



## Winter 2012 Newsletter

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### Fresh Start Overnight Emergency Warming Center

By Howard Martinson, Executive Director

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For the fifth consecutive winter, Fresh Start will operate Coeur d'Alene's only emergency overnight warming center. When the temperature is expected to drop to 25 degrees lower, Fresh Start opens at 7 p.m. and remains open until 12 Noon the following day.

We do this for several important reasons. First, we aim to alleviate human suffering. Next is public safety – our homeless neighbors have an alternative to starting fires in their tents or sleeping in dumpsters, perhaps suffering from frostbite or other injuries from exposure to the cold. Finally, we leave no stone unturned in our work to avoid preventable deaths.

What's new for the upcoming winter? We've raised our trigger point to open the warming center from 20 degrees to 25 degrees. Under the watchful eyes of Warming Center Director Jeff Short, we expect to open 63 nights this winter, more than double the nights we were open at 20 degrees. The homeless will be able to come to a warm & safe venue. We provide hot food and coffee, showers, warm clothing, laundry and other services. We also offer sleeping mats, blankets and sleeping bags to make the night as comfortable as possible. We insist that our guests behave appropriately. Lights out is at 10 p.m., and everyone is up at 6 a.m. to help clean up and prepare for the day shift.

How can you help with the warming center? Hot food, coffee, new or gently used sleeping bags and warm clothing are always needed. Our expenses for utilities, supplies and staffing increase in the winter. We've budgeted \$150.00 per night to keep the warming center open. Please consider helping out with food, clothing, supplies or by sponsoring a night with your tax-deductible donation of \$150. You'll feel good about your donation, and our homeless neighbors will be safe & comfortable.

### President's Message by Bill Smith

As we enter this cold and wet time of year many families are preparing for the holiday season, we are too. We know our services will be in greater demand as people that have been sleeping under the stars will come to us looking for a place to warm up. We plan to let people spend the coldest nights inside. It's not like home, we have no beds, just a blanket and relatively warm floor in a safe place.

Our guests and staff are grateful for what we are able to offer. Thanks to the support of our community we will be open about 60 of the coldest nights this winter. We need your continued support to keep our doors open this time of year, it really does make a difference. Thank You.



### Fresh Start

1524 E Sherman Avenue

Coeur d'Alene, ID 83814

208-667-9798

www.freshstart.org, freshstartcda@gmail.com

## Thank You

Dear Donors: You are the foundation of our mission to provide relief to the homeless community in North Idaho. Without you we could not keep our doors open.

Because of you we are able to keep people warm with the jackets, socks and sweatshirts, hats and scarves you donate. We are able to offer a hot meal with the food you donate. We are able to offer a hot shower with the funds you donate. For a few hours a day, we are able to offer people in need a kind word and friendly smile in a place that's safe and warm.

This is all possible because of you. For caring about those in our community who, for various reasons, do not have a home, or the means to pay all their bills, or to buy food or a coat. Thank you all for your kind and caring generosity.

## Volunteer Opportunities

We always have opportunities for Volunteers at Fresh Start. If you looking for a way to give back, or pay it forward, please consider volunteering at Fresh Start.

Our Volunteers help with food pickups or preparation, keeping the coffee flowing, visiting with clients and sorting donations. We also have a need for volunteers in our office, with correspondence, statistics, filing, etc. The amount of time spent volunteering is entirely up to you.

If you are interesting in learning more about volunteer opportunities at Fresh Start, please contact Teresa Martinson, at 691-0473, or email [martinson@hotmail.com](mailto:martinson@hotmail.com). Thanks!



Thank you to Lucca's, an Italian American Restaurant, and one of our neighbors at 1801 E Sherman Avenue, for offering their support and goodwill, along with wonderful soup, to Fresh Start.

Owners Greg and Nancy have expressed their fellowship with Fresh Start, as they have experienced many of the same life setbacks that our Clients are experiencing.

Since their opening, many of our Volunteers and Board members have enjoyed the food and atmosphere that Lucca's offers. We hope you will join us and support a community-minded, local business and enjoy a delicious dinner.

## Finance at Fresh Start

By Lynn Tarbox

Fresh Start has been very fortunate to have weathered the recent recession in fairly good financial shape, primarily because of the wonderful support provided by our many generous donors.

We have seen the numbers of our 'clients' increase substantially each year and we have been able to continue accommodating anyone who comes to us in need.

We have two part-time employees throughout the year, excluding our Warming Center operation (more about that later) and all other labor and supervision comes from volunteers. All of our clothing and most of our food is donated.

All money we receive goes directly to support our operations. Rent, utilities, telephones, computers, and supplies take up most of our income. As we have stated before, we receive no monies from Local, State or Federal entities—it all comes from individual donors and a few grants.

Fresh Start has a budget of approximately \$7,500 per month, and we carry no debt.

We have experienced a reduced level of donations this year and our expenses have slightly increased, which is of concern to us as winter approaches.

Our Board of Directors has made the decision to open the Warming Center at night when the temperature is 25° or lower. As you will read elsewhere in the Newsletter, this decision, as well as other factors, will cause us to be open twice the number of nights as last year and we expect substantially more than double the number of people than we saw last winter. This will require us to hire help, in addition to volunteers that we hope to have, and should increase our expenses about \$2,000 per month during the winter.

With the above in mind, we really and truly need your financial support more than ever before. We are certainly aware that you are being inundated with requests for financial support at this time of year. It is our hope that you favorably consider the needs of the homeless in our community and send a check to Fresh Start in the enclosed envelope.

Thanks for your support and let's all hope for a warmer winter.

## 👏 Welcome Kris McIlvenna, Board of Directors 👏

We are happy to welcome Kris McIlvenna as a member of our Board of Directors. Kris worked as a stockbroker and financial advisor until retiring in 1992 to develop the hospitality business she and her husband Bob own.

Kris has been active in the hospitality industry, serving as President of the NI Bed and Breakfast Assoc., Board Member for the CdA Convention and Visitor's Bureau, and Board Member for Art on the Edge, a non-profit organization that cares for children 6-18 in after school art programs

We look forward to working with Kris and having her on our Board.





**Nick Arambarri**

We are happy to introduce our newest part-time employee, Nick Arambarri. Nick works Tuesdays and Saturdays as our Operations Manager.

Nick and his wife Alice moved to CdA in August 2010 after living in Pocatello for 35 years. During those years Nick worked in social services and Alice worked at Idaho State University. They retired and moved to CdA to be close to their two daughters and 3 grandchildren. Nick was interested in working part-time in the community social services network, and found Fresh Start as a perfect match for his interests.

Nick offers many years of direct experience to Fresh Start, and has made an immediate and positive impact on our clients and operations. We are fortunate that Nick chose Fresh Start, and we appreciate his great sense of humor, positive personality and strong leadership.

### Jeff Short – Warming Center Manager

Please meet Jeff Short. Jeff and his wife Laura live in Post Falls with their two daughters, Ashley 2, and Haylee 13. Both Jeff and Laura grew up on the north side of Spokane and moved to Idaho about two and a half years ago. Jeff works weekends in the Spokane Valley and part time in Liberty Lake as a machinist. Laura stays at home with the girls. They attend Valley Real Life and have been wanting to get involved in helping in the community, and found Fresh Start to be a good match.

Jeff is now managing the Warming Center, which opened for the first time this winter on November 8, when temps that night were 17°.

We welcome Jeff to Fresh Start, and feel fortunate that he is part of our team and are confident he will do a fantastic job running our Warming Center this winter.



**Jeff Short**

*Back to Work...* We are so happy to report that another of our clients, Tom, is now employed full-time by a local hotel in their food service area. Tom was able use the services that we offer, computer, laundry and showers, clothing and a hair cut, during his job search. Tom is very hard working, and doing really well in his new job, picking up extra shifts left and right. He is now no longer homeless and very happy to be a productive, responsible and contributing member of our local community again.

Andrea is also back to work in the health care field. Andrea is a young woman who came to Fresh Start for help when her job hours were cut and she became homeless. We were happy to help Andrea, also with meals, clothing, laundry and showers while she was in her job search. Andrea is now happily back employed full time in the home health care field, and is saving toward her own apartment again. Well done! Congratulations to you both!



A HUGE Thank You! to Jimmy's Down The Street restaurant, another of our neighbors on Sherman Avenue, for daily donations of homemade biscuits, cinnamon and pecan rolls.

We serve these rolls everyday to our clients, with soups and stews, and they really make the meal. With the increased number of clients that we serve every day, the additional food contributions we've been so fortunate to receive have been a blessing, and we are so greatly appreciative.

### Winter Standing Needs List

- \* Money for rent, utilities, and the Warming Center
- \* Sleeping bags, tents and tarps
- \* Coffee, creamer and sugar, toilet paper, paper towels, plates, bowls and cups, and plastic knives and forks
- \* Laundry detergent, and toiletries such as shampoo, conditioner, deodorant, razors, shaving cream, toothbrushes and toothpaste
- \* Warm clothing such as thermal underwear, gloves, coats, hats and scarves



Pictured above is Makaia Foster (center) and her sous chefs with the delicious breakfast of eggs, pancakes, sausage, breakfast burrito, with all the sides and extras, that they cooked for Fresh Start.

Makaia is a licensed message therapist, and also a Midwife, working out of her offices at Body Tech Massage and NI Midwifery in Hayden. She and her clients donate food and clothing on a regular basis, and also provide a beautiful Saturday breakfast for our clients.

Thank you Makaia!

**Send us your email address...**In our efforts to go paperless, we would like to send our future Newsletters via email. If you would like to support this, please forward us your email address, and we will make sure you receive our upcoming Newsletters via email.

**Like** us on Facebook, at Fresh Start Inc.

## Fundraisers!

We had a very successful fundraiser in August at the **Texas Roadhouse** restaurant. Approximately 170 sandwiches were served on a beautiful summer day, with the majority of the proceeds going to Fresh Start. We are so thankful to owners Dan and Annette Davis for donating so much of their time and energy, and their wonderful crew of servers for volunteering their time.

The **Greenbrier Inn/315 Restaurant** held a running fundraiser for Fresh Start in October. On every Wednesday evening we received 10% of all the entrees sold. Thank you to owner Kris McIlvenna for your generosity.

If you have an idea or suggestion for a future Fresh Start Fundraiser, please contact Linda Riggs at 208-215-0426, or email [mlinida310@hotmail.com](mailto:mlinida310@hotmail.com).

**THANK YOU** to all of our Saturday morning breakfast volunteers. Pastor Ed and Dayda Peery of House To House Ministries; Tim Peterson and Dave Munger of Lake City Community Church, Josh & Kim Slack, family and friends, Makaia Foster, clients and friends, Bill Buley, family and friends. Your incredible generosity is humbling.

If you would like to volunteer for a Saturday morning breakfast, please visit the website: [www.bringthenameal.com](http://www.bringthenameal.com). User Name is Fresh and Password is Sherman. For any questions, please contact Teresa Martinson, 691-0473 or email [martinsont@hotmail.com](mailto:martinsont@hotmail.com).



1524 E Sherman Avenue  
Coeur d'Alene, ID 83814

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