



Fall 2011 Newsletter

Rays of Hope

Message from the Executive Director



Summer is a memory. Children have settled into school. Leaves are turning on the trees. Autumn is in the air, with crisp days and chilly nights. The landscape is changing around us. We just weathered an early snowstorm. And at Shelter for the Homeless, we are preparing for another winter.

As the weather grows colder it is likely that we will experience an increase in the number of individuals that come to Pacific House, where we provide emergency shelter for up to 67 homeless men on a daily basis.

Each year, we spend close to \$5,000 per person on case management, food and shelter. Through traditional funding sources, including public and private grants, we recoup less than one-half of that amount.

Which is why we are so grateful to the individuals and community groups that support our efforts – from our board members who donate their wisdom, wealth and willingness, to the children and teens who stage grassroots fundraising efforts on our behalf. Each, in their own way, helps to advance our mission – with every hour they volunteer, every idea they put forward and every dollar they raise.

There are so many who help, a few of whom are noted here, and we thank them all for their care and commitment.

Our Mission

Shelter for the Homeless is a safe and caring environment that serves lower Fairfield County by providing temporary housing to homeless men, striving to obtain permanent supportive housing and services for men and women tailored to meet their relevant needs, and empowering people to help themselves achieve their greatest level of self-sufficiency.

Governance and Strategy: Forging a Path to End Homelessness.



At Shelter for the Homeless, we are fortunate to have a dedicated cadre of individuals who serve on our Board of Directors. From our longest-serving members to our newest, our directors formulate policy, render decisions and provide the necessary oversight to ensure accomplishment of our mission.

That SFH has grown into a premier social services and human development agency, which serves and advocates for those who are homeless in our area, is due in large part to the leadership and vision of our directors. Whether

they live nearby, in Stamford and surrounding communities, or hail from New York City, each brings a unique skill-set and a level of enthusiasm that allows us to implement the important initiatives that will ultimately end homelessness.

We appreciate the continued energy, enthusiasm and excitement of the returning board members – Henry B. Satterthwaite, *Chair*; Kenneth R. Hopson, *Treasurer*; Laura van Riper, *Secretary*; James Bosek, *Treasurer*; Dr. Henry H. Yoon, *At-Large Member*; Darnell Crosland; John DaRosa; Tesh Durvasula; John LaRock; and Erick R. Steen. And we welcome our new board members – James Calcagnini; Luke E. Imperatore; Bruce T. Richards; Peter C. Rugen; and Joseph L. Samuel – each of whom has a long history of community-based philanthropy.

Youth Providing Help and Hope

Matthew Paseltiner Helps Those Who Are Less Fortunate.

Growing up in a family that honors the tradition of Tikkun Olam (“Repairing the World”), which calls for Jewish people to reach out to those who are less fortunate and provide assistance, it is not surprising that Matthew Paseltiner chose a Mitzvah Project that would benefit Shelter for the Homeless.

Members of the Stamford Fellowship for Jewish Learning congregation, Linda and Philip Paseltiner have been preparing and serving dinners at Pacific House for more than 18 years. So for Matthew, the notion of doing the right thing (Tzedakah) spurred him to ask those who joined in celebration of his Bar Mitzvah to make donations to SFH.

As a result of this generosity, SFH received contributions and other donations in the form of sheets, towels, clothing and shoes. With Matthew’s additional cash donation in the amount of \$580 from the gifts he received, more than \$2,200 was raised.

On behalf of all who benefit from the Paseltiner family’s contributions, we extend our sincere appreciation.



Local Youth Follow in the Footsteps of David Mond

The David Mond Leadership Group for the Pacific House Shelter for the Homeless is an organization that encourages area youth to take a leadership role in helping the homeless.

Established in 2009 by Dr. Sandi Mond, in memory of her husband and longtime Pacific House volunteer David Mond, the Leadership Group continues David’s legacy of service and his joy of cooking.



Coordinated by Dr. Mond, the group of students, which has grown from a dozen founding members to nearly twenty students, have already prepared and served several meals; each time earning rave reviews from the men at Pacific House.

In addition to their meal duties, the *Leadership Group* is developing plans for more outreach initiatives to benefit the Pacific House community.

The group is looking for new students to join them in their efforts to help the homeless. If you are interested in taking an active role and would like to join the group, contact Director of Development Peggy Lutz (plutz@shelterforhomeless.org) who will direct your inquiry to the group.



Virginia’s Lemonade Stand: *“My grandfather has been a volunteer at and contributor to Shelter for the Homeless for a very long time, because he knows it’s important to help end homelessness. One day I decided to take some of my toys and sell them to passersby in the neighborhood so I could help too. I raised \$11. Then my grandparents and parents told me they would ‘match’ what I had raised, so now I have \$33 to give to the Shelter.*

“But I really wanted to give more, so my little brother and I fixed some homemade lemonade (daddy helped) and we set up a table with a sign that let people know they’d get a free glass of lemonade if they made a donation to benefit the Shelter for the Homeless. (That’s me and my little brother Henry in the picture.) And because I’d called my grandfather to find out how much it costs to feed one person and how many people are at the Shelter each day, I was able to give this information to everyone who stopped for lemonade. (Maybe that’s why one of my customers, a college boy who lives up the street, gave a \$10 donation!)

“My little brother and I raised \$31 that day. So now we have \$64 that we can donate to the Shelter.

“My mother thinks that this is only the beginning of our fundraising efforts. And I think she’s right.”

for Those Who Are Homeless

Making a Difference Today, for a Better Tomorrow...

As part of an organized effort or through the simple act of doing something to help others, young people throughout Fairfield County are actively engaging in philanthropy – becoming involved in issues they care about, developing a sense of empowerment and responsibility, and learning life skills that they will carry into adulthood.

Shelter for the Homeless is pleased to be one of the area organizations that receive the largesse of this philanthropic spirit, and offer our heartfelt thanks for this generosity.

*“Until recently, youth were...thought of as the future, rather than being recognized as a mighty force in their own right today – a force that contributes significant volunteer time and philanthropic support to the nonprofit sector.”
– AFP: A Vision for and Brief History of Youth Philanthropy by Katherine Hahn Falk and Luana G. Nissan*

New Canaan Community Foundation: Young Philanthropists Fund – A program that teaches high school students about the important role that non-profit organizations play in addressing community needs, the YPF encourages social and philanthropic responsibility and is an excellent complement to programs that focus on direct community service and volunteerism.

Over the past two years, the YPF has made \$2,500 in grants to support programs and services at Shelter for the Homeless.



YPF members with adult leaders

“I am excited about having the opportunity [to be] a young philanthropist because I can really contribute to my community.” – Allie Christopher, YPF Member

Greenwich High School ‘Former Attire’ Club – A student-run charitable club which promotes the resale of previously-owned, gently-used formal clothing. Club members collect dresses, suits, tuxedos, etc. from students, staff and local businesses during the fall. The clothing is resold on campus for reasonable prices during the months leading up to the spring proms.

Last year, GHS ‘Former Attire’ Club members collected winter clothing that was distributed to more than 100 men at Pacific House.



(L-R) President Chelsea Oarr, Outgoing President Olivia Hebrand and Freshman Member Alleyah Dannett delivering donations of men’s winter clothes to Pacific House December, 2010 [Photo: Leslie Yager]

“For me, the greatest part of the Youth Community Fund is not only getting to know a variety of non-profit organizations in our community, but also learning to work together with the other YCF members through the grant making process. It’s a unique experience that I would recommend to any teenager in our town.” – Katie Stueber, 2011-2012 YCF President

The Community Fund of Darien: Youth Community Fund – Formed to provide high school students from Darien with the opportunity to develop leadership skills and effect positive change in their community, the YCF promotes an understanding of local needs and the organizations addressing those needs.

This year, the Youth Community Fund recommended a grant of \$1,500 to Shelter for the Homeless.



2010-2011 Youth Community Fund with next year’s officers (Front Row/L-R) Secretary Harlan Smith, President Katie Stueber and Vice President Megan Foley

Annual Meeting Accomplishments and Achievements

SFH Employee of the Year: Miriam Pacheco



As Mental Health Coordinator/Case Manager at SFH, Miriam Pacheco has played an important role in our efforts to address a key cause of homelessness.

For 22 years, Miriam has worked on-site and collaboratively with a psychiatric nurse from the F.S. Dubois Center to engage, assess and provide ongoing services to those SFH clients suffering from mental illness.

For her professional commitment and dedication to all who she has served, Miriam Pacheco has been recognized as the 2011 Employee of the Year.

Providing Long-Term Solutions to Homelessness: In a continuing effort to increase our supportive housing units, which will allow us to expand our ability to provide more than emergency shelter, the SFH Board voted to pursue acquisition and development of additional properties in Stamford. Our goal is to develop 50 affordable, supportive housing units.

A Warm Farewell

Retiring after six years of service to the SFH Board, Jay Sandak has been an invaluable asset – contributing his expertise to ongoing governance issues and development of the Strategic Plan that now guides SFH initiatives. While Jay has stepped down from the Board, he will continue his service as a member of the SFH Advisory Council.

We also recognized Mark Denham of Stamford, for his six year of dedicated service to the shelter and for his leadership as chairman of the Facilities Committee.



Rafael Pagan Jr. with retiring Board Member Jay Sandak

A Hearty Welcome



James Calcagnini
President
East Coast Options
Services Co.

It is a real honor and privilege for me to have been nominated to serve on the Shelter for the Homeless board. Everyone deserves to have a roof over their head, a nutritious meal, and a warm bed to sleep in. To have the chance to be part of an organization that not only provides that, but also gives to those less fortunate the guidance, assistance and hope they need to help get their lives on track is very exciting and worthwhile to me!



Luke E. Imperatore
Managing Director
IMC Asset
Management

I have known about the Shelter for quite some time and I was always interested in making a contribution to the mission. Given current economic conditions, there has never been a greater need to do so. I believe that we all owe a duty to the community to give something back and it is a great honor for me to serve on the Shelter's board.



Bruce T. Richards
Managing Director
Resilient Capital
Managers LLC

After serving dinner at the Shelter one evening I overheard two clients discussing where they would sleep that night as the Shelter was full. We all know other young men of a similar age who would more likely have been discussing their social plans for the evening. That conversation has stayed with me. Homelessness is real, it is in our neighborhoods, and it can be solved. Through working on the Board, and continuing to volunteer at the Shelter, I hope to contribute in a small way to developing more solutions.



Peter C. Rugen
Senior Vice
President
First County Bank

I feel honored and privileged to join the board of an organization that has been committed for so long to serving and caring for those among us who are in the greatest need. I look forward to working with my fellow directors, the staff, and the volunteers that make Shelter for the Homeless the special place that it is, and to joining them in advancing the mission of service that is so vital to the often overlooked homeless members of our community.



Joseph L. Samuel
President
Roberts Webber
LLC

Even during these tough economic times, we each have something to be thankful for, and as a gesture of gratitude for our blessings, are obligated to give back and pay it forward. Having launched my firm one year ago to help organizations fund affordable and supportive housing development, my decision to serve on the board of the Shelter is rooted in my commitment to "lift as we climb." I look forward to serving my community through this organization, especially by using my expertise to help develop additional units of housing for those in greatest need of shelter.

Each Year, SFH is Fortunate to Receive the Support of So Many in the Community. We Hope You Will Join with Them (and Us) at These Upcoming Events...

**November 13, 2011 :: Drive to Benefit Pacific House :: 11:30 am until Closing
Black Bear Saloon :: 261 Main Street :: Stamford CT**



Black Bear Saloon is hosting a drive to benefit emergency shelters in the area, including Pacific House.

Coordinated by Tim Joseph – a veteran Marine who recently graduated from college and has long been interested in helping people less fortunate than he – patrons will be invited to make a cash contribution to the emergency shelter of their choice. The drive begins at 11:30 am and will continue throughout the day.

A pub-style restaurant and bar that is designed to appeal to everyone, Black Bear Saloon features American Style cuisine with a kid's menu and daily specials.

Stop by on November 13 for lunch, dinner or the late-night menu. And while you're there, please make a donation to Pacific House so we can provide a Happy Thanksgiving to the men who come to us for emergency shelter.



**November 15, 2011 :: Zumba® for a Cause: Feel Good, Do Good :: 7:00 to 8:00 pm
New Balance Store :: 128 Main Street :: New Canaan CT**

Zumba® for a Cause instructor Michele Ayoub dedicates every Tuesday evening class to benefit a local charity. And on November 15, all proceeds will go to SFH.

If you have a passion for fitness and helping others, join Michele for the *Zumba® for a Cause* class to benefit SFH. Cost: \$20. Email zumbawithmichele@gmail.com to make a reservation.

**November 16, 2011 :: Recovery Program Completion Ceremony :: 3:00 pm
CTE Building, 2nd Floor Conference Room :: 137 Henry Street :: Stamford CT**

In the Recovery Program, SFH clients work towards sobriety in a three-phase process that includes orientation and treatment, recovery skills and relapse prevention. After completing the three phases, clients undergo a community reorientation after-care program, which assists in their search to find affordable supportive housing for independent living.

We invite you to join us as we recognize the significant accomplishments of clients who have completed the recovery program and support their journey to self-sufficiency.

**December 21, 2011 :: National Homeless Persons' Memorial Day :: 6:00 pm
First Congregational Church :: One Walton Place :: Stamford CT**

Each year since 1990, on the first day of winter – the longest night of the year – the National Coalition for the Homeless (NCH) has sponsored National Homeless Persons' Memorial Day to bring attention to the tragedy of homelessness and to remember our homeless friends who have paid the ultimate price for our nation's failure to end homelessness.



Help us commemorate this day. Your involvement will not only serve to memorialize those who have died as a result of homelessness, but will help to raise awareness about the severity of this problem. Visit fcc.stamford.org for additional information about this event.

Save the Date!
February 9, 2012
Chocolate, Dessert & Wine Lover's Evening
All New Venue: Stamford Marriott Hotel



Shelter for the Homeless
a haven of hope

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The Face of Hope: Aaron Moyer



He beams quietly when talking about his past. It is a past that he does not regret. He would not be where he is today, or who he is, without it. Aaron knows that Pacific House, with its emergency shelter and recovery program, has been a constant source of hope in his years of struggle.

A Stamford native, Aaron grew up in a close family with a single mom. He first started using drugs at 14, but it wasn't until he was 19 that drugs took over his life and he drifted into a life on the streets. Today, he is 42 and has been drug-free for nearly five years. But the years in between were years of "spiraling out of control," and he was "in and out of the shelters like a revolving door."

When he talks about Pacific House, his face lights up. "The people from Pacific House were always there for me with an open door." A day came when Aaron finally "got tired" of his life. He laughs when he says that "they must have gotten just as tired of seeing me as I got of my life. They gave me a shot so finally I gave [myself] a shot at a different life."

After going through the recovery program at Pacific House and then staying drug-free for several years, he applied for and received Shelter Plus Care, which provides supportive housing assistance to homeless individuals. He recently completed an environmental training program and obtained a license for asbestos removal. He is also working on getting his GED degree, studying for the tests that he hopes to pass in November.

In the future, he says he might like to work in social services, doing something in which he can "relate to people," especially since he understands guys in the shelter.

Aaron is looking forward to next April when he will be officially five years "out of the system," and will be able to qualify for jobs that he can't get right now because of his past record. While he would like to not always have to deal with his past, he "knows the world doesn't work that way." Aaron has learned the "past stays with you" and he is patient and hopeful. He believes that "sooner or later a door will open" and he will find work where he can make a contribution.

He is especially proud that during all the years lost to drugs his sisters never let his two nephews, now 14 and 20, "forget him." He has always been "Uncle Aaron" and with the help of Pacific House, he is finally there for his family.

Through the years, Aaron has never forgotten what the first Recovery Program Coordinator told him when he relapsed after 6 months – "You won't be the first and not the last, so get over it; not everyone gets it right the first time."

Aaron's story is one of perseverance, hope and getting it right. His gentleness despite his struggles is inspiring and a tribute to all whose help he values so greatly.

Please take a moment today to send your tax-deductible gift in the enclosed envelope. With your assistance, we will be able to help others "get it right."