The three most cited reasons for family homelessness are: 1) Lack of affordable housing, 2) unemployment, and 3) poverty.
- ★ Homeless families are often hidden from our view—they are living in shelters, cars, campgrounds, or doubled up in overcrowded apartments.
- ★ Only 25% of those considered eligible for federal housing assistance receive help, due to lack of funding.
- ★ The federal minimum wage is \$7.25/hour. It has not been raised since 2009.
- ★ FPSC serves families with children under the age of 18 in Shenandoah, Page, Warren, Frederick, Clarke, and Rockingham Counties as well as the cities of Winchester and Harrisonburg.
- ★ The majority of families served are from Shenandoah County.
- ★ Over half the households served by Family Promise of Shenandoah County are headed by single moms. Their average age is 32.
- ★ The average age of a child entering FPSC's program is 3.
- ★ 70% of families did not have jobs when they asked FPSC for assistance.
- ★ In 2018, 10% of Virginia's population lived below the **poverty level**. An additional 29% were **Asset Limited Income Constrained (ALICE)** – they are **households with income above the Federal Poverty Level but below the basic cost of living**.¹ **These families are most likely to seek help from FPSC.**
- ★ The National Average to rehouse a family is at least \$10,000. The cost to keep them housed is less than \$1,200.
- ★ Students experiencing homelessness are up to nine times more likely than their housed peers to repeat a grade.



¹ Virginia ALICE Report 2020:

[https://www.unitedwaynsv.org/sites/unitedwaynsv.org/files/2020ALICEReport_VA_FINAL%20\(1\).pdf](https://www.unitedwaynsv.org/sites/unitedwaynsv.org/files/2020ALICEReport_VA_FINAL%20(1).pdf)

What does it cost to afford the basic necessities?

The average ALICE Household Survival Budget in Virginia was \$29,580 for a single adult, \$31,752 for a single senior, and \$78,528 for a family of four in 2018 – significantly more than the Federal Poverty Level of \$12,140 for a single adult and \$25,100 for a family of four.



Household Survival Budget, Virginia, Average, 2018			
	SINGLE ADULT	SENIOR (1 ADULT)	2 ADULTS, 1 INFANT, 1 PRESCHOOLER
Monthly Costs			
Housing	\$935	\$935	\$1,207
Child Care	\$-	\$-	\$1,204
Food	\$277	\$236	\$839
Transportation	\$319	\$275	\$777
Health Care	\$230	\$470	\$877
Technology	\$55	\$55	\$75
Miscellaneous	\$224	\$241	\$595
Taxes	\$425	\$434	\$970
Monthly Total	\$2,465	\$2,646	\$6,544
ANNUAL TOTAL	\$29,580	\$31,752	\$78,528
Hourly Wage*	\$14.79	\$15.88	\$39.26

*Full-time wage required to support this budget



Thank you for giving us a hand up!!

PREVENTION



SHELTER DIVERSION

Keeping families out of shelter is good public policy and good fiscal policy.



RENTAL ASSISTANCE

With HUMI, we have helped 1,000 families, including 2,500 children, since 2016.



TRANSPORTATION

Gas cards, bus passes, & car donations help families get to jobs and school.



SHELTER



HOSPITALITY

200,000 volunteers create a temporary home for the families we serve.

CASE MANAGEMENT

Our 200+ Affiliates provide comprehensive guidance and resources.



COMMUNITY ENGAGEMENT

6,000 congregations & organizations serve families at 1/3 traditional shelter cost.

STABILIZATION

HOUSING

Innovative solutions like tenancy training, rapid-rehousing, & home ownership.



FINANCIAL CAPABILITY

Creating the foundation for sustainable financial independence.



CAREER PATHWAY

Preparing families for professional success in a rapidly changing economy.



A Child's
Future Begins
At Home

A holistic solution to family homelessness 

SAMPLE SCHEDULE

* Schedule may be modified based on your group's needs.

4:00 PM	Set up sleeping area
5:30 PM	Dinner
6:00 PM	The Truth About Homelessness
6:45 PM	I'm Hungry . . . What's for Dinner?
7:45 PM	Bathroom Break
8:00 PM	Book – <i>A Shelter in Our Car</i> /Snack/Discussion
8:30 PM	Musical Homes
9:30 PM	Making “Smart” Choices
10:00 PM	Night Without a Bed Group Conclusion
10:30 PM	Lights Out/Movie Option

Welcome to Night Without a Bed

Thank you for participating in Night Without a Bed. We appreciate that you want to learn more about homelessness in our community while helping raise funds to assist families with children who are in need.

We want you to have fun during this homeless experience, but please take the time to reflect on why you are doing it. Ours is just a simulation so think about people who DON'T have the luxury of going home, getting warm or cool, taking a shower and getting a good, restful night's sleep. There is no way we can duplicate the homeless experience, but we can all try to simulate it so that our Night Without a Bed has value and meaning to us.

Enter into this with your senses wide open. You will have a new perspective on sounds, the weather, your comfort, etc.

When you go home, please keep our families in mind. Pray for them. When you meet someone at school or in other circumstances who are experiencing homelessness, remember this night and think about what they may be going through.

Sincerely,
Jody Mumaw & Diane Pence
Co-Chairs, NWAB

Night Without a Bed Activities

Make the most out of NWAB by taking part in these activities! Stay safe and be sure to follow the recommended CDC/state guidelines to protect against COVID-19+variants.

*Feel free to pick and choose from these activities to suit your needs. Whether you are a youth leader/pastor leading a group of youth from your church, a family participating in your home/backyard, or a single participant sleeping in your car, these activities can be adapted to accommodate all "Homeless Heros."

1. The Truth About Homelessness Worksheet
2. I'm Hungry . . . What's for Dinner?
3. Book Activity – *A Shelter in Our Car* by Monica Gunning
4. Musical Homes
5. Making "Smart" Choices



The Truth About Homelessness Worksheet

Time: approx. 30-45 minutes (dependent upon amount of discussion)

Materials: 1 worksheet per participant, pencils/pens

- **Distribute the 10 True/False worksheets and pencils. Ask each participant to complete it. (5 minutes)**
- **Once participants are finished, read each statement aloud and ask for a show of hands as to who thought the statement was true/who thought the statement was false.**
- **Use “The Truth About Homelessness Worksheet Answer Sheet” to share the correct answers and information regarding each statement. Allow for participant questions and discussions that come about as a result of the “truth about homelessness.”**
- **You can also use this time to include additional information about homelessness and why people experience homelessness. See pages 6-8.**



The Truth About Homelessness Worksheet

***Circle true or false for each of these statements.**

1. There are people who don't have a home in Shenandoah County.

True / False

2. People choose not to have a home. They could get a home if they wanted.

True / False

3. All people without a home sleep on the street.

True / False

4. There are children in Shenandoah County who don't have a home.

True / False

5. People without homes are lazy and don't work.

True / False

6. It would be cool to have no home because you can go anywhere and do anything that you want to do.

True / False

7. All people who don't have a home are addicted to drugs or alcohol.

True / False

8. Homelessness only happens in big cities.

True / False

9. If we had more homes then there would be no homelessness.

True / False

10. There is nothing we can do about homelessness.

True / False

Adapted from: Cambridge Action on Homelessness Group (2009). Myths and Facts about Homelessness.

The Truth About Homelessness Worksheet Answers

1. There are people who don't have a home in Shenandoah County.

True. Even though homelessness in rural areas isn't as big an issue as urban/city areas, there are homeless people/families in Shenandoah County. See pages 6-8 for statistics. This does not include people who choose to hide their homelessness by staying with friends or family and not seeking help from shelters or other agencies.

2. People choose not to have a home. They could get a home if they wanted.

False. No one chooses to be homeless. Most people are shocked when it happens to them. Most people who don't have a home want one. However, it is very hard to find a safe home that people can afford.

3. All people without a home sleep on the street.

False. People who sleep outside are just part of the total group of people who don't have a home. Some people stay in emergency shelters. Other people stay in their car or with a friend or family member—this type of homelessness is called “hidden homelessness.”

4. There are children in Shenandoah County who don't have a home.

True. There are people of all ages and genders who don't have a home in the Shenandoah County area. There are also children who experience hidden homelessness.

5. People without homes are lazy and don't work.

False. People who have no home often have to work very hard to find places to eat and sleep. Also, many people who don't have a home want to get jobs. Some people who don't have a home have jobs. Other people have a hard time finding a job because of lack of affordable childcare, second and third shiftwork with no babysitter available, they don't have a vehicle and there is a lack of public transportation, or because of their own or their children's health issues.

6. It would be cool to have no home because you can go anywhere and do anything that you want.

False. When you have no home it is very hard to find places to eat, sleep, and shower. It is also hard to find transportation. People who don't have a home also have to think about their safety.

7. All people who don't have a home are addicted to drugs or alcohol.

False. Some people who don't have a home use substances like drugs or alcohol. Many other people without a home do not use substances like drugs or alcohol.

8. Homelessness only happens in big cities.

False. There are people who have no home everywhere. In smaller towns and rural areas there are fewer formal programs like shelters to help people who don't have a home. In these areas, people might experience "hidden homelessness". In cities, people who don't have a home can more easily find emergency shelters and supports for their housing.

9. If we had more homes there would be no homelessness.

False. To end homelessness, people need more than just stable homes. They also need income and supports. People need a safe and secure home that they think is right for them. They also need enough income to meet their basic needs, such as shelter, food, clothing, and transportation. People also need different types of support, from friends and family and other people in the community to keep their homes for a long time. Homelessness can be ended with these three things—housing, income, and supports.

10. There is nothing we can do about homelessness.

False. Everyone has a part to play in ending homelessness. Students can help by writing letters to leaders asking them to end homelessness. You can also donate your time to an organization which helps the homeless. See pages 24-25 for community resources. These organizations also need donations of supplies like toiletries, cleaning products, paper supplies and food. Finally, you can tell others about why people don't have homes and the things that can be done to make sure that everyone in Shenandoah County has a home.

References: Cambridge Action on Homelessness Group (2009). *Myths and Facts about Homelessness*.

What is Homelessness and Why Do People Experience Homelessness?

What is homelessness? According to the Oxford Encyclopedia of Social Work, homelessness is formally defined by the United States government as when a person “lacks a fixed, regular, and adequate nighttime residence, and if they sleep in a shelter designated for temporary living accommodations or in places not designated for human habitation.”

People are **at-risk of homelessness** when their housing is unaffordable, unsafe, overcrowded, insecure, inappropriate, or poorly maintained, and when they lack the support necessary to maintain stability in their lives.

People experience **hidden homelessness** when they are living in temporary accommodations such as with family or friends.

People experience **absolute homelessness** when they are staying in emergency shelters or sleeping in places not intended for living (i.e., in cars, on streets, under bridges).

Why do people experience homelessness?

Poverty is one of the main causes of homelessness. People who are without adequate housing, income and support are more likely to fall into homelessness. They do not have resources that help them to maintain stability in their lives following a **catastrophic event like a car accident, illness or loss of employment (also known as “trigger events”)**. For others, it may not be so much a “trigger event” as a **“tipping point”, when the slow buildup of increasing debt, and/or personal issues reaches a breaking point**. People can avoid losing their housing by ensuring that where they live is affordable and by staying connected to the support they need to maintain stability in their lives.



I'm Hungry...What's for Dinner?

*This activity causes participants to consider the “food” aspect of being homeless...food from a food pantry/plan a meal/how to prepare it with limited resources and what can be done to improve “what’s in the food box.”

*This can be a whole group activity or participants can be divided into groups. If you choose to divide participants into groups, then each group could have a box of food, either with the same food items or different food items. See list of FPSC emergency food pantry items on page 20.

Time: 1 hour approx.

Materials:

Box or boxes of food typically given out at a food pantry

What's For Dinner? Sheet (one per group or one per person), pencils/pens

- Set the box/boxes of food on a table where they are visible to the participants.
- Ask participants what they think the box/boxes of food represent. (The box represents food that is typically given out at food pantries.) Take each item out of the box and hold it up for participants to see. *If you plan to complete this as a whole group activity, then leave the food items out on the table so that they are visible to the group. You may want to preselect a “home scenario” listed below in order to direct the group’s thinking as to what and how to prepare a meal for the Johnson family.
- Distribute I’m Hungry...What’s for Dinner sheets and pencils/pens.
- Read the information on the sheet aloud...participants will plan dinner using the food from the food pantry box and explain how they will prepare the meal based on the family’s living situation/home. *If dividing participants into groups you can do so at this time. Assign each group a “home” from this list:
 - Their car which is parked in the Walmart parking lot
 - A tent in the Shenandoah National Forest
 - Sharing one bedroom at mom’s friend’s apartment but have use of small kitchen
 - Under the bridge at Columbia Furnace near Larkin’s Grocery store
 - A room at the Budget Inn in Woodstock.

They will need this information as they plan their meal as well as explain how they will prepare it, such as using a microwave, stove, grill, fire/firepit, etc. Participants may come up with very creative ways in which to prepare the meal.

- Whole group or small groups complete the activity.
- If working in small groups, give a reasonable amount of time for completion. Then allow each group to share with the whole group where their family lived and what they had for dinner.
- Additional questions for discussion if time permits...
 - a. What were some of the things that you needed that you either didn’t have access to or it was very difficult to access?
 - b. What suggestions do you have for food pantries as to food items or food prep issues that perhaps they can take into consideration when stocking their pantries?
 - c. Are certain foods more “homeless” friendly? Boxed vs. Canned, microwavable, pull-tab tops, pouches?

d. Are there things that you take for granted when fixing/eating a meal? What?



Items for Food Boxes

Cereal/Instant Oatmeal
Pop-Tarts/Breakfast Bars
Pancake Mix (Shake & Pour)/Frozen Waffles or Pancakes/Syrup
Frozen Breakfast Sandwiches/Lunchables
Peanut Butter or Cheese Crackers
Fruit Snacks/Fruit Cups (individual size)
Canned Fruit/Apple Sauce
Canned Veggies (corn, green beans, etc.)
Bread/Peanut Butter/Jelly
Canned Tuna/Chicken/Vienna Sausages
Lunch Meat/Sliced Cheese
Taco Shells/Seasonings/Shredded Cheddar Cheese
Boxed Macaroni & Cheese
Sloppy Joe Mix
Spaghetti/Spaghetti Sauce
Canned Ravioli/SpaghettiOs
Instant Mashed Potatoes/Gravy Mix
Chicken Nuggets/Hot Pockets
Frozen Pizzas (individual size)
Canned Soups (tomato, vegetable, chicken noodle, etc.)
Mayo/Mustard (small sizes)

I'm Hungry...What's For Dinner?

You are a member of the Johnson family. You are homeless. Currently, you are living

_____.

Your family consists of four people...your mom, dad, your sister (age 9) and you (age 14). Your mom just went to the local food pantry and returned with a box of food.

In the food box is:

Using the food items listed above, plan dinner for your family. You must also take into consideration what you have available to use to actually “prepare” the meal. Do you have access to a stove? Microwave? Grill? Fire/fire pit? Other?

What's for dinner?

What are some things that you needed but didn't have access to? Lack of these things may have affected what you had for dinner and how you prepared it.

What did you learn from this activity?

Book Activity

A Shelter in Our Car by Monica Gunning

Time: 30 minutes

Materials: <https://www.shenandoahfamilypromise.org/future-events>

- Tell participants that they will be listening to a book being read, entitled *A Shelter in Our Car* by author Monica Gunning. Discuss what the word “shelter” means and why people need shelter. (A protective covering that provides protection from the weather, a structure that provides privacy and protection from danger, something that provides cover or protection as from weather or danger, a structure that provides privacy and protection from danger)
- Listen to the reading of *A Shelter in Our Car*
- Questions for discussion...
 - a. What did you learn about being homeless that you had never thought of before? (some answers include: noises/bright lights making it difficult to rest/sleep, how will I bathe/shower, being picked on by the kids at school, how will I do my homework, missing things that you had from your previous home)
 - b. What do you think the last sentence in the book means? “Then I snuggle closer and fall asleep, knowing that, with or without an apartment, I’ve got Mama and she’s got me.” Do you think love and companionship are as important as shelter? Why or why not?
 - c. What would you miss most about your home if you suddenly became homeless?
 - d. What programs are in our community to help homeless families/people? See list on pages 24-25.

Community Resources

Organization	Contact Info	Type of Assistance
A Small Hand	Pantry is located in Edinburg Christian Church 210 Center Street, Edinburg Administrative Address is: P.O. Box 132 Toms Brook, VA 22660 Website: www.svlm.org Email: Shenvalleylm@gmail.com	A specialist pantry for Shenandoah County infants (newborn to 3 years old.) Children and infants who are currently enrolled in the government-supported Women, Infant, & Children (WIC) program can visit A Small Hand twice a month. They will be offered a two-week supply of disposable diapers and wipes, along with additional items as they are available: clothes, food, formula, hygiene items (shampoo, lotion, etc.).
Centralized Housing Intake	Woodstock Office 109 N. Main Street Woodstock, VA 22664 Phone: 540-459-3212 Fax: 540-459-3235	Centralized Intake specifically focuses on providing housing assistance to those who are homeless or at risk of becoming homeless. There is no eligibility criteria to call Centralized Intake. However, the agencies in which Centralized Intake makes referrals have their own sets of eligibility criteria. When someone calls or visits Intake, he or she will be asked various questions to determine which agency would be the best fit for that client.
Dept. of Social Services – Shenandoah County	494 N. Main St., Suite 200 Woodstock, VA 22664 Phone: 540-459-6226 Fax: 540-459-6223	Shenandoah County; financial and medical assistance, SNAP, adoption, foster care, child and adult protective services, TANF
Lydia’s Clothes Closet	137 E. King Street Strasburg, VA 22657 Phone: 540-465-1905 E-mail: lydiasclothesinc@gmail.com	Shenandoah County, providing assistance in time of crisis (house fire or displacement) in the form of goods. Fostering a spirit of volunteerism in youth.
People, Inc.	135 South Main St. Woodstock, VA 22664 Website: www.peopleinc.net Phone: 540-459-9096 Fax: 540-459-8732 E-mail: info@peopleinc.net	Northern Shenandoah Valley service area includes Clarke, Frederick, Page, Shenandoah and Page counties. Service includes various programs including capacity building, technical assistance, affordable rental housing, housing counseling, business development and loan services. Also offers free income tax preparation.
Response, Inc.	P.O. Box 287 Woodstock, VA 22664 Website: www.responseva.org Office Phone: 540-459-5599 E-mail: response@shentel.net Hotline: 540-459-5161	Men, women, and children who are victims and survivors of domestic violence, stalking or sexual abuse.

Shenandoah Alliance for Shelter	109 N. Main Street P.O. Box 386 Woodstock, VA 22664 Website: www.allianceforshelter.com Phone: 540-459-3212 Fax: 540-459-3235 E-mail: SASED@Shentel.com	Shenandoah County residents. Provide temporary financial rental assistance through several housing programs. In partnership with the Salvation Army, administer utility assistance to Shenandoah County residents who have a disconnection notice.
Shenandoah County Pregnancy Center	28 Cedarwood Lane Edinburg, VA 22824 Website: https://hope4future.org Phone: 540-984-4673 Text after hours: 430-335-3164 Email: info@hope4future.org	Shenandoah County. Options are discussed for parenting, adoption, and abortion. To talk about any of these options, call or text.
Strength in Peers	9560 S. Congress Street New Market, VA 22801 Website: www.strengthenpeers.org Phone: 540-217-0869 E-mail: services@strengthenpeers.org	Shenandoah County and Page County. Provide peer support services to individuals experiencing substance use, mental health, and trauma related challenges. Services include a drug and alcohol recovery program, transportation, home visits, and medication assistance.
Valley Assistance Network	411 N. Cameron Street, #210 Winchester, VA 22601 Website: www.unitedwaynsv.org/van Phone: 540-773-3178 E-mail: van@unitedwaynsv.org	The Valley Assistance Network (VAN) is a program of United Way of Northern Shenandoah Valley, serving the City of Winchester, Frederick, Clarke, Shenandoah, and Page counties. VAN is primarily a resource and referral agency designed to help families navigate community resources. Services offered include community education, financial assistance, food assistance, health services, housing services, and organization and planning.

Musical Homes

***This activity will help participants identify the different situations that families experiencing homelessness may encounter.**

Time: 45 min. – 1 hour approx.

Materials: copies of homelessness scenarios – 1 scenario per participant, chairs (enough for every participant), music CD and CD player or any device that plays music

- **Ask the group if anyone remembers the childhood game “Musical Chairs.” Solicit responses of how it is played. Set up the chairs in a line, back to back as you would in a game of musical chairs.**
- **Distribute scenario cards (pages 27-30) to participants. *Some of the scenarios actually happened to guests of Family Promise. Don’t announce this to the group yet.**
- **Have students independently practice reading their card dramatically. Encourage them to take on the role of the character they were given. Allow 5-10 minutes for participants to read/practice their scenario.**
- **Introduce the dramatic game “Musical Homes.” This is played like musical chairs. When the music stops, participants are to find a chair safely. Let them know that every chair in this game represents a home for someone. Remove one chair each round.**
- **Start the music on the CD player. When the music stops, the participant without a chair is the “person who has no home.” The person without a chair will read their scenario dramatically, playing the role of the “person who has no home.” They will then sit on the sideline until the game is complete.**
- **Ask participants to rearrange the room, and sit in their normal seats. Lead a discussion to conclude the activity. Choose from any of the questions below or add your own.**

1. Ask for volunteers to tell how they felt during the game and why.

How did it feel to take on the role of a character that didn’t have a home?

What parts of your character did you relate to and why?

What did you learn about people who don’t have a home?

What would it feel like if it wasn’t a game and it was real?

2. What characters do you remember?

3. How do you think the characters in the scenario cards feel?

4. Tell the participants that five of the scenarios were true...The scenarios were actual experiences of Family Promise guests. Any guesses which stories were true for FP guests? *True stories are Scenarios 2, 6, 10, 13 and 15.

5. Discuss how people may become homeless (i.e., loss of job, family breakdown, or being evicted).

6. Discuss ways to help people who don’t have a home. Have participants read a couple of scenarios that they found interesting. Identify ways in which the specific character could be helped.

Musical Homes Scenarios

Scenario 1:

I'm 12 years old. My brothers are seven and eight and my sister is three. It's just my mom and us kids. Landlords tell my mom they will not rent to families with more than three children. My uncle lets us sleep on the floor in his apartment. My brothers and I miss a lot of school because we don't sleep very well at night. My back hurts and my uncle is up at night making noise so I can't sleep. When I do go to school my teacher gets upset at me a lot for not paying attention. I try to pay attention in class but she never sees me trying. I am just so tired.

Scenario 2:

I am a 65-year old grandmother. I've had cancer and a heart attack. My son is in jail, and his wife does drugs. She decided she didn't want to be a mom anymore and dropped off my three grandchildren for me to take care of. They are ages 3, 2 and six months. I live in a one room apartment and the landlord said we can't live here any longer. I have a car, so we are going to have to live in it. I'm worried because it is winter.

Scenario 3:

I am 10 years old. My dad hurt his back last year and can't find a job. We have lots of medical bills. My mom works at Subway but doesn't earn enough for us to have our own apartment. We had to move out of our last apartment because we couldn't pay the rent. We live in our car now. Other kids at school talk about friends and sleepovers and parties and all I can think about is where I will be taking a shower tonight.

Scenario 4:

My dad left us last year. I'm nine, my sister is two and the baby is six months old. The landlord told us we had to move out. My mom wants to work, but she has nobody to watch us so she can go out and look for a job. We live in our car. Sometimes my mom leaves us alone at McDonald's so she can go to an appointment. I try to do my homework there.

Scenario 5:

I'm seven. My mom, my sister, and I live with Grandma in her apartment. It's pretty crowded with all our clothes and everything. We just found out that we can't stay there very much longer because Grandma is going to move to a retirement home. I wonder where we will live now?

Scenario 6:

I'm 12 years old and have a twin brother. Our parents are divorced. I live with my mom and my brother lives with our dad because my mom can't handle him. I miss my brother. Dad is remarried and his wife has kids. There is no room for me there. Mom and I live in a trailer out in the country that doesn't have electricity or heat because we can't pay the bills. My mom doesn't have a job or any money. We don't have a car. It's winter and we can't stay here, but we don't know where to go.

Scenario 7:

I'm 8 and my mom is a single mom. She works in a Laundromat and only makes \$8.00 per hour. The owner lets us sleep in the Laundromat at night because we don't have enough money to rent an apartment. I don't tell any of my friends at school this. I don't think that my teacher even knows. I am embarrassed.

Scenario 8:

I'm 14. I love to play basketball. When I was at school the other day I tried to join in on a basketball game that other kids on the playground were playing. They didn't let me play. They said that I stink and am dirty. It is hard to keep clean when you have to share a bathroom with lots of other families. I live in a shelter. Sometimes I don't get to use the tub for a week. I almost never get my laundry done as my mom never has enough quarters. I just wish we had our own place.

Scenario 9:

I am in third grade. My birthday is coming up next week. At my school we are supposed to bring in treats for the class when it is our birthday. Teachers say we don't have to but every kid does. I know my mom can't get treats for my class. We are living in a shelter and my mom is saving up to get her own place. Maybe I will just say I am sick on my birthday so I don't have to go to school.

Scenario 10:

I am 2 years old. I've been living in a foster home while my mom went to drug rehab. She just got out, and the social worker told her she could get me back right away if we go to a family shelter. I'm happy to see my mom, but I'm scared about where we are going.

Scenario 11:

My dad and I don't need anyone. I am 12 years old and I live with my dad in a tent by the river. When I go to school I get picked on almost every day, but I don't care. I won't be at that school long anyway because I will be moving into my new place soon. My teacher complains that I don't finish my homework but I won't have to deal with her soon when I move. Why should I care what she thinks? She doesn't care that I live in a tent. She gives me these projects where I have to go to the library and research things. I can't get a library card because I don't have an address and it is really hard to keep everything dry when it rains. In a couple of weeks, I am sure that I will have my own place with my dad.

Scenario 12:

I am 6 years old. I was at my school library with my class yesterday and wanted to take out this great book on insects. It had a lot of nice pictures in it. The librarian told me that I couldn't take the book home because it is very crowded where I live and the book could get lost. I live at the shelter down the street. Everyone else got to take 2 books home but I had to keep mine in the library. That's not fair! I promised her that I would take care of them but she still wouldn't let me.

Scenario 13:

I am 2 years old. My twin sister and I are living with my dad – he keeps us in the playpen all the time and doesn't take good care of us. We want to be with our mom, but she is living in her car. She works at a convenience store and wants to get her life back on track. We miss her so much!

Scenario 14:

I'm in eighth grade. We've moved so many times . . . I've gone to 10 different schools. We keep living with my mom's friends, until they get tired of us. I'm not a very good reader, and I have a lot of trouble understanding math. I get mad a lot at school, and I'm always in trouble. You'd be mad, too, if you didn't get to stay in one place long enough to make friends. I just wish we could have our own place, instead of just staying with my mom's friends.

Scenario 15:

I'm 8 years old. I've been living with my mom and stepdad in a tent in the George Washington National forest most of the summer. It's kind of cool – at night we can put the flap up and look at the stars. But if you forget to put the flap down and it rains – that's not so great. School will be starting in two weeks. I like school and I'm a good student. I don't know where we are going to live or where I am going to go to school. I'm worried.

Making “Smart” Choices

Use this simple, yet powerful, poverty simulator to communicate the struggles faced by individuals and families living at or below the ALICE threshold. A series of scenarios will prompt participants to make the difficult choices ALICE is up against each day. Food or health insurance? Cell phone or car? Rent or childcare? What choices will you make and how might you be inspired to LIVE UNITED?

YOU’LL NEED

People: • 1 facilitator • Any number of participants - You can work in pairs—may form a trio if there is an odd number - Works best if seated at a table or desk Time: 10-20 minutes (longer if you want to add discussion)

Supplies: • 15 “credits” per person (Tip: Smarties candies come in rolls of 15)

SET-UP

1. Distribute “Making Choices” worksheets
2. Distribute one roll of Smarties candies (or substitution). Instruct participants not to eat their candy.
3. Use the script that follows to prompt participants through the activity.

SCRIPT

This activity will help us better understand the difficult choices some families are forced to make.

Think about how you can help be part of the solution. You might be thinking to yourself, “What does living in poverty mean exactly?” In 2020, for a family of four, poverty is federally defined as having an annual household income at or below \$26,200. Approximately 11% of Shenandoah County residents were living in poverty in 2018. Unfortunately, this number doesn’t tell the whole story. They ignore ALICE. ALICE stands for Asset-Limited, Income-Constrained, Employed and refers to working folks with incomes that are above the federal poverty line, but still aren’t enough to make ends meet. 40% of Shenandoah County residents are below the ALICE level. Many of our friends and neighbors are fighting to survive. This activity allows you to take a closer look at what ALICE lives might be like, and the tough choices they face.

STEP 1: CREATE YOUR MONTHLY BUDGET

Let’s set the stage: You are the Johnson family. You and your spouse live together and have two children, ages 3 and 10. You work 20 hours per week while earning an associate’s degree. Your spouse works 40 hours per week. You both earn \$12.00/hour bringing your family’s income to \$37,440 (before taxes).

Unwrap the candies. They represent your monthly paycheck/budget. Place one candy in each square of your credit bank.

There are two basic rules for this simulation:

- 1.) You must spend either 1, 2, or 3 credits in each row, depending on what’s most important to you.
- 2.) You may not skip a row. All expenses must be accounted for in your budget. Take the next few minutes to make your first round of choices. Remember, you can’t skip any rows!

(This should take about 3 minutes. Give a warning when there's 1 minute left and again when 30 seconds are left.) Okay. Stop for now. You've budgeted the best you could. (If there's time, ask how this budget makes people feel.)

UNEXPECTED EXPENSES

You have a severe pain in your tooth, and you can't remember the last time you received dental care. After visiting the dentist, you learn you need emergency surgery. Take a look at your budget. What healthcare choice did you make? If you chose "Convenient" and pay monthly premiums for your full family already, your out-of-pocket expenses for this surgery will be less. Remove 1 credit and place it back in the credit bank. If you chose "Limited" or "Difficult", you don't have insurance to cover this emergency and will have to pay entirely out-of-pocket. Remove 2 credits and place them back in the credit bank. Using the funds available to you, and not those in your credit bank, re-budget your monthly expenses. (This should take about 2 minutes. Give warning when there is 1 minute left and again at 30 seconds.) Okay. Time's up. You've done the best you can, but another unexpected challenge is coming your way.

A CHANGE AT WORK

The parent who was working part-time was just laid off with no severance pay. You must now remove 4 more credits and return them to the credit bank. You'll need to adjust the available funds left in your budget to make it through this month. Spend the next few minutes evaluating these difficult choices. What will you prioritize? What will you have to give up or live without? (This might take a little longer. Give people 3—4 minutes to make their choices.) Take a minute to soak in how you feel when making these choices.

MEDIA RESOURCES

Children's Books

The Berenstain Bears Help the Homeless by Jan Berenstain & Mike Berenstain

December Angel by Eve Bunting

Fly Away Home by Eve Bunting

A Shelter in Our Car by Monica Gunning

We Got This! by Sesame Street in Communities

Movies

Note: We recommend previewing these movies to determine their appropriateness for your group.

Beyond the Blackboard

A 24-year-old first-time teacher overcomes her initial fears and prejudices and makes a difference in the lives of the homeless children she teaches in a shelter's makeshift classroom.

Stars: Emily VanCamp, Steve Talley, Timothy Busfield

Rating: PG

The Pursuit of Happyness

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

Stars: Will Smith, Thandie Newton, Jaden Smith

Rating: PG-13

Same Kind of Different as Me

International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.

Stars: Greg Kinnear, Renée Zellweger, Djimon Hounsou

Rating: PG-13

STEPS TO FUNDRAISING

Visit <http://e.givesmart.com/events/kEC> and create your own personal page. Also, add a personal photo, and send out to your contact list. Share on your social media site. Promote your financial goal in your solicitations. The earlier you begin, the greater impact you can make!

Face-to-Face Conversations Seal the Deal:

Asking people in person is a fast and effective way to collect donations. Create a list of everyone you know personally. Think big. You will be surprised who will give, but first you have to ask!

Follow up, Follow up:

People are always busy and many may need a friendly reminder. Set dates for you to remind everyone how the fundraising is going and how close you are getting to your goal, also remind them that it's not too late to contribute. This takes only a few minutes and is easy to do using social media.

Work it at work:

Take the pledge form to your workplace and/or invite your parents or spouse to share it at their place of employment. Include a small written paragraph about your participation in Night Without a Bed this year and attach it to the pledge envelope for donations.

Think Big, Get Big Results:

Don't undersell your cause and your efforts. Any size donation helps someone, but if you ask for too small of an amount, people will limit their giving. Try saying "I am trying to raise \$____ to support Family Promise of Shenandoah County. They help families with children who are facing homelessness through prevention, diversion, temporary shelter, and an emergency food pantry. Would you be able to help me raise funds for Family Promise?"

Always Be Thankful:

Be sure to say thank you when you receive a donation. On-line donors will also receive an automatic acknowledgement from Family Promise of Shenandoah County and a personal letter following Night Without a Bed.

Share your Success:

Share on social media if possible. If your church or another group supported you, let them know how much you collected in donations. Everyone will appreciate a follow-up and it may help increase your contributions for next year.

Sponsorship Information



VIRTUAL EVENT

June 26, 2021

Become a
"Homeless Hero"

Goal: To raise awareness of the on-going issue of family homelessness in the northern Shenandoah Valley while raising funds to help us end homelessness one family at a time.

Sponsorship Levels

Love - \$1000

- ★ Name and/or logo included in the online NWAB '21 participant packet
- ★ Company/organization bio in participant packet
- ★ Opportunity to include a promotional item in each participant packet
- ★ "Homeless Hero" sign to display
- ★ Name and/or logo on event t-shirt
- ★ Name and/or logo on the FPSC website
- ★ 8 – "Thank You" posts on FPSC Facebook page
- ★ Name included in list of sponsors in the FPSC newsletter

Kindness - \$500

- ★ "Homeless Hero" sign to display
- ★ Name and/or logo on event t-shirt
- ★ Name and/or logo on the FPSC website
- ★ 4 – "Thank You" posts on FPSC Facebook page
- ★ Name included in list of sponsors in the FPSC newsletter
- ★ Name included in the online NWAB '21 participant packet

Goodness - \$250

- ★ Name and/or logo on event t-shirt
- ★ Name and/or logo on the FPSC website
- ★ 2 – "Thank You" posts on FPSC Facebook page
- ★ Name included in list of sponsors in the FPSC newsletter
- ★ Name included in the online NWAB '21 participant packet

Faithfulness - \$100

- ★ Name and/or logo on the FPSC website
- ★ 1 – "Thank You" post on FPSC Facebook page
- ★ Name included in list of sponsors in the FPSC newsletter
- ★ Name included in the online NWAB '21 participant packet

**Family Promise of Shenandoah County
Night Without a Bed
Sponsorship Form**

Yes! I want to help children & their families who are facing homelessness!!

_____ **LOVE SPONSOR** **\$1,000**

_____ **KINDNESS SPONSOR** **\$500**

_____ **GOODNESS SPONSOR** **\$250**

_____ **FAITHFULNESS SPONSOR** **\$100**

Please list us as:

Name or Company Name: _____

Contact Information:

Name: _____

Title: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email Address: _____

Phone: _____

Please make check payable to: **Family Promise of Shenandoah County**
Mail to: **PO Box 733**
Woodstock, VA 22664

THANK YOU!

NIGHT WITHOUT A BED SPONSORS

Love

Antioch Church of the Brethren

Kindness

Anonymous

Big Valley Law PLLC

Guy & Diane Pence

William & Maxine Pence

Skyline Team Real Estate

VFW Post 2447

Goodness Sponsors

Columbia Furnace United Methodist Church

DuPont Community Credit Union

Kern Motor Company

PJ Designs, Woodstock

Stover Funeral Home & Crematory

Faithfulness Sponsors

Dellinger Funeral Homes

Edward Jones – Justin Baker

First Bank & Trust Company

Mowery Orchard

Ortts Electric, Inc.

Sonny & Nancy Tamkin

Valley Towing