

## September 2019 Newsletter



### *Bringing Families Home*

PO Box 733 – 781 Spring Parkway  
Woodstock, VA 22664  
540-459-4599

Website: [www.shenandoahfamilypromise.org](http://www.shenandoahfamilypromise.org)



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Sherry Arey, Executive Director  
Diane Wittreich, Case Manager  
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### Message from Sherry

In February 2019, *US News and World Report's* Education Reporter Lauren Camera, noted that data collected by the National Center for Homeless Education indicate that: ***homelessness among students enrolled in schools from kindergarten through 12<sup>th</sup> grade increased 70% over the last decade.*** The report went on to note that: ***76% of homeless students said that they "share housing" or live with others because of a loss of housing or other financial reason.***

Homeless students are often "hidden in plain sight" and are mostly invisible because only a small percent of families utilize shelters or live on the street. And the use of hotels/motels as a place of residence, paid weekly by families, increased by 10%, a continuing trend from past reports. Winchester has several hotels/motels that cater to extended stays by families who are homeless and pay out-of-pocket on average about \$1,000 a month – for an efficiency. These families can't save money for the deposit on an apartment because they are working to stay sheltered on a weekly basis. And under the HUD definition of homelessness, these families are not counted as homeless because they are paying for the room themselves!

So – THANK YOU – for your support of Family Promise of Shenandoah County! FPSC is able to shelter families, provide meals, transport families to host sites that provide hospitality and positive interactions and help the adults find employment and safe, stable housing.

Sherry Arey  
Executive Director



## Cardboard City 2019

**It's Not Too Late – You Can Register at the Church!!**



**When:** Sept. 6<sup>th</sup> 4pm to Sept. 7<sup>th</sup> 8am

**Where:** Antioch Church of the Brethren, 23502 Senedo Rd., Woodstock

**Who:** Youth groups, families, boy/girl scouts, businesses, civic groups, etc. are invited to make a cardboard home to stay in overnight.

**Purpose:** To raise awareness of how it feels to be homeless for a night and to raise funds for Family Promise of Shenandoah County!

**Activities:** “Homeless Journey,” music, packing “Blessing Bags” to be given to the homeless in our community, soup kitchen supper, games/prizes

**Participant Information & Forms:** Available on our [website](#).

**Questions:** Contact Diane Pence, 540-459-4599

## ***Thanks to Our Sponsors!!***

### **City Sponsor**

Barber DME Supply Group

### **Avenue Sponsors**

Antioch Church of the Brethren

Quota Club International of Strasburg

### **Street Sponsors**

Fort Valley Ruritan Club

Massanutten Post 2447 Ladies Auxiliary

Schenk Foods

Skyline Team Real Estate

Straightline Caulking (Jeff & Janet Jett)

William & Maxine Pence

### **Good Neighbor Sponsors**

Brad Pollack

F&M Bank

Johnston & Rhodes Real Estate

Kiwanis Club of Strasburg

Knights of Columbus Council #9002

LD&B Insurance

Massanutten Eagles #4186

Ridge Hollow Poultry LC

Stover Funeral Home & Crematory

Strasburg SDA Church

Valley Towing & Recovery

### **Other Sponsors**

Brothers Pizza & Friends

Hamburg Ruritan Club

Massanutten Post VFW 2447

Mt. Jackson Moose Lodge #979

Ortts Electric

Shenandoah Valley Electric Cooperative

The Hair Gallery



**PROUD 2019 IMPACT GRANT RECIPIENT**

United Way of Northern  
Shenandoah Valley

**For the second year in a row** Family Promise of Shenandoah County has been selected by United Way of the Northern Shenandoah Valley as an Impact Grant Recipient. The total grant was for \$9,000 and will be used toward our “Bridging the Gap” program.

“Bridging the Gap” helps stabilize families in crisis who have often left all of their belongings behind and do not even have the basic necessities such as diapers, clothes, toiletries, medications, etc. Benefits such as SNAP and WIC have been lost due to frequent moves and the family’s lack of a permanent address. It often takes several weeks to get these benefits back in place. When parents see that FPSC can help with these items, they become more relaxed, stand taller, begin to actively participate in life again and are ready to begin the work of “rebuilding” with our case manager.



**Saturday, Oct. 12<sup>th</sup>  
Bryce Resort**

**12pm – Shotgun Start – 4 Person Scramble**

\$100 per golfer / \$400 per four-man team

Included with entry fee:  
Golf, Carts, Snacks, Goodie Bag, Golf Tees,  
Player Mulligan Package, Door Prizes,  
Awards Dinner & Entry Into All Contests  
(Putting, Longest Drive, Closest to the Pin)

**Tournament Sponsorship  
Opportunities**

See our [website](#) for participant registration  
form and sponsorship forms.

**Sponsors to Date**

**Make a Difference Sponsor: Valley Health**  
**Friends of Family Promise: Bowman Andros Products, LLC; Rinker & Frye Memorials**

**Shenco Cares - Family Fun Fest**



We had a great time at the Family Fun Fest on August 17<sup>th</sup> at the Shenandoah County Fair Grounds. Thanks to Shenco Cares for inviting us to participate and all who stopped by our booth to learn more about FPSC. Our teeny-tiny house was a big hit.



# EDINBURG OLE TIME FESTIVAL

Edinburg, Virginia

*Salt of the Valley*

39TH YEAR!

SEPT. 20-22, 2019

## PARADE - Sept. 21<sup>st</sup> - 1:00 pm

We will be featuring our Teeny-Tiny House in the parade this year!!!

If you are interested in walking along with us to hand out goodies, we would love for you to join us.

Please call Diane Pence at 540-459-4599 to make arrangements. Parade line up starts at 11:00 am.

# I Love a Parade!!!

## Car Guys

We are continually overwhelmed by the love and generosity our community shows to FPSC. The latest example came when one of our guest families needed car repairs. A “super hero” donor jumped into action and sent out this call to friends:



*Last fall I brainstormed with Sherry Arey at Family Promise about setting up a group of special donors to help with car repairs to keep FP clients in a vehicle that runs well enough to get them to work. Of course, it is usually bigger than just car repairs - insurance, license reinstatement from unpaid court costs, etc. However, a project has been pitched my way: single mom with two kids, car needs \$507 in repairs to get her to work.*

*I've shared this idea with some of you, all of you are just good folks. **So, here is the challenge:** I'm going to send a check for \$250 to Family Promise and put CARS in the memo line. Your challenge is put in \$25-50 each to collectively match my \$250, and we can get this mom back to work and supporting her family.*

*This is doing the right thing, having fun, and helping those in our community who need a helping hand (or wrench).*

Thank you so much to this special group of “Car Guys” (and gals)! **Our mom really appreciates it – you don’t know how much. She says “Now I can stop!!!”**

## Wish List

- Cross Necklaces
- Dryer Sheets
- Antibacterial Wipes
- Hand Sanitizer (10 oz size)
- Air Freshener
- Laundry Detergent
- Gently Used Strollers



*Please share this newsletter with friends.*

*If you would like to receive the newsletter directly, please*

*send your email address to*

[shenfamilypromise@gmail.com](mailto:shenfamilypromise@gmail.com)

## Case Manager's Corner Adverse Childhood Effects and Homelessness

Trauma affects many people in many different ways. For children experiencing any type of abuse (emotional, physical, sexual; emotional or physical neglect; household domestic violence; mental illness; substance use; parental separation or divorce; or having a parent incarcerated), there can be related health concerns as they grow into adolescents, young adults and mature adults.

In the late 1990s, the Centers for Disease Control (CDC) and Kaiser Permanente HMO (health maintenance organization) initiated a long-term study of over 17,000 Kaiser Permanente patient volunteers. Adverse Childhood Experiences, or ACEs as it is more commonly known, can be seen in all populations and has been shown to create negative health concerns throughout the person's lifetime. Not all participants reported having ACEs, almost two-thirds reported at least one, and more than one in five had three or more ACEs. People who experience four or more ACE's are more susceptible for major health concerns as they age. (1)

ACEs are common in all populations and socio-economic levels. Many children live in poverty and live in "housing insecurity," defined as high housing costs, overcrowding or "doubled-up" with friends, family or even strangers; poor housing quality and even homelessness. Families with "housing insecurity" can experience physical and emotional abuse, financial exploitation, increase of substance use, mental illness (treated and untreated), traumatic stress and incarceration of a family member. Although homelessness was not included in the original study, other studies show a relationship with children and their parents living in poverty and higher ACEs score. (2)



For more information on ACEs, go to the links provided:

- (1) <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/about.html>
- (2) <https://nhchc.org/wp-content/uploads/2019/08/aces-fact-sheet-1.pdf>

### Family Updates

**Grandma Mary** (looking fabulous) stopped by the Family Center recently to catch up. Bella, Pic & Jessica are all doing great. Little Jessica is enrolled in preschool this year. Mary is starting a new job! Thank you to all of our volunteers who gave this special family so much love & care.



**Look who we ran into at the Shenandoah County Fair!** Lisa says, "Yep, this is Edward!" Can't believe how fast he has grown. Edward came to us as a newborn, and now he is already 2 years old! Lisa continues with her job and all is going well for their little family.

*The fruits of your labors may be reaped two generations from now.  
Trust, even when you don't see the results. (Henri Nouwen)*

Thanks for making a difference in the lives of our families.



*More Wildlife Visits the Family Center!!!*

**ONLINE AUCTION COMING SOON**



*Watch for Details!!!*

### Save the Dates



- **Cardboard City, Sept. 6<sup>th</sup> – 7<sup>th</sup>, Antioch Church of the Brethren.**
- **Edinburg Ole Time Festival Parade, Sat. Sept. 21<sup>st</sup>, 1:00pm.** FPSC will be in the parade with our Teeny-Tiny House.
- **Golf Tournament, Oct. 12<sup>th</sup>, Bryce Resort.**
- **Family Promise Week, October 20<sup>th</sup>-27<sup>th</sup>.** Stay tuned for more details!!
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 **Website:**  
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